

SAMPLE ONLY

NOT TO BE USED FOR PATIENT DOCUMENTATION

PATIENT EDUCATION RECORD DIABETES MELLITUS (DM), page 1 of 1

(STAMP PLATE)

DATE: _____			
PROBLEM(S): _____			
Enter codes, date and initials for each entry in Columns 1 and 3.		Enter codes, date and initials for each entry in Column 2.	
C = Competent	CF = Competent Family/Significant Other	VI = Verbal Instruction	V = Video
NR = Needs Reinforcement	RA = Requires Assistance	WM = Written Material	D = Demonstration
NK = No Knowledge	NA = Not Applicable	SI = Self-Instructed	AC = Attended Class
			TV = Patient Education TV Channel
			O = Other
			NA = Not Applicable
	1	2	3
CONTENT: Before discharge, the patient and/or significant other will be able to:	PRE-PROGRAM ASSESSMENT	CONTENT DELIVERED AND REINFORCED	PROGRAM EVALUATION
	DATE/INITIALS	DATE/INITIALS	DATE/INITIALS
DIABETES DISEASE PROCESS: State definition of diabetes mellitus. Describe Type 1, Type 2, gestational or other. Identify their type of diabetes mellitus.			
NUTRITION MANAGEMENT: Identify importance of planning and maintaining meal treatment plan, food exchanges, eating out guidelines, changes for sick days, exercise guidelines and carbohydrate (CHO) counting.			
MEDICATIONS: Insulin - State type, strength, dose, schedule, action, storage, injection sites. Demonstrate preparation, administration and syringe disposal. Oral Hypoglycemic Agents - State name, dose, action, schedule and side effects.			
MONITORING: Blood Glucose - Demonstrate finger puncture technique, use of visual strips or meter, maintenance, schedule, target ranges and record keeping. Ketones - State times to test and actions to be taken. Demonstrate procedure and record results. Identify when to call doctor.			
PHYSICAL ACTIVITY: State effect of exercise on DM control. Describe daily exercise program. Describe precautions taken for hypoglycemia.			
ACUTE COMPLICATIONS: Describe hypoglycemia and hyperglycemia; list causes, signs and symptoms, treatment, and prevention of each. Understand rationale for wearing diabetic ID (Medic-Alert) and carrying fast-acting CHO. State guidelines to follow when sick and when to call doctor.			
CHRONIC COMPLICATIONS: Describe main complications of DM: retinopathy (eye disease), nephropathy (kidney disease), heart disease, neuropathy (nerve disease), peripheral vascular disease and relationship to diabetic control. Describe proper foot care. Discuss symptoms, prevention, detection and treatment of complications.			
GOAL SETTING & PROBLEM SOLVING: Identify ways to set goals and problem solve.			
PSYCHOSOCIAL: Describe feelings, positive coping mechanisms, importance of lifestyle effect on DM control and positive support behaviors.			
PREGNANCY: State importance of pre-conceptual care, pregnancy plan of care, and gestational diabetes management. Identify maternal & neonatal complications.			

If patient and/or significant other is unable to complete some or all of this teaching plan, follow-up plan must be documented on the Interdisciplinary Patient and Family Education Flowsheet.

Date	Signature	Initials	Date	Signature	Initials