

How to Order Diabetes Education in EPIC

In order to successfully place an order for diabetes education in EPIC you must do two to three things:

1. Order Diabetes Self Management Training (DSMT) or Medical Nutrition Therapy (MNT), or both in the “New Order” section of EPIC.
2. Choose the specific type(s) of DSMT or MNT from a drop-down menu. Choose as many types of education needed by selecting the magnifying-glass for the entire list.
3. If ordering DSMT choose a “Plan of Care” from the drop-down menu based on adult or pediatric patient.

Please see below for details...

1. New Order

In “New Order” area of EPIC type in “diabetes”.

Next, *choose one or both*

- **DIABETES SELF MANAGEMENT TRAINING (DSMT), or**
- **MEDICAL NUTRITION THERAPY (MNT)**

DSMT = Instruction on self management skills like how to use insulin, testing using a blood glucose meter, healthy eating, and exercise. DSMT is offered via classes or individual consultation.

MNT = Instruction from a registered dietitian on dietary guidelines for a specific medical condition (e.g.- diabetes, kidney). MNT is offered via a 90 minute class or individual consultation.

2. Ordering DSMT and/or MNT

Helpful Tip-

- Care Oregon/OHP/ Open Card Medicaid patients must be seen individually. The only exception is the 90 minute MNT class.

A. Diabetes Self Management Training (DSMT)

Click “**Reason for Referral DSMT**” and search for the DSMT options you would like your patient to receive.

DMST options include by content area:

Type 1 - All DSMT Content Area for Type 1 - Group Class (9 hours total)

- 9 hours of comprehensive group training for patients with type 1 diabetes delivered over a two-to-three day period. Topics include nutrition, glucose monitoring, exercise, acute and chronic complications, medications, stress and coping, insulin pumps/sensors and future advances, and behavioral goal setting.

Type 2 - All DSMT Content Area for Type 2 - Group Class (9 hours total)

- 9 hours of comprehensive group training for patients with type 2 diabetes delivered over a two-to-three day period. Topics include nutrition, glucose monitoring, exercise, acute and chronic complications, medications, behavioral goal setting, stress and coping.

Diabetes as a Disease Process- Understanding Diabetes Group - (60 min)

- 60 minute class introducing the pathophysiology and treatment of diabetes, for Type 1 and 2.

Goal Setting, Problem Solving, Individual Appt - (60 min)

- Individual appointment for patients needing targeted individual instruction on diabetes management.

Medication - Instruction, Individual Appt - (60 min)

- 60 minute individual visit for patients who need to learn how to use oral diabetes medications, insulin, GLP's.

Medication - Intensive Insulin Management Group - (90 min)

- 90 minute class for patients using insulin who need to intensify their therapy for tighter blood glucose control.

Medication - Is an Insulin Pump For You? - (60 min)

- 60 minute class for patients who would benefit from learning the pros and cons of insulin pump therapy.

Medication - Insulin Pump use, (specify needs in comments box) Individual Appt (up to 150 min)

- Individual appointment for a patient starting or upgrading insulin pump therapy, advanced features or pump refresher.

Monitoring Diabetes - Choose & Use Your Glucose Meter Group- (60 min)

- 60 minute class that teaches patients how to use a blood glucose meter and what their targets should be. Patients may receive a new meter as needed, and instruction will be provided.

Monitoring Diabetes - Glucose Meter or Sensor (specify sensor need: Trial/Own) Individual Appt - (60-90 min)

- 60-90 minute individual appointment for a patient who will be using a continuous glucose monitoring sensor.

Nutrition Management - Carbohydrate Counting Group - (60 min)

- 60 minute intermediate class for patients interested in learning how to count dietary carbohydrate.

Nutrition Management - Healthy Eating Diabetes Group - (60 min)

- 60 minute introductory class for patients new to eating with diabetes.

Physical Activity, Individual Appt - (60 min)

- 60 minute individual appointment for patients needing advice on appropriate physical activity for diabetes management.

Preconception/Pregnancy/Gestational Diabetes Mgmt, Individual Appt - (60 min)

- 60 minute individual appointment for anyone who has gestational diabetes or has diabetes and is thinking about pregnancy, or is pregnant.

Prevent, Detect & Treat Acute Complications, Individual Appt - (60 min)

- 60 minute individual appointment appropriate for patients needing education about hypoglycemia or hyperglycemia, prevention, symptoms and treatment, and sick day management.

Prevent, Detect & Treat Chronic Complications, Individual Appt - (60 min)

- 60 minute individual appointment appropriate for any diabetes patient needing education about preventing, delaying complications, as well as those who are at risk or who have chronic complications including: retinopathy, cardiovascular and other vascular disease, nephropathy, neuropathy, and diabetes related gastrointestinal disorders.

Psychological Adjustment, Individual Appt - (60 min)

- 60 minute individual appointment appropriate for patients who need assistance coping with diabetes. As needed patient would be referred on to a qualified professional.

Unlisted/Other (Please specify)

- Use “comments” section to provide necessary details.

B. Medical Nutrition Therapy (MNT)

Click “Reason for Referral” and search for the MNT options you would like your patient to receive.

MNT options include:

Medical Nutrition Therapy MNT Diabetes Group - (90 min)

- 90 minute class that covers the dietary interventions used to manage blood sugars, hyperlipidemia and hypertension. Topics include healthy eating, carbohydrate counting, exercise and weight management. This is the only group education class offered for OHP patients.

Medical Nutrition Therapy MNT Diabetes Individual Education - (30-90 min)

- 30-90 minute visit with a registered dietitian to cover specific dietary interventions that can be used to help manage diabetes and diabetes related co-morbidities

Pre-Diabetes Course - (60-150 min)

- Individual appointment with a registered dietitian appropriate for patients who need to learn about healthy eating, weight management and exercise to delay or prevent the onset of diabetes.
- Pre-diabetes group class offered monthly for 2 ½ hours offers an overview of the management of pre-diabetes with topics including healthy eating, weight management and exercise to delay or prevent the onset of diabetes. Have patients call 503-494-3273 to register. Cost is \$25.00.

3. Plan of Care (Only needs to be completed for DSMT orders; not required for MNT orders)

To complete the order for DSMT a care plan must be identified as part of the referral process for each patient. Although there is some slight variation in care plans depending on the patient population the plan of care outlines the topics that will be covered during the education process (e.g.- diabetes disease process, nutrition management, physical activity, monitoring, etc.), as well as the typical amount of time that has been allotted to diabetes education.

Click the “**Plan of Care Per Protocol or Custom**” that is diagnosis specific to identify the appropriate care plan for your patients. You will have the option of choosing one of the following care plans:

Care Plan for Adult Diabetes Education

Care Plan for Pediatric Diabetes Education- Type 2

Care plan for Pediatric Diabetes Education- Type 1 or MODY

Care Plan for Pediatric Education Cystic Fibrosis and other Diabetes

Custom Plan (Plan Entered in Patient Chart)