



Patient Name: _____
 Address: _____

 Phone (h): _____
 (w): _____
 (c): _____
 Date of Birth: _____

Diabetes Education Referral

Diabetes Clinic Fax: (613) 258-4997 Phone: (613) 258-6133 ext.155 (Booking)

Type 1 Type 2 IFG IGT IFG + IGT Date of dx: _____

Relevant Medical History/Special Concerns _____

Diabetes Medication (name/dose/frequency)

Other Medications:

Ht _____ Wt _____ Waist circumference _____ BP _____

Lab Results (please attach copies, if available):

- FBS LDL TG ACR Vitamin B12 (if on Metformin)
 A1C HDL Creat AST, ALT Vitamin D
 T-Chol TC/HDL eGFR TSH

Please indicate education program preferred:

- Diabetes Education Prediabetes Group Insulin Initiation Insulin Group

Insulin orders _____
 Insulin titration orders: increase by _____ units every _____ night/day(s) until FBS
 readings are consistently under _____ (glycemic target).
 ADA orders for insulin start _____

Referring physician:

print name _____ signature _____
 phone (____) ____ - _____ fax (____) ____ - _____ date _____
 address _____



Diabetes Education Program Descriptions

Diabetes Education Program

- *in-depth education on diabetes, its management and treatment*
- *a 2 day group education session (or 4 evening sessions) aimed at adults diagnosed with diabetes*
- *includes an individual counseling session with the nurse and dietitian (one hour each)*
- *one-on-one follow up appointment with the nurse and the dietitian*
- *topics:*
 - *healthy eating*
 - *self monitoring of blood glucose*
 - *foot care with the chiropodist or pedorthist*
 - *sick day guidelines*
 - *heart health and weight management*
 - *physical activity*
 - *label reading*
 - *potential complications*
 - *medications for diabetes with the pharmacist, among other topics*

Prediabetes Program

- *a 3 hour group program aimed at adults who are diagnosed with Impaired Fasting Glucose(IFG) and/or Impaired Glucose Tolerance (IGT)*
- *topics: basics of diabetes, pre-diabetes, and the metabolic syndrome*
 - *healthy eating and physical activity*
 - *weight control*

Insulin Program

- *One on one insulin starts are available with a physician referral.*
- *A half day group program aimed at adults who have recently started insulin therapy or who require an update on the treatment of diabetes with insulin is also available.*
- *topics:*
 - *all aspects of the self administration and action of insulin*
 - *treatment of hypoglycemia*
 - *carbohydrate counting*
 - *healthy lifestyle*
 - *driving and sick day guidelines, among other topics*

Other Programs

- *Grocery Store Tours, Hypertension Group and Special Topics*

All programs have communication protocol in place so that the physician is aware of the patient's progress and any concerns that the diabetes team may have identified.