



## **SJMH Resources for WHP Members**

***St. Joseph Mercy Health System: Call (734) 712-2431***

### **Diabetes Education**

The Saint Joseph Mercy Center for Diabetes offers in-depth diabetes education. Registered Dietitians and Registered Nurses specializing in diabetes education provide group and one-on-one instruction. Staff works with patients to develop self-care plans. Approved by the American Diabetes Association and the Michigan Department of Community Health. A Physician referral is required for these free classes:

#### **Diabetes Education (Ongoing)**

Live well with diabetes. Learn how to control blood sugar, eat properly and prevent complications. This program is a combination of individual and group sessions.

**When:** Monday, Tuesday, Wednesday, Thursday, Friday.

#### **Intensive Insulin Management-Diabetes Education (Ongoing)**

Learn strategies to achieve better blood sugar control through matching insulin with carbohydrate intake. For individuals who have Type 1 Diabetes or who take three or more insulin injections per day.

**Days of the Week:** Monday, Tuesday, Wednesday, Thursday, Friday.

For more information please call the Saint Joseph Mercy Center for Diabetes: 734-712-2431.

**Location:** On the St. Joseph Mercy Hospital Campus in Suite 203 on the second floor of the Ellen Thompson Women's Health Center, 5320 Elliott Drive, Ypsilanti, MI 48197.

## **Referral Procedure for Washtenaw Health Plan Members**

### **SJMH Referral Steps:**

- Fax the service request form directly to the clinic at: **712-1391**. The form is used with both diabetics and pre-diabetics.
- The clinic will contact the patient to set up an appointment.
- The clinic takes all patients regardless of insurance status.
- For in-patients, the discharging physician can refer.

Reminder: even though the clinic is in the Women's Health Center, the program is open to both men and women.

**SJMH Resources for Physicians:** Lunch and Learn program offers continuing education units and lunch every other month. The program includes case review. Call (734) 712-2431 for more information.



# Saint Joseph Mercy Center for Diabetes Services Request

Ellen Thompson Women's Health Center, Suite 203

Revised 8/11/05

Please print and complete all fields to facilitate prompt scheduling.

### Patient Information

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex:  M  F

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Insurance: \_\_\_\_\_

### Physician Information

Referring Physician: \_\_\_\_\_ Phone No: \_\_\_\_\_ Fax No: \_\_\_\_\_

### Reason for Referral:

- New onset diabetes
- Hemoglobin A1C chronically outside of goal range
- Change in diabetes medication
- Unstable glycemic control characterized by frequent or severe hypo/hyperglycemia
- Patient currently pregnant
- Recent development of retinopathy, neuropathy or nephropathy
- Other \_\_\_\_\_

### Services Requested:

**Diabetes Education** for patients with type 1 or type 2 diabetes (5-7 visits/ 3months) Includes nutrition, exercise, monitoring, medications, high blood sugar, sick day care, low blood sugar, prevention of chronic complications, foot care, stress management and community resources.

### Specialty Diabetes Education Services:

- Insulin Instruction** (1-2 visits) Specify type of insulin, dose and schedule \_\_\_\_\_  
Instructions for oral agents when insulin is begun \_\_\_\_\_
- Blood glucose meter instruction** (1 visit)
- Diabetes Education Review** for patients who have previously attended diabetes education (2-5 visits/ 1-3 months)
- Nutrition education only** (3-5 visits/ 3months)
- Preconception Care** (2 visits/ 1 month)
- Multiple Daily Injection program** –assistance with insulin algorithm (4-7 individual visits)
- Pump Adjustment** – assistance with pump algorithm (4-7 individual visits)
- Screening for insulin pump therapy** (4-7 individual visits)
- Pump Upgrade** (1 visit)
- Other** \_\_\_\_\_

### Other Services Available to Patients with Diabetes or Pre-Diabetes:

- Pre-Diabetes Education** (SJM Nutricare Services – fax# 734-712-5499)
- Weight loss services** (SJM Nutricare Services or HMR Weight Loss– fax# 734-712-5499)
- Fitness assessment and exercise plan** (SJM Fitness Specialist – fax# 734-712-5499)
- Supervised exercise in cardiac rehab** (MHVI Cardiac Rehab – fax# 734-712-0561)

**Special needs** that would hinder their participation in a group training session?  Yes  No

Please list special needs: \_\_\_\_\_

I certify that I am managing the above patient's diabetes and that the diabetes self-management training requested is needed to ensure therapy compliance or provide the beneficiary with skills and knowledge to help manage their condition.

\_\_\_\_\_ Date \_\_\_\_\_

**Signature of Referring Physician** - Medicaid requires physician signature

**Fax completed form to (734) 712-1391**

**Telephone No. (734) 712-2431**

Diabetes Center use only Date request processed/Initials \_\_\_\_\_

RD date/time: \_\_\_\_\_ RN date/time: \_\_\_\_\_ Pt. to arrive at date and time: \_\_\_\_\_