IDA-TALLINNA KESKHAIGLA

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Endocrine Nurse’s Appointment

Based on a referral, **the patient is referred to an endocrine nurse by an endocrinologist** Further **treatment and monitoring** is carried out, if necessary, in cooperation with an endocrinologist.

The endocrine nurse **carries out treatment, monitors the state of health of patients, and advises both patients and their relatives** in various endocrine diseases. Patients and their family members who need further advice on issues related to endocrine diseases are invited to the appointment. **Our goal** is to provide you with the knowledge and skills you need and provide support in coping with chronic disease, to help maintain health and improve quality of life. **A well-informed patient** knows their disease better, and is able to make more informed choices and cope better on a daily basis. The **endocrine nurse performs various endocrinological tests to clarify or confirm the diagnosis of**endocrine diseases.

- Volumetric loads
- Synacthen test
- Calcitonin stimulation test
- Test for hypertonic saline
- **Glucagon stimulation test** for the diagnosis of growth hormone deficiency
- Insulin tolerance test
- Glucose Loads with Growth Hormone Testing

Before performing the tests, the endocrinologist or the endocrine nurse will explain to you the**purpose of the test, the course of the procedure, and the possible side effects**. Testing may require oral and/or intravenous administration of medicinal products, which requires **the insertion of a vein cannula and repeated blood tests**. Throughout the test, you will be **under the close supervision and care of our specialists**.

REFERRAL for appointment

- Family physician, medical specialist, advanced practice nurse*(visible on the Health Portal)*
- Referral for a follow-up appointment *(not visible on the Health Portal)*

A paid appointment is possible without a referral.