



600 Gresham Drive  
Norfolk, VA 23507  
757-388-5582 (Direct Line)

Patient Label

**SNHG ONLY**  
**Diabetes & Nutrition**  
**Management Education Order**



MDORD

Today's Date: \_\_\_\_\_ \*\*Please Fax To: 757-388-3152\*\* (Attach any pertinent lab work)

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 9 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 Prevention Program:** 1 year program: Class includes nutrition, exercise, and glucose monitoring instruction. Classes currently being offered at SVBGH and SPAH.

**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)**

- 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)  Diabetes MNT \_\_\_\_\_
  - Underweight (R63.9)  Kidney Disease  End Stage Renal Disease (N18.6)  Other \_\_\_\_\_
  - Pre-Diabetes (R73.01) (N18.1, N18.2, N18.3, N18.4, N18.5)

Physician Signature \_\_\_\_\_

Physician Name (please print or stamp) \_\_\_\_\_

Date/Time \_\_\_\_\_

