



Frustrated over  
high blood sugar  
levels despite  
medication and  
diet control?

# Nurse Counselling

Read on to find out how a nurse counsellor  
can help you manage your chronic conditions.

# Who will benefit from nurse counselling?

Newly diagnosed patients or those who are having difficulties managing their chronic conditions are encouraged to go for nurse counselling.

Working together with your GP, the nurse counsellor will **partner you in your journey** to better manage your condition.

Through a **personalized care plan** and sharing **lifestyle tips**, the nurse counsellor will support you in **setting and reaching targets** to keep your chronic conditions under good control.



Diabetes



High Blood Pressure



High Cholesterol



Asthma



Chronic Obstructive Pulmonary Disease



Nephritis



## Where can you find a nurse counsellor? Speak to your GP today to find out more.

## Let's see how nurse counselling has helped them

\*Names and identifying details have been changed to protect the privacy of individuals.



**“** Despite taking medication regularly and controlling my diet, my blood sugar levels remained high. After reviewing my daily routine with the nurse counsellor, I realised that my medication was exposed to direct sunlight because I placed it at the back of my motorcycle. This may have caused it to be ineffective!”

– Ben\* (Patient with diabetes)



**“** I used to only get asthma attacks after returning from a vacation and wondered if it was due to a difference in Singapore's air quality. Thanks to the nurse counsellor, I realised that it was because I didn't use my preventer inhaler while overseas. Now, I make sure that I pack my preventer inhaler each time I travel!”

– Jasmine\* (Patient with asthma)



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