

Referral: Diabetes and Nutrition Education, Ornish & VIP for Life®

Patient Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: (Home): _____ (Work): _____
 DOB: _____ SSN _____
 Mother/Father/Guardian: _____
 Speaks language other than English ? _____

Physician Practice:

REASON FOR REFERRAL - Please check all that apply to ensure maximum Insurance coverage.

- Diagnosis Codes:**
- | | | |
|--|--|--|
| <input type="checkbox"/> Type 1 Diabetes - controlled - 250.01 | <input type="checkbox"/> Metabolic Syndrome - 277.7 | <input type="checkbox"/> Obesity - Morbid - 278.01 |
| <input type="checkbox"/> Type 1 Diabetes - uncontrolled - 250.03 | <input type="checkbox"/> Hypercholesterolemia - 272.0 | <input type="checkbox"/> Bulimia / Eating Disorder - 783.6 |
| <input type="checkbox"/> Impaired Glucose Tolerance - 790.2 | <input type="checkbox"/> Hypertriglyceridemia - 272.1 | <input type="checkbox"/> Polycystic Ovarian Disease - 256.4 |
| <input type="checkbox"/> Type 2 Diabetes - controlled - 250.00 | <input type="checkbox"/> Mixed Hyperlipidemia - 272.2 | <input type="checkbox"/> Gastroparesis - 250.6 |
| <input type="checkbox"/> Type 2 Diabetes - uncontrolled - 250.02 | <input type="checkbox"/> Coronary Atherosclerosis - 414.00 | <input type="checkbox"/> Chronic renal failure - 585 |
| <input type="checkbox"/> Steroid Induced DM - 251.8 | <input type="checkbox"/> Hypertension unspecified - 401.9 | <input type="checkbox"/> Status post renal transplant - V42.0 |
| <input type="checkbox"/> Diabetes and Pregnancy | <input type="checkbox"/> HTN secondary to Heart Disease - 402.90 | <input type="checkbox"/> Unspec d/o of kidney & ureter - 593.9 |
| | <input type="checkbox"/> HTN secondary to Renal Disease - 403.90 | <input type="checkbox"/> Osteoporosis - 733 |
| | <input type="checkbox"/> Obesity Simple - Nutritional - 278.00 | <input type="checkbox"/> Celiac Disease - 579.0 |

Medical Care:
 Endocrinologist Assess and recommend Diabetes Nurse Practitioner Assess and recommend Metabolic Bone Specialist
 Assess and treat Assess and treat

Type 1 Diabetes Education:
 Diabetic Assess & Educ RN RD
 Follow-up & problem solving RN RD
 Insulin Instruction Injection Pen
 Intensive Management Program
 Subcutaneous Pump
 Insulin to carb ratio: to gms;
 Sensitivity (Correction) Factor
 Insulin Pump Management
 Initial Follow-up Problem
 Continuous Blood Glucose Monitoring
 Medical Nutrition Therapy
 Initial Follow-up
 (Medicare B recipients only)

Heart/Stroke/PVD Risk Factor Education:
 Assessment & Education
 Dr. Dean Ornish Program
 LOVAR/VIP (Vasc Improvement Plan)
 Metabolic Syndrome Education
 Tobacco Cessation
 Stress Management
 Exercise Education
 Lipid Education
 Hypertension Education

Lab Tests:	Date	Result
HbA1c		
Fasting Blood Glucose		
Casual (Random) Blood Glucose		
Chol		
Trig		
HDL		
LDL		
Creatinine		
GFR - required for kidney disease		

Pre Diabetes Education:
 Pre-diabetes classes

Nutrition Education:
 Nutrition Assessment & Education
 Follow-up nutrition planning
 Sodium-Restricted diet education
 Weight-loss Assessment & Education
 BMI or
 Height & Wt (required)
 Metabolism Testing

Other Tests/Comments:

Type 2 Diabetes Education:
 Diabetes Comprehensive Education
 (10 hours, diet, meter use, BG management, exercise, medication, complications & coping)
 requires individual education
 Follow-up & problem solving RN RD
 Insulin Instruction Injection Pen
 Intensive Mgmt Program
 Subcutaneous Pump
 Insulin to carb ratio: to gms;
 Sensitivity (Correction) Factor
 Medical Nutrition Therapy (Medicare B recipients only)
 Initial Follow-up

Renal Disease Education:
 General Renal Nutrition Assess & Educ
 For Medicare B Recipients only:
 Pre-dialysis Medical Nutrition Therapy
 Post-Transplant Medical Nutrition Therapy
 Follow-up Medical Nutrition Therapy

