



D T 0 0 3 0

DIABETES EDUCATION
CERTIFICATE OF MEDICAL NECESSITY
FOR PREGNANCY AND DIABETES
SELF-MANAGEMENT TRAINING AND
MEDICAL NUTRITION THERAPY

Form with fields for Name, DOB, MRN, Home Phone, Work Phone, Address, City, State, ZIP+4, Insurance, Age, Height, Weight, Physician, MD Phone, MD Fax.

DIAGNOSIS

Gestational Diabetes, Type 1 and Pregnant, Type 2 and Pregnant

EDC: ICD-10 Code:

PROGRAM/SERVICES REQUESTED (check all that apply)

Diabetes and pregnancy program and medical nutritional therapy, Insulin start, Meter start

SPECIAL NEEDS (check all that apply)

Severe vision limitation, Severe hearing limitation, Language spoken, Exercise limitations, Physical/mental challenges (specify)

MEDICATION ORDERS

None, Oral, Insulin (type/dose/frequency)

Frequency of Blood Sugar Testing: Needs meter, Fasting, Pre-meal, 1 hour post-meal, 2 hour post-meal, Other

Frequency of Ketone Testing: No, Every a.m., When sick, If unable to eat, Type 1 with blood sugar >200, Patient to notify doctor if > trace ketones

Teach Kick Count Procedure: Yes, No

Fax form with recent labs (if available FBS, nonfasting blood sugar, glucose tolerance test, A1C, urine ketones, lipid profile, BUN, creatinine, microalbumin), fax referral, and labs to:

Diabetes Education

Fax: (402) 818-1917

Patients can call to schedule: (402) 717-9115

As the health care provider treating this beneficiary's diabetic condition, I certify that diabetes self-management training is needed under a comprehensive plan for this patient's diabetes care to ensure therapy compliance and/or to provide the necessary skills and knowledge to enable the patient to manage her condition.

Form with fields for Provider Signature, Provider NPI Number, Date, Time



D T 0 0 3 0

**DIABETES EDUCATION
CERTIFICATE OF MEDICAL NECESSITY
FOR PREGNANCY AND DIABETES
SELF-MANAGEMENT TRAINING AND
MEDICAL NUTRITION THERAPY**

PLAN OF CARE

The education provided meets the current national ADA standards for the pregnant patient with diabetes. Sessions will be provided according to the patient's insurance company benefit coverage.

Individual Patient Education

These sessions will provide education to the individual patient and her support person. Individual sessions will be tailored to the patient's needs. This is typically 1 to 3 sessions.

A registered dietitian/medical nutrition therapist and/or a registered nurse will provide information/materials based on the individual's lifestyle and treatment plan.

Topics Include:

- Gestational diabetes
- Pregnancy and pre-existing diabetes
- Management of hyperglycemia and hypoglycemia
- Benefits of monitoring blood glucose
- Monitoring and preventing complications
- Medications
- Benefits of exercise/activity
- Intrapartum/postpartum/newborn management
- Expected weight gain during pregnancy
- Effects of food on blood sugars
- Menu and meal planning/carbohydrate counting
- Benefits of breastfeeding
- Risks to pregnancy from smoking, alcohol and drug use
- Preventing Type 2 diabetes
- Importance of follow up