

Label or

Name \_\_\_\_\_

DOB: \_\_\_\_\_

MR#: \_\_\_\_\_

**DIABETES MELLITUS (Adult Onset)  
TEACHING FLOWSHEET**

*Purpose: To provide the patient with knowledge  
and skills to manage Diabetes Mellitus.*

PATIENT LEARNING NEED/GOAL <i>Pt. will know or demonstrate proficiency in....</i>	INITIAL SESSION			REVIEW SESSION			COMMENTS <i>(Also see Progress Notes)</i>
	Date	Learn Level	DM Educ.	Date	Learn Level	DM Educ.	
<b>A. General Facts About Diabetes Mellitus</b> What is Diabetes Mellitus? Basic Pathophysiology of Type I/Type II Diabetes Mellitus Normal and Abnormal Glucose Levels Normal and Abnormal HgbA1C Levels Results and Significance of DCCT Report							
<b>B. Dietary Management</b> Weight Reduction Targets How to Follow ADA Dietary Guidelines							
<b>C. Treatment of DM w/Oral Hypoglycemic Agents</b> Type & Action of Drugs (incl. onset, peak & duration) Dosages Interactions, Side Effects & Adverse Reactions							
<b>D. Treatment of DM w/Insulin</b> Type & Action of Insulin (incl. onset, peak and duration) Dosages Interactions, Side Effects & Adverse Reactions Proper Technique of Insulin Injection (w pt. demonstration)							
<b>E. Hypoglycemia &amp; Hyperglycemia</b> Signs & Symptoms Treatment of Hypoglycemia							
<b>F. Blood Glucose Monitoring (BGM)</b> Use of Fingerstick Glucometer (w pt. demonstration) Urine Testing for Ketones Diary Keeping							
<b>G. Exercise</b> Benefits of Exercise Pt. Exercise Limits & Ability to Perform ADLs Types of Exercise & Location of Exercise Programs							
<b>H. Complications of Diabetes Mellitus</b> Cardiovascular Events (esp. w/Smoking, HTN, Cholesterol) Blindness Infection of Limb or Loss							
<b>I. Prevention of Complications of Diabetes Mellitus</b> Personal Hygiene (incl. skin & foot care) Benefit of Ophthalmologic Exam Benefits of Regular Podiatry Visits Benefits of Annual Dental Exam Recognition of Signs & Symptoms of Infection							
<b>J. Managing Sick Days and Illness</b> When to Call a Nurse or Physician Adjustment of Food & Medication to Illness							
<b>K. Psychological Adjustment</b>							
<b>L. Patient Responsibilities in the Care of Diabetes</b> Importance of Compliance w/Diet & Medications Adjustment of Regular Follow-up							
<b>M. Family Education</b> Signs & Symptoms of Hypoglycemia & Hyperglycemia Emergency Treatment of Hyperglycemia ADA Dietary Guidelines							
<b>N. Smoking Cessation</b>							
<b>O. Miscellaneous</b> Spares & Acquisition of Diabetic Equipment & Supplies Benefits & Responsibilities of Care							

Key Mark 1, 2, 3, 4 in Learning Level Column – according to following scale:

1 – Low Does not understand basic information.

2 – Medium Some understanding of basic information but needs reinforcement.

3 – High Understands basic information and possesses skills for utilization.

4 – Very High Utilizes information as part of health care and assumes responsibility for same

Note: Diabetes Educator must initial the appropriate column (DM Educ.) for each session.