



**Diabetes Outpatient Education Program**

USF North 12901 Bruce B. Downs Blvd Tampa, FL. 33612

USF South 2 Tampa General Circle Tampa, FL. 33606

USF All Children's Specialty Clinic 5881 Rand Blvd. Sarasota, FL 34241

USF All Children's Health Center 800 6<sup>th</sup> St. South St Petersburg, FL. 33701

Appointments: 813-974-2201

Fax: 813-974-3313

**DIABETES EDUCATION REFERRAL**

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Daytime telephone number: \_\_\_\_\_

Initial _____
Date _____
Code _____

<b>DIAGNOSIS:</b> <input type="checkbox"/> Type 1/Controlled	<input type="checkbox"/> Type 2/Controlled	<input type="checkbox"/> Gestational Diabetes
<input type="checkbox"/> Type 1/Uncontrolled	<input type="checkbox"/> Type 2/Uncontrolled	<input type="checkbox"/> Pre-existing Diabetes w/ Pregnancy
<input type="checkbox"/> Pre-diabetes ** Please note: Pre-diabetes education may not be covered by insurance plans.		
When Diagnosed: _____ Prior diabetes education: No _____ Yes _____ When _____		

I am referring this patient for medically necessary diabetes self management training.

PHYSICIAN SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Name (Printed): \_\_\_\_\_ Telephone #: \_\_\_\_\_

Address: \_\_\_\_\_ Fax #: \_\_\_\_\_

**DIABETES SELF MANAGEMENT TRAINING or DIABETES MEDICAL NUTRITION THERAPY:**

**Group Self Management Class (Comprehensive Education) 10 hours**

- Adult class:** 1 individual hour, (2) AM classes of 4 hours each, and follow up sessions or 1 individual hour, (3) PM classes of 3 hours each and follow up sessions (Class includes point of care A1c)
- Pediatric class:** 4 sessions, 2.5 hours each (Tampa) or 2 sessions, 5 hours each (Sarasota and St. Pete)

**Topics:** diabetes diagnosis, pathology, nutrition basics, monitoring, meds, exercise, acute/long term complications, stress management, resources, changing behaviors, setting goals, pre-pregnancy planning (as appropriate).

Additional topics in pediatric: growth and development, school concerns, family issues.

**Diabetes Medical Nutrition Therapy**

**Nutrition Concepts: diabetes and pre-diabetes:**

Taught by RD. Topics: food groups, carb counting, label reading, plans for eating out, blood glucose goals. Monitoring taught as needed.

- Basic Group Medical Nutrition Therapy:** 2 hours
  - Basic Individual Medical Nutrition Therapy:** 1 hour
- Reason for individual vs. group: Required by insurance.**

**Advanced Individual Medical Nutrition Therapy:** 1-2 hour individual appointment with RD: advanced nutrition concepts, for those preparing for or using MDII or insulin pump therapy. Advanced carb counting, pattern mgmt.

**Insulin/carb ratio (required)** \_\_\_\_\_  
 **Annual Nutrition Update:** 1 hour individual for those who need refresher or problem solving related to nutrition management of diabetes.

**Special Class Topics: 1-2 hours**

- Blood Glucose Monitoring**
  - Injectable Medication Initiation**
- Med name: \_\_\_\_\_ Dose: \_\_\_\_\_  
Frequency: \_\_\_\_\_ Other: \_\_\_\_\_

**Annual Education Update/Review: 1-2 hours:** For those who need refresher or problem solving related to self management of diabetes. Must have attended comprehensive initial education at least a year prior.

**Pre-Insulin Pump Initiation: 2 hours:** For those who will be starting insulin pump therapy. Topics include review of insulin, monitoring, carb counting, principles of basal/bolus insulin, insulin/carb ratios, correction bolus, various bolus options by pump, types of infusion sets, location, overview of sensor use.

**Sensor Assisted Diabetes Mgmt Evaluation: 2hrs**  
Initiate sensor: Sensor use provides 3 days of continuous glucose values to identify problems and optimize therapy.

**Diabetes Individual Education: 1-2 hours (all sites)**

**Reason for individual vs. group: Required by insurance.**

- Blood glucose monitoring/goals
  - Injectable med start or change in regimen/delivery
- Med name: \_\_\_\_\_ Dose: \_\_\_\_\_  
Frequency: \_\_\_\_\_ Other: \_\_\_\_\_
- Identifying barriers/Finding solutions for self care
  - Other individual needs: \_\_\_\_\_

**Gestational Diabetes Education:** Concepts of nutrition, bg monitoring goals for pregnancy and other related concerns.

- Group education: 2 hours at USF South
- Individual education: 1 hour at USF North
- Post pregnancy follow up: Individual 1 hour

**\*\*\*\*For non-USF patients, please fax the latest diabetes related lab data with this referral. \*\*\*\***