

Diabetic Teaching Guide

1. Give every diabetic patient either a type 1 or type 2 Cooper diabetes education booklet (hardcopies should be available on your unit or you can print from HRC website by way of the Nursing Portal - from Portal homepage - select NURSING - select PATIENT-FAMILY EDUCATION - select DIABETES - then select the specific booklet)
2. Review the following materials in the education booklet with the patient:
 - Disease process
 - How to check blood sugar
 - When to check blood sugar
 - Target blood sugar range
 - Glucometer use (have the physician write the patient a script for a glucometer and strips if the patient doesn't have insurance call your case manager, they sometimes have free glucometers to give out)
 - Signs and symptoms of hypo- and hyperglycemia
 - Medications
 - i. Oral agents, if applicable (for handouts on specific oral med the patient is taking use the Lexicom link from the portal for printable information)
 - ii. Insulin, if applicable (for handouts on specific insulin the patient is taking use

the Lexicom link from the portal for printable information)

1. How it works

2. How to draw up and inject

- Diet (consult the dietician for diet instruction if needed)
- Foot care
- Follow up
 - i. If the patient is a new diabetic, new to insulin or may benefit from some follow up teaching consult homecare to see if the patient is eligible for visiting nurse follow up
 - ii. If the patient would like to set up an outpatient dietician visit they can contact the Cooper outpatient dietician Elizabeth Mathew, RD - Phone (856) 342-2160