



Referral Indications

The Issue	Considerations	Referral
Reassure, acknowledge emotional aspects	Diagnosis has huge impact on patient	CDE
Discuss pathophysiology, control/complications	Participation better if patient understands disease process	CDE
Diet	Learn how nutrients affect glucose	Dietitian or CDE
Monitor	Learn technique and role of glucose testing in DM management	Office personnel or CDE
Labs	Chem panel, CBC, TSH, free T4, lipids, A1C, urine microalbumin (consider c-peptide, Anti-GAD, insulin, islet cell Abs)	Lab
Medications secretagogues, biguanides, TZDs, alpha-glucosidase inhibitors, insulins, incretins, amylin)	Start if glucose >300, diet and exercise already optimal, infections, DKA (insulin), dehydration	Consider Endocrinology
Exercise	Learn how exercise affects glucose, assess for safety	PT, exercise facilities, podiatry, cardiology for stress test
Co-morbidities/Complications <ul style="list-style-type: none"> ❖ Retinopathy ❖ Nephropathy ❖ Sensory neuropathy ❖ GI neuropathy ❖ Autonomic neuropathy ❖ HTN ❖ Hyperlipidemia ❖ PVD ❖ CAD ❖ Obesity ❖ Smoking 	<p>Visual symptoms, suspected chronicity of DM</p> <p>Edema, labs, suspected chronicity of DM</p> <p>Pain, numbness, decreased sensation</p> <p>Bloating, N/V, erratic sugars, diarrhea alternating with constipation</p> <p>Orthostatic hypotension</p> <p>Diet, exercise, weight loss</p> <p>Xanthlasma, discuss diet, exercise, weight loss, medications, assess for vascular disease</p> <p>Claudication, decreased pulses, non-healing ulcers</p> <p>Chest pain or equivalent, risk factors</p> <p>Discuss impact on DM, assess for co-morbidities</p> <p>Discuss benefits of cessation</p>	<p>Optometry</p> <p>Check labs; nephrology</p> <p>Neurology for nerve conductions, pain consult, podiatry, medications</p> <p>Gastric emptying study, GI consult, medications</p> <p>PT, compression garment, medications</p> <p>PT/exercise consultation, dietitian/CDE</p> <p>PT/exercise consultation, dietitian/CDE, cardiology</p> <p>Vascular studies, podiatry, vascular surgery</p> <p>EKG; stress test, cardiology, control co-morbidities</p> <p>PT/exercise consultation, dietitian, medications, sleep study</p> <p>Suggest cessation classes, consider nicotine replacement therapy</p>



Survival Skills References for Providers: The Newly Diagnosed Diabetic

Below are listed some reference sites that can assist you in initially educating the newly diagnosed diabetic on dietary changes before they obtain an appointment with a certified diabetes educator (CDE), registered dietitian (RD) or a licensed dietitian (LD).

Web Link	Purpose	Comments
http://www.diabetesnm.org/directory.htm	Clinician Resource Reference	As needed, please check with the patient's health plan for an updated list of CDEs, RDs or LDs in your area.
http://www.migrantclinician.org/files/resourcebox/Fotonovela2005.pdf	Clinician Resource Handout	Migrant Clinician Network website with a Spanish/English teaching aide: "A Change for Lucy," a 30-page, culturally appropriate booklet.
http://www.migrantclinician.org/files/resourcebox/SmallChangesMCN0606_.pdf	Clinician Resource Handout	Migrant Clinician Network website offers this one-page, Spanish/English culturally appropriate teaching aide on diet suggestions for dietary change.
http://www.migrantclinician.org/files/resourcebox/foods_c.pdf	Clinician Resource Handout	Migrant Clinician Network website offers this one-page, Spanish/English culturally appropriate teaching aide on healthy foods and foods to limit.