

Patient Label

## DIABETES EDUCATION REFERRAL

Diabetes Clinic Fax: (613) 258-4997

Phone (bookings): (613) 258-6133 Ext. 400 Option 4

**Please indicate education program preferred:**

Diabetes Education    Prediabetes Group    Insulin Initiation    Other \_\_\_\_\_

**History**

Type 1    Type 2    Prediabetes      Date of dx: \_\_\_\_\_

Relevant Medical History/Special Concerns: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diabetes Medication (name/dose/frequency)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other Medications:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
BP: \_\_\_\_\_      BMI: \_\_\_\_\_

**Lab Results** (please attach copies, if available):

A1C/FBS    LDL/HDL/T-Chol,TG    eGFR, ACR, Creat.       Other \_\_\_\_\_

**Insulin Start & Titration orders:**    Refer to Insulin Prescription (OCFP website)

Starting dose: \_\_\_\_\_ units at bedtime  
Increase dose by \_\_\_\_\_ every \_\_\_\_\_ nights until fasting blood glucose has  
reached the target of \_\_\_\_\_ mmol/L

**OHAs:** Continue: \_\_\_\_\_  
Discontinue: \_\_\_\_\_

**Referring HCP:** Print name: \_\_\_\_\_ Signature: \_\_\_\_\_

Clinic name/location: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Date: \_\_\_\_\_



## **Diabetes Education - Program Descriptions**

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### **Diabetes Education Program**

- In-depth education on diabetes, its management, and treatment
- Group education session aimed at adults diagnosed with diabetes
- Individual sessions with the nurse and dietitian (one hour each)
- One-on-one follow up appointments with the nurse and the dietitian
  
- Topics:
  - Healthy eating
  - Self- monitoring of blood glucose
  - Foot care assessments and advice
  - Sick day guidelines
  - Heart health and weight management
  - Physical activity
  - Label reading
  - Potential complications
  - Hypoglycemia, driving guidelines
  - Medications for diabetes with the pharmacist

### **Prediabetes Program**

- A 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, 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.*