



International Diabetes Center
 Fax copy to IDC at 952-993-3634
 Original to Medical Record
 952-993-3393 tel

**Education Services
 Assessment Services
 Health Psychology**



210640EDDIAB

NAME:

DOB:

MR#:

HCL# :

LABEL or ADDRESSOGRAPH

Patient can be reached at the following phone #		
Date	Phone #	<input type="checkbox"/> PN Clinic <input type="checkbox"/> Other _____

In order to triage your patient appropriately, please supply any relevant clinical information and lab work.

A1C: _____ Date: _____ Glucose: _____ Ketones: _____ **Are labs pending?** Yes No

- Non-urgent, 1st available appointment
- Semi-Urgent, within 2 weeks
- Medically Urgent, within 2 days

Reason: Polyuria Polydipsia Polyphagia Infection Weight Loss Other: _____

REASON FOR CONSULTATION—check all that apply

- New onset diabetes
- Previously diagnosed diabetes
- Insulin adjustment
- Insulin start
- Patient on pump
- Health psychology (explain) _____
- Annual Diabetes and Assessment Services
- Frequent or severe hypoglycemia
- Complications of diabetes (explain) _____
- IGT (impaired glucose tolerance) Random glucose 141-199 mg/dL
- IFG (impaired fasting glucose) Fasting glucose 8 hours or more 100-125 mg/dL

CURRENT DIABETES MEDICATIONS Plan of Care is located on reverse side of this form

- Diabetes oral medications _____
- Insulin (type and dose) _____

*** Group education is the standard and is required by Medicare. ***

Does your patient have barriers that would require him/her to be seen individually rather than in a group ed. class? **(Check and specify ICD-9 Code)**

- Vision _____
- Language limitations _____
- Emotional _____
- Hearing _____
- Disease state _____
- Cognitive _____
- Other, (please specify) _____

I certify that I am managing this patient's condition and the education described in the Plan of Care located on the back of this referral. Insulin initiation and diabetes medication adjustments will be made according to IDC Standing Orders.

Provider Signature ►

Name (please print): _____ **Date:** _____

This patient may be contacted regarding diabetes research opportunities.

For non-PNC clinics, please send a copy of patient's recent lab results including:

- A1C
- lipid profile
- ALT
- Creatinine
- Microalbumin

PLAN OF CARE

International Diabetes Center Adult Education Program

Plan of Care is needed to provide this patient with the skills and knowledge to help manage their diabetes
Group Education is the standard and required by Medicare unless barriers to learning are identified
Annual follow-up education recommended
Medicare allows 10 hours first year for **initial** diabetes education
Medicare allows 2 hours of **follow-up** education per year

Type 2 BASICS

4 Sessions over 6 months
6-10 hours of education
A1c if indicated
Non-insulin
IGT
IFG
Annual Follow-up available- 2 hours

GOAL:

Assist the person with diabetes not on insulin to improve glucose control by learning self-management skills related to blood glucose monitoring, meal planning, and increased activity by:

- * Understanding diagnosis of diabetes
- * Stating the goals of treatment
- * Stating goal for HbA1c
- * Demonstrating ability to monitor blood glucose
- * Understanding CHO counting and label reading
- * Understanding the benefits of increased activity
- * Verbalizing recognition and treatment of hypoglycemia
- * Problem solving high & low BG
- * Understanding risk for heart disease
- * Verbalizing understanding of lipids
- * Setting behavioral goal
- * Understanding of guidelines for alcohol use

NAME:

DOB:

MR#:

LABEL or ADDRESSOGRAPH

HCL# :

Insulin BASICS

4 Sessions over 4 months
6-10 hours of education
A1c if indicated
Insulin start
Insulin adjust
Frequent of severe hypoglycemia
Annual Follow-up available- 2 hours

GOAL:

Assist the person with diabetes to improve glucose control by learning self-management skills related to insulin therapy by:

- * Demonstrating insulin administration
- * Demonstrating SMBG accurately
- * Verbalizing target BG and HbA1c goals
- * Problem solving high and low BG
- * Understanding CHO counting and label reading
- * Understanding effect of exercise on BG
- * Understanding sick day management
- * Understanding treatment of hypoglycemia
- * Verbalizing importance of preventative care
- * Setting behavioral goal
- * Understanding basics of pattern control