

**Patient Information**

Name \_\_\_\_\_ Date \_\_\_\_\_ D.O.B. \_\_\_\_\_  
SS# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Phone# \_\_\_\_\_

**Diagnosis**  DM 1  Pre-existing Diabetes with pregnancy  Gestational  
 DM 2 - Diet  DM 2 - Oral agent  DM2 - Insulin  
 DM 2 - Oral agents + Insulin  Other \_\_\_\_\_

**Plan of Care** (please choose all that apply)

Comprehensive Management Skills Group Class  Insulin Instructions  
 Comprehensive Management Skills (1:1)  Management during Pregnancy  
 Nutrition Management (1:1)  Acute Complications  
 Self-Blood Glucose Monitoring (1:1)  Long-Term Complications  
 Exercise Instructions (Stress Test (-))  Insulin Pump Start-up  
 There are no contraindications toward participants in a fitness program  
 I believe the applicant can participate, but urge caution because: \_\_\_\_\_  
 The applicant should not engage in the following activities: \_\_\_\_\_  
 Other \_\_\_\_\_

**Diabetes Lab Results**  HbA1c \_\_\_\_\_ Date \_\_\_\_\_  See attached  
Check if you would like patient to have:  HbA1c  Microalbumin  Lipid Profile

**Medications:** \_\_\_\_\_  
\_\_\_\_\_  See attached

**Reason(s) for patient referral**

Recurrent elevated BG levels:  Recurrent hypoglycemia  
 HbA1c > 8%  Inappropriate utilization of diabetes services  
 Fasting BG > 140 mg/dL  ER  Home Health Service  
 Random BG > 180 mg/dL  Hospital  Physician Office  
 Recent admission for DKA/HHNS  Other \_\_\_\_\_

**Diabetes Complications / Co-morbidities**

Retinopathy  Neuropathy  Nephropathy  HTN  
 CAD  Dermatopathy  Hyperlipidemia  Gastroparesis

**Barriers for training**

Non-adherence  Morbid Obesity  Impaired Mobility  Visual Impairment  
 Learning disability  Eating Disorder  Impaired Mental Status  Hearing Impairment  
 Impaired Psychosocial States  Other \_\_\_\_\_

**Language**  English  Spanish  Other \_\_\_\_\_

**Physician's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_  
**Referring Physician** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Fax** \_\_\_\_\_  
**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State/Zip** \_\_\_\_\_