



Affiliated with  
Beth Israel Deaconess Medical Center

# Diabetes and Endocrine Order Form

One Joslin Place, Boston, MA 02215 617 732 2400

Patient's name: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

MRN \_\_\_\_\_ Insurance carrier: \_\_\_\_\_

Type of consultation:  Endocrinologist + other services as needed  Diabetes Education only  
 Ophthalmology  Nephrology

Date of Diagnosis: \_\_\_\_\_

- |                                                                 |                                                                   |
|-----------------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> type 2 250.00                          | <input type="checkbox"/> type 2 uncontrolled 250.02               |
| <input type="checkbox"/> type 1 250.01                          | <input type="checkbox"/> type 1 uncontrolled 250.03               |
| <input type="checkbox"/> Impaired fasting glucose 790.21        | <input type="checkbox"/> Impaired glucose tolerance (oral) 790.22 |
| <input type="checkbox"/> Gestational diabetes antepartum 648.83 | <input type="checkbox"/> Obesity, unspecified 278.00              |
| <input type="checkbox"/> Gestational diabetes postpartum 648.84 | <input type="checkbox"/> Diabetes with Pregnancy                  |
| <input type="checkbox"/> Other _____                            | <input type="checkbox"/> Metabolic Syndrome 277.7                 |

Diabetes Treated with:  Diet only  Oral medication  Insulin  Insulin pump

### Reason(s) for Ordering Diabetes Self Management Education:

- |                                                   |                                                                                                     |
|---------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Newly diagnosed diabetes | <input type="checkbox"/> Recently Hospitalized                                                      |
| <input type="checkbox"/> New to insulin           | <input type="checkbox"/> Fasting Blood Sugar $\geq 126$ mg/dl on two different occasions.           |
| <input type="checkbox"/> Albuminuria              | <input type="checkbox"/> 2-hour Post Glucose Challenge $\geq 200$ mg/dl on two different occasions. |
| <input type="checkbox"/> Education only           |                                                                                                     |

### Diabetes Self Management Training (DSMT):

- \_\_\_\_\_ **Initial Training** - Assessment, Nutrition, Monitoring, BG Management, Sick Days, Risk Reduction, Exercise, Foot Care (see attached programs). Can include DOIT.
- \_\_\_\_\_ **Follow-up Training**
- \_\_\_\_\_ **Insulin Initiation/Orders:** Type of Insulin: \_\_\_\_\_ Dose: \_\_\_\_\_  
(Patient must have orders for insulin/prescriptions)
- \_\_\_\_\_ **Pump Program**

### Patient has special need(s) to receive individual instruction. Check all that apply.

- |                                   |                                               |
|-----------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Vision   | <input type="checkbox"/> Hearing              |
| <input type="checkbox"/> Physical | <input type="checkbox"/> Cognitive Impairment |
| <input type="checkbox"/> Language | <input type="checkbox"/> Other: _____         |

### Medical Nutrition Therapy (MNT):

- \_\_\_\_\_ Initial MNT
- \_\_\_\_\_ Annual Follow-up MNT
- \_\_\_\_\_ Additional MNT services in the same calendar year, per RD recommendations.  
Specify changes in diagnosis, medical condition or treatment regimen. \_\_\_\_\_
- \_\_\_\_\_ Why Wait – Weight Achievement & Intensive Treatment
- \_\_\_\_\_ Support Groups

Referring Provider: \_\_\_\_\_ (Signature) \_\_\_\_\_ (Date)

\_\_\_\_\_ (Name) Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

**Note:** Health plans may not cover this service. The patient should contact their health plan to determine if pre-authorization is necessary. Please contact Joslin at (617) 226-5725 if you wish to discuss coverage.

**To make a referral to Joslin please fax the following information to Joslin Scheduling at (617) 264-2734.**

- Completed Orders/referral for Diabetes Therapy
- Current Medications List
- Last visit with past medical history OR relevant medical history
- Relevant Lab results, including
  - Last A1c
  - Cholesterol
  - LDL
  - HDL
  - Triglycerides
  - Microalbumin

**If clinical information is available on CareWeb fax just order the form.  
For questions please call our provider referral line at (800) 497-7338.**

**What you can expect from Joslin:**

JoslinCare provides an integrated approach to diabetes management. Patients receive sequenced diabetes education including medical nutrition therapy and exercise.

Focusing on self-management: patients are provided with the tools and knowledge they need to achieve life long health. All patients receive a summary of recommendations including a diabetes self-care action plan and a free Joslin Vision Network Screening for eye disease.

Joslin will work closely with you to optimize your patient's care. You will receive:

- A detailed consultation report to assist you in managing your patient.
- A summary of recommendations, including a diabetes self-care action plan from a diabetes educator.
- Assistance scheduling your patient appointments.

---

**Confidentiality Notice**

This fax transmission and any attachments may contain Protected Health Information (PHI). PHI is personal and sensitive information related to a person's health care. It is being faxed to you after appropriate authorization from the patient or under circumstances that do not require patient authorization. You, the recipient, are obligated to maintain it in a safe, secure and confidential manner. Re-disclosure without additional patient consent or as permitted by law is prohibited. Unauthorized re-disclosure or failure to maintain confidentiality could subject you to penalties described in federal and state law.

