

Sample letter to referring provider

Date of Service: Diabetes Self-Management Education and Support (DSMES) Service

Patient Name: Date of Birth:

Referring Provider:

Dear Dr Y,

Thank you for your referral of Mr. X. He completed all 3 sessions of DSMES and was provided the following education:

Comprehensive service covers the following topics:

Day 1	Day 2	Day 3
What is diabetes?	Meal planning, continued	Exercise and benefits
Types of Diabetes	Oral agents	Chronic complications
Hyperglycemia, s/s, causes, treatment	Insulin overview	Foot care
Hypoglycemia, s/s, causes, treatment	Stress management	Effects of smoking
Target blood glucose and HbA1c	Sick day care	Personal diabetes ID
Nutrition and Meal Planning	Community resources	Blood glucose monitoring
Balancing meals, medications and exercise for glucose control	Immunizations	

Other Outcomes RT achieved:

Pre-education knowledge test score=55% → Post-education knowledge test score=84%

Comprehension assessment=good to excellent Readiness for change=good to excellent

Labs: Blood glucose=99mg/dl, BP=142/68

Concerns and Recommendations:

1. Mr. X was attentive and asked numerous questions during the sessions. He is receptive to learning more about diabetes and how to better manage it. He was accompanied by his wife at all sessions.
2. Mr. X has a blood glucose meter and continues to check once daily, as you prescribed. I provided a new lancing device and he return demonstrated successfully. He was instructed to contact you for readings trending >150mg/dl.
3. He continues to take Metformin 1000mg BID and has not had any side effects or missed doses.
4. Mr. X may benefit from a visit with a registered dietitian for Medical Nutrition Therapy.
5. He has been very excited by his 18lb weight loss since diagnosis and his reduction in A1c.
6. I provided my phone number if he has any questions related to anything we discussed. As a reminder, Medicare covers up to 2 hours of DSMES every calendar year as needed with a new referral.

Thank you for allowing me to participate in the education of your patient. I look forward to continuing to work with you and your patients in the future.

Sincerely,

Diabetes Educator