Medications: _____ **Dosage/Schedule** _____

Diabetes & Pregnancy Education:
 Pre-conception counseling
 Diabetes in Pregnancy Program

Osteoporosis Education:
 Osteoporosis Prevention Education

PHYS SIGNATURE REQUIRED: UPIN: _____ DATE: _____
 _____ / _____
 SIGNATURE PRINTED NAME

Please fax **FRONT & BACK OF THE PATIENT INSURANCE CARD** with all outpatient referrals
 Physician referral does not guarantee insurance coverage. Please initiate insurance referrals/pre-authorizations prior to patient's appointment.

Helwig Center
 Box 689 / CC and I-78, Allentown, PA 18105

FAX: 610-402-8539
 PHONE: 610-402-5000

THANK YOU
 for referring your patients!

MEDICAL CARE

Endocrinologists and nurse practitioners are available to assess, recommend care, or treat your patient.

Metabolic Bone Specialists are available the first Thursday of each month to assess, recommend care, or treat complicated cases.

EDUCATION

A consult for education does not include medical management unless specified.

Type 1 and Type 2 Diabetes Education – recommended for all newly diagnosed or uncontrolled individuals

- Basic survival skill and advanced lifestyle management education. Generally covered by insurance.
- Comprehensive Type 2 program involves five weekly 2-hour sessions (10 hrs) and covers disease process, acute complications, target blood glucoses, home blood glucose monitoring, diet/meal planning, medications, prevention of acute and long term complications, cardiovascular risk factor modification, exercise and coping. Strongly recommended as first step after diagnosis.
- Annual follow-up education/classes are recommended to help patients maintain control.
- Intensive management programs for subcutaneous insulin therapy or insulin pump therapy.

Medical Nutrition Therapy – **Applies to Medicare Part B patients only** (DM and some renal conditions) *For other nutrition counseling use RD under DM or Nutrition Ed. area to order nutrition education.

- Is highly recommended as an ideal complement after individual with Type 1 or 2 DM has received comprehensive diabetes self-management training from above services.
- Involves 1:1 counseling that helps patients apply and fine tune previous education in a workable lifestyle change to achieve their goals.

Pre-Diabetes Education for individuals with IGT, IFG or “pre-diabetes”

- Two 2-hour sessions designed to help individuals adopt lifestyle changes that can help to prevent or delay the development of diabetes.

Diabetes & Pregnancy for women with diabetes considering pregnancy or pregnant with known DM or GDM

- Education/support/management of glucose management needs throughout pregnancy.

Dr. Dean Ornish Program for Reversing Heart Disease for people who want to prevent heart disease, reduce risks for developing a chronic disease or to learn lifestyle changes to help manage diabetes, hypertension, and heart disease.

- Patients will be assessed for readiness to adopt the four tenets of the Dr. Dean Ornish Program for Reversing Heart Disease: A Low Fat, Vegetarian, Whole Foods Nutrition Plan, Daily Stress Management Practice, Regular Aerobic and Strength Training Exercise and Group Support. Programs available:
 - **Reversal Program** - A 12-week educational and experiential program (112 hours)
 - **Ornish Advantage** - A 6-week educational (14 hours)

VIP (Vascular Improvement Plan) for Life® (formerly LOVAR) for people interested in the prevention & recovery from heart attack, stroke, and peripheral vascular disease.

- Clinical team approach to focused education on hypertension, cholesterol, nutrition, weight management, diabetes, tobacco cessation & stress reduction tailored to patient’s needs in collaboration with physician offices.
- Services available:
 - Risk factor assessment for cardiovascular/peripheral vascular diseases & metabolic syndrome with personalized plan by CRNP
 - Individual and small group education on vascular risk factors
 - Multi-session metabolic syndrome program
 - 12-month education & case management program for Choice Plus members
 - Body fat, BMI, metabolism testing, personalized nutrition & weight management with registered dietitian
 - Personal exercise prescription provided by certified exercise physiologist
 - 12-week LEARN weight management program
 - 3-session Quit Smart tobacco cessation program
 - 3-session stress management program

Osteoporosis Education for individuals who wish to prevent or manage osteoporosis

- Highmark Osteo Prevention & Education (HOPE)-6-week educational & experiential program (12 hrs)
- Program components: overview, nutrition, medication, stress management & strength training.
- No charge; grant funded by Highmark Foundation