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Patient Label

SNVMC ONLY
Diabetes & Nutrition Management
Education Order



MDORD

Today's Date _____ **** Please Fax to 844-812-4052****

Patient Name _____ DOB _____

Phone (H) _____ (M) _____ (W) _____

Preferred Email _____

Insurance Name _____

ID # _____ Group # _____

Patient's Preferred Day/Time Mon Tues Wed Thurs Fri Mornings 8–11 a.m. Midday 1–3 p.m. Afternoons 3–5 p.m.

FOR DIABETES DIAGNOSIS:

- Type 1 (E10.9) Gestational (O24.419) Diabetes with Pregnancy – 3rd Trimester (O24.913)
- Type 1 (uncontrolled) (E10.65) Gestational – Abnormal glucose (O99.810) Pre-Diabetes (R73.01)
- Type 2 (E11.9) Diabetes with Pregnancy – 1st Trimester (O24.911) Other _____
- Type 2 (uncontrolled) (E11.65) Diabetes with Pregnancy – 2nd Trimester (O24.912)

HgbA1c _____ Serum Creatinine _____ FBG _____ CHOL _____

HDL _____ LDL _____ TRIGLYCERIDES _____ Height _____ Weight _____

Diabetes Medications _____

Other Medications _____

(Attach any pertinent lab work)

Mark One or More of the Following Reasons for Patient Referral.

- A.** New onset diabetes
- Recurrent elevated blood glucose (fasting glucose > 126 mg/dL, recurrent random glucose >200 mg/dL; or HgbA1c>6.5).
 - Recurrent hypoglycemia or hyperglycemia unawareness.
 - Recent hospitalization for DKA or HHNK indicating need for supplemental diabetes self management training.
 - Recurrent utilization of diabetes services via emergency room, hospital, home health services, physician office or clinic visit.
 - Non-compliance to recommended regimen.
 - Other: _____
- B.** Existing barriers that impede the patient's ability to obtain diabetes self-management skills through routine physician office training or group sessions:
- Learning Disability Visual Impairment Special Communication Need Other _____
 - Impaired Dexterity Impaired Hearing Low Literacy

GROUP EDUCATION (choose one)

- Healthy Living with Diabetes:** Individual instruction with up to 8 hours of class instruction; individual follow up as needed
- Gestational Diabetes Management:** 2 hour class includes: diabetes and pregnancy, monitoring/meter, physical activity, individualized meal plan; individual follow up as needed.
- Pre-Diabetes Class:** 2 hour initial class; 1 hour follow up class includes nutrition, exercise, glucose monitoring instruction. *(This is a self pay class.)*

For Diabetes Education, Select Educational Content to be Covered:

- All Content Areas
- Medications
- Healthy Eating
- Problem Solving
- Being Active
- Reducing Risks
- Monitoring
- Healthy Coping

INDIVIDUAL SESSIONS (check all that apply) SNVMC's Program Follows ACE Guidelines

- Diabetes Self-Management Training and Support:** up to 2 hour initial, individual follow up as needed
- Insulin Start:** up to 2 hour instruction regarding preparation, self-injection, prevention & treatment of low & high blood sugar, basic carbohydrate counting and meal planning
 Insulin Type: _____ Dose: _____ Frequency: _____
- Intensive Insulin Management/Adjustment** includes advanced carbohydrate counting and insulin adjustment training
- Insulin Pump Education and Management:** _____
- Nutrition Counseling/Medical Nutrition Therapy**
 - Obesity (E66.9) Hyperlipidemia (E78.5) Hypothyroidism (E03.9) Other _____
 - Underweight (R63.9) Kidney Disease (N18.1, N18.2, N18.3, N18.4, N18.5) End Stage Renal Disease (N18.6)
 - Pre-Diabetes (R73.01)

Physician Signature _____

Physician Name *(please print or stamp)* _____

Date/Time _____



OUTPATIENT DIABETES & NUTRITION SERVICES SENTARA NORTHERN VIRGINIA MEDICAL CENTER



The Outpatient Diabetes & Nutrition Management Services at Sentara Northern Virginia Medical Center is dedicated to improving the health of its patients through prevention, wellness, and education. Our experienced certified diabetes care & education specialists and registered dietitians offer quality diabetes care and medical nutrition therapy.

Sentara's Diabetes Education Services is recognized by the Association of Diabetes Care & Education Specialists (ADCES) for quality patient education. Improved diabetes control has been identified to be a direct result of our quality diabetes education programs. Individual and Group classes are offered for:

- Type I Diabetes
- Type II Diabetes
- Gestational Diabetes
- Pre-Diabetes
- Insulin Pump Training
- Continuous Glucose Monitoring
- Insulin Start or Adjustment

Nutrition Therapy can help to speed patient recovery, prevent medical complications and lower treatment costs. Through this visit, you will work with a dietitian to learn ways to improve your quality of life through healthy eating. Types of diagnoses this program can support you with include:

- Pre-Diabetes
- Weight Management
- Renal Disease
- Hypertension
- High Cholesterol
- Celiac Disease
- Oncology
- Irritable Bowel Syndrome
- Malnutrition
- Gastrointestinal Conditions, such as Gastroparesis
- Pre-pregnancy Nutrition
- Wellness
- Kidney Disease
- Diabetes

WHAT TO EXPECT

You, or your physician's office, can schedule your appointment with the dietitian or certified diabetes care & education specialist. A referral from your physician is required for all diabetes and nutrition services.

Nutrition Services — To assist in determining your needs, keep a journal of daily food and beverage intake for one week prior to your appointment. The food journal will aid in the dietitian's review of your current status.

During the initial session, the registered dietitian will review history, typical daily intakes, and recommendations. Follow-up appointments are recommended after the initial session to review and monitor progress. Please call your insurance to determine your individual insurance benefits prior to your visit.

Please bring valid government identification and insurance card to your appointment.

To learn more about diabetes and nutrition services at Sentara Northern Virginia Medical Center, visit sentara.com/diabetes.