

Participant Name: _____ Referring Provider: _____

Assessment/Evaluation Ratings: 1=needs instruction 2= needs review 3=comprehends key points
 4=demonstrates understanding/competency NC=not covered N/A=not applicable

Diabetes Self-Management Education Record

Topics/Learning Objectives	Pre-Session Assess	Instr. Date initial	Reinforce Date initial	Post-Session Evaluation	Comments
Diabetes disease process and Treatment process <i>Define diabetes and identify own type of diabetes; list 3 options for treating diabetes</i>					
Incorporating nutritional management into lifestyle <i>Describe effect of type, amount and timing of food on blood glucose; list 3 methods for planning meals</i>					
Incorporating physical activity into lifestyle <i>State effect of exercise on blood glucose levels</i>					
Using Medications safely <i>State effect of diabetes medicines on diabetes; name diabetes medication taking, action and side effects</i>					
Monitoring blood glucose, interpreting and using results <i>Identify recommended blood glucose targets and personal targets</i>					
Prevention, detection, and treatment of acute complications <i>List symptoms of hyper- and hypoglycemia; describe how to treat low blood sugar and actions for lowering high blood glucose levels</i>					
Prevention, detection and treatment of chronic complications <i>Define the natural course of diabetes and describe the relationship of blood glucose levels to long term complications of diabetes</i>					
Developing strategies to address psychosocial issues <i>Describe feelings about living with diabetes; identify support needed and support network</i>					
Developing strategies to promote health/change behavior <i>Define the ABCs of diabetes; identify appropriate screenings, schedule and personal plan for screenings.</i>					

Identified Barriers to learning/adherence to self management plan: _____

Instruction Method: _____

Education Materials/Equipment Provided: _____

DSMS Support Plan: _____

Clinician Signature: _____

Clinician Signature: _____