**Important Warning:** This message is intended for the use of the person or entity to which it is addressed and may contain information that is privileged and confidential, the disclosure of which is governed by applicable law. *If you are not the intended recipient, or the employee or agent responsible to deliver it to the intended recipient, you are hereby notified that you have received this communication in error and that any review, disclosure, copying or distribution of this information is **strictly prohibited**. If you have received this message in error, please notify the sender immediately to arrange for return or destruction of these documents.*

## JoslinCare-Education Programs At a Glance

The education goals of the Joslin Clinic are to provide participants with diabetes self-management skills and knowledge to achieve and maintain blood glucose control, to initiate life style changes, and to promote the continuation of wellness.

|                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Diabetes Today Program</b><br>617-732-2440           | Diabetes Today is a basic education program that is a sequenced series of five classes and three individual follow-up appointments. The program covers the importance of medication, meal planning, exercise and blood glucose monitoring. Recommended to be taken sequentially over 2-4 wks. Can be scheduled all in one day for convenience, though not recommended. Individual appointments scheduled with educators (RN, RD, EP) for follow up on treatment goals, AFTER classes have been completed. |
| <b>First Steps</b>                                      | This 90-minute class is the foundation for the other classes in the Diabetes Today Program. It includes an assessment of an individual's diabetes knowledge and stresses the relationship between blood glucose, medication, meal planning and activity                                                                                                                                                                                                                                                   |
| <b>What Can I Eat?</b>                                  | This 90-minute class provides the foundation information for meal planning in a group setting. Participants develop their own Starter Meal Plan with specific attention to carbohydrates, portion sizes and label reading that is used during the one to two weeks before the Foods That Fit class.                                                                                                                                                                                                       |
| <b>Foods That Fit</b>                                   | This 90-minute class builds on the information and reinforces the skills that were developed in What Can I Eat? The class will help individualize the Starter Meal Plan. Thus, What Can I Eat? Must be taken prior to Foods That Fit.                                                                                                                                                                                                                                                                     |
| <b>Exercise Basics</b>                                  | This 60-minute class defines physical fitness and highlights the health impact of increased physical activity for people with diabetes. Participants will participate in stretching exercises using stretch bands. It is helpful if the participant has taken the other three to four classes in the series, as these concepts are important when starting a fitness plan.                                                                                                                                |
| <b>Monitoring Matters</b>                               | This 60-minute class teaches beginners how to use a blood glucose meter, a glucose log and reinforces target blood glucose goals. It can be taken before or after What Can I Eat?                                                                                                                                                                                                                                                                                                                         |
| <b>DOIT</b><br>617-732-2628                             | <u>Diabetes Outpatient Intensive Treatment</u><br>Medical management combined with intensive self-management training and exercise. (3.5 days)                                                                                                                                                                                                                                                                                                                                                            |
| <b>Nutrition Tune Up</b><br>617-732-2440                | Patients with type 2 diabetes can refresh their skills and knowledge while learning about the latest in nutrition and exercise to help lose weight and better manage their diabetes.                                                                                                                                                                                                                                                                                                                      |
| <b>Matching Insulin to Carbohydrate</b><br>617-732-2440 | How to match carbohydrate intake with rapid acting insulin<br>Individual will calculate insulin bolus doses using Sensitivity Factor and Carb to Insulin ratios (C:I) (1 hour)                                                                                                                                                                                                                                                                                                                            |
| <b>Keeping Your Kidneys Healthy</b><br>617-732-2440     | How to monitor and reduce risks for renal disease (1 hour)                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Pump Programs</b>                                    | (617)-264-2767                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Pump Info</b>                                        | Advantages and challenges of using an insulin pump                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Pump Assessment</b>                                  | Is pt ready for a pump? Identification of additional education needs. Must be followed by a Joslin/BIDMC endo. (30 min)                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Pump Foundations</b>                                 | Review of pump therapy. Practical issues of pump operation and troubleshooting; Hands-on experience with pump programming (4 hours)                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Pump Start Series</b>                                | Getting started on an insulin pump. Patients practice at home with saline, 1-2 weeks, prior to the start of insulin. Must be followed by a Joslin/BIDMC endo (six visits)                                                                                                                                                                                                                                                                                                                                 |
| <b>Pump Logic</b>                                       | Advanced blood glucose management of patients on a pump, utilizing a continuous glucose sensor (2 ½ days)                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Lifestyle Programs</b>                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Why Wait ?</b><br>617-713-3491                       | <u>Weight Achievement &amp; Intensive Treatment</u><br>A weight reduction and diabetes management program featuring an individualized nutrition, physical activity, behavioral support and diabetes care.                                                                                                                                                                                                                                                                                                 |
| <b>Blood Glucose Awareness Training</b><br>617-732-2594 | One-day workshop covering skills and techniques to anticipate and prevent hypoglycemia.                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Women's Diabetes Support Group</b><br>617-732-2514   | Support group for women ages 35-55. Six - 1 ¼ hr evening sessions, call for next session start date                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Couples Diabetes Support Group</b><br>617-732-2594   | Couples support group for those with diabetes. Six 1 ¼ hr evening sessions, call for next session start date.                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Easy Start Exercise Club</b><br>617-713-3451         | Supervised exercise program where ongoing monitoring of BP, Wt, and Blood Glucose and medical goals are tracked on a weekly basis<br>(10am-12noon Monday - Thursday)                                                                                                                                                                                                                                                                                                                                      |