

# Teaching Patients with Diabetes Self-Management

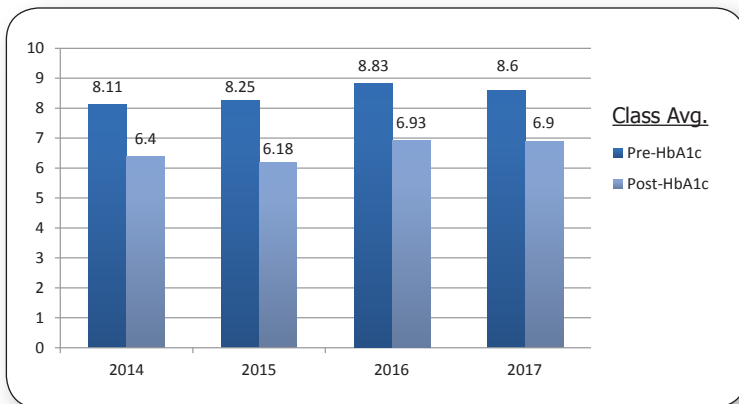
LIFESKILLS...A DIABETES EDUCATION PROGRAM

*Lifeskills*™ is credentialed by the American Diabetes Association intended for qualified patients with a diagnosis of type 2 diabetes. This program is provided by Davis Medical Center in Elkins, West Virginia.

LifeSkills is a flexible learning experience intended to work with the “real-world” environment and life circumstances that exist for each person. This program is instructed by qualified professionals that include a Certified Diabetes Educator, Registered Dietitians, Physical Therapists, Pharmacists and Registered Nurses.

Your patient’s first appointment will be a one-on-one individual session with the Registered Dietitian. After completion of this appointment your patient will be provided the next start for LifeSkills class.

*“The evidence of the benefits of diabetes self-management education is substantial. Diabetes education is associated with improved diabetes knowledge and improved self-care behavior and improved clinical outcomes such as lower HgbA1c, lower self-reported weight, improved quality of life, healthy coping and lower costs (American Diabetes Association, 2014).”*



**Your local LifeSkills is a proven program to lower patient’s HgbA1c. The results speak for themselves.**

Start dates for 2018 are:

- March 7
- April 4
- May 9
- June 6
- August 8
- September 5
- October 3
- November 7

**To enroll your patient in LifeSkills simply complete the referral form on the back of this page and fax to 304.637.3183.**

Your patient will have a consultation with the dietitian and placed in the next class. The LifeSkills team will keep you updated on the progress of your patient.



The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education



**Davis Medical Center**



A DIABETES EDUCATION PROGRAM



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## DMC Nutrition Services and Diabetes Education Center

### Referral for Outpatient Nutrition Services

Patient Name: \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

**Check Type of Education:** (Check all that apply)

- Diabetes:  New Onset  Uncontrolled
- Impaired Fasting Glucose/Pre-diabetes
- LifeSkills Diabetes Management Group Training (DSMT)
- Carbohydrate Counting for Glucose Control

**Patient has special need(s). Check all that apply:**

- Vision  Hearing  Physical Disability  Cognitive Impairment  Language Barrier
- Other: \_\_\_\_\_

**Please fax the most recent and relevant clinical information (lab work, medication, etc.) along with referral if available**

**Insurance:** \_\_\_\_\_ **Auth/PreCert:** \_\_\_\_\_

**Additional Comments:**

\_\_\_\_\_

**Call DMC Central Scheduling at 304-637-3185 to schedule appointment and/or fax to 304-637-3183**

Print Provider Name: \_\_\_\_\_ Provider Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

**Nutrition Office 304-637-3173 Fax 304-637-3539**

**Note:** Health plans may not cover all these services. Please check with patient’s carrier to determine benefits or call DMC Central Scheduling Office at 304-637-3185.