

# Inova Diabetes Center



3PO

Inova Diabetes Center

Order Form for Diabetes Self Management Education

**Central Scheduling Phone Number: 1-877-511-4625 (GOAL)**

Patient Name:  
Patient Phone Number

DOB:  
Email:

**Please fax this Order Form to the location where service is desired. Patient will not be seen without a written order. The patient must call to schedule the appointment.**

**Diagnosis:**

- Type 1 Diabetes Mellitus – Controlled 250.01
- Type 1 Diabetes Mellitus – Uncontrolled 250.03
- Type 2 Diabetes Mellitus – Controlled 250.00
- Type 2 Diabetes Mellitus – Uncontrolled 250.02
- Gestational Diabetes Mellitus – Controlled 648.83 LMP: \_\_\_\_\_
- Diabetes with Pregnancy 648.03 LMP: \_\_\_\_\_
- Pre-Diabetes (IGT or IFG) 790.20

*For program descriptions, please see reverse side or visit [inova.org/diabetes](http://inova.org/diabetes)*

**Reason for Consultation:**

- New Onset Diabetes       Uncontrolled Diabetes       Annual Update
- Insulin Start: \_\_\_\_\_
- Insulin Management: \_\_\_\_\_
- Insulin Pump Program: \_\_\_\_\_
- Continuous Glucose Monitoring: \_\_\_\_\_
- Plan of Care: \_\_\_\_\_
- Other: \_\_\_\_\_

Group Education is the standard unless there is a specific reason for individual consultation. If so, please indicate below:

- Vision       Hearing       Cognitive       Language
- Other: \_\_\_\_\_

**Lab Results:**

A1C: \_\_\_\_\_ Gestational Patients only: Fasting: \_\_\_\_\_ 1-hour: \_\_\_\_\_ 2-hour: \_\_\_\_\_ 3-hour \_\_\_\_\_

**Prescriber's Name (Please Print)** \_\_\_\_\_

**Prescriber's Signature:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Inova Diabetes Center (IDC) Locations:**

- Inova Alexandria – 4320 Seminary Road, Alexandria, VA 22304 Fax: 703-504-7573
- Inova Fairfax – 2700 Prosperity Ave., Suite 100, Fairfax, VA 22031 Fax: 703-698-2506
- Inova Fair Oaks – 3700 Joseph Siewick Dr., Suite 408A, Fairfax, VA 22033 Fax: 703-391-3846
- Inova Loudoun – 44045 Riverside Parkway, Leesburg, VA 20176 Fax: 703-858-6357
- Inova Mt. Vernon – 2501 Parker's Lane, Alexandria, VA 22306 Fax: 703-504-7573

## **Plan of Care**

Inova Diabetes Center Adult Education Program:

Group education is the standard and required by Medicare unless barriers to learning are identified.

Medicare allows 10 hours first year for initial diabetes education.

Medicare allows 2 hours of follow-up education per year.

Annual follow-up education recommended.

## **Type 2 Basics Class**

4 Sessions over a 5-6 month period

6-10 hours of education

Goal: Assist the person with diabetes to improve glucose control by learning self-management skills including:

- Blood glucose targets and goals of treatment
- Healthy Eating Nutrition/CHO counting/alcohol use
- Self-blood glucose monitoring/interpretation of results
- Exercise: benefits, effects on blood glucose levels
- Problem solving high and low blood glucose levels
- Risk reduction strategies/heart health/foot care/eye care
- Sick day management
- Behavior change strategies and goal setting

## **Program Descriptions**

### **Gestational Diabetes Program**

For women who have diabetes during pregnancy, this program includes at least 2 visits with instruction focusing on meal planning, physical activity and blood glucose monitoring.

### **Insulin/Other Injectable Start Programs**

Focus on basics of taking insulin and/or other diabetes injectables, proper monitoring, interpreting blood glucose results, and appropriate meal planning.

### **Insulin Management Program**

Focus on helping people with diabetes achieve tighter control using multiple daily injections or pump, advanced carbohydrate counting, and pattern management. Session frequency based on individual needs.

### **Continuous Glucose Monitoring Program (at Fairfax and Loudoun locations only)**

Insertion and training using loaner glucose monitoring system with interpretation of data. Training on patient's personal continuous glucose monitoring system available.

### **Pump Orientation**

Introduces potential pump users to the pros and cons of pump therapy, expectations of potential users, and an overview of currently available pumps.

### **Insulin Pump Program (at Fairfax location only)**

Troubleshooting guidelines and initiation of pump therapy. Co-management by a Certified Diabetes Educator.