

Topics to be Covered in One-on-One Sessions

Patient Name: _____ DOB: _____ Chart # _____

Subject Matter	Date	Basic Understanding (Needs Review)	Good (Better) Understanding Demonstrated	Teaching Tools Given	Provider Initials
Feelings about diagnosis					
Knowledge survey					
What is diabetes?					
Types of diabetes					
Use of glucometer					
Target glucose ranges					
Glucose testing times					
Discussion of meds					
Side effects of meds					
Hypo and hyperglycemia					
Diabetes Food Plan: Sources & Portions of CHO, Proteins and Fat					
Food labels (optional)					
CHO counting (optional)					
Healthy fats					
Exercise					
Diabetes and Alcohol					
Sick Day Management					
Dental Care					
Foot Care					
Complications					
Travel guidelines (optional)					

At each one-on-one session a re-commitment to an existing goal or the setting of a new goal should be done. This is to be recorded on the self management goal sheet with a salmon copy going into the chart and a white copy going to the patient