



Patient Name: _____ Phone Number: _____ DOB: _____ Referral and Certification Period: _____ -12/31/____

PrimaryDX

250.00 NIDDM without complication, 250.01 IDDM without complication, 250.02 NIDDM uncontrolled, 250.03 IDDM uncontrolled, 271.3 Glucose Intolerance, 278.00 Obesity, 278.02 Overweight, 251.2 Hypoglycemia, 593.3 Chronic Renal Insufficiency, 585 Chronic Renal Failure, V42.0 Organ replaced by transplant-Kidney, 648.80 Gestational Diabetes, other: _____

Secondary Dx:

Hypertension. Dyslipidemia. Stroke. CHD. Obesity. Renal Disease. Neuropathy. Retinopathy

Labs: Fasting BG: _____ PP BG: _____ A1C: _____ LDL: _____ HDL: _____ Triglycerides: _____ Date: _____ Minimum required labs >126 fasting, or >200 PP with DM

Diabetes self-management training (DSMT) and medical nutrition therapy (MNT) are individual and complimentary services used to improve diabetes care. Both services can be ordered in the same year. Research indicates that MNT and DSMT combined, improves outcome. Medicare allows 3 hours of MNT in the first year and 2 hours of follow-up education per year, and 10 hours of DSMT once in a lifetime and 2 hours DSMT every year. **Please check the service you are ordering.**

Initial MNT-97802 3 hours or ____# hr. Requested - Annual Follow up MNT-97803 2 hours or ____# hrs. Requested

Diabetes Meal Planning

Goal: Assist the person with diabetes in controlling their blood glucose by learning and demonstrating self-management skills related to:

- meal planning, exercise, and self-blood glucose monitoring, basic physiology, goals of HbA1C; CARB counting and label reading, low-fat food choices and dietary cholesterol, symptoms of hypo/ hyperglycemia, treatment for hypo/hyperglycemia, goal setting and behavior change, safe alcohol use, safe methods of weight control.

Renal Meal Planning

Goal: Assist the person with renal disease in controlling the progression and symptoms of their disease through diet by learning.

- a) Improved blood glucose control. b) Decreased protein intake. c) Decrease sodium/potassium/phosphorus and fluid intake.

Additional MNT Services in the same calendar year, per RD - Additional hours requested _____ Please specify change in medical condition, treatment and/or diagnosis:

• DSMT -G0108/9- 1 hour group or individual assessment and 9 hours group education, with 30 minutes follow up each quarter. Goal - Assist the person with diabetes to improve glucose control by learning self management skills related to monitoring, meal planning, increased activity, medication and insulin and problem solving /goal setting. -Understand the diagnosis of DM -State the goals of treatment -Stating goals of A1C -Demonstrate ability to monitor blood glucose - Understand CARB counting and label reading -Understand benefits of physical activity -Verbalize recognition and treatment of hypoglycemia -Problem solve High and low blood glucose Understand the risk for heart disease/lipid control -Setting behavioral goals - Understanding of guidelines for alcohol use

Insulin

- Demonstrate insulin administration
- Understand Sick day management
- Understand treatment of hypoglycemia
- Understand basics of pattern control

Provider: Real Life Nutrition: Katherine Shaw, RD, CDE

Physician Name _____ Signature: _____ Date: _____