PATIENT ID

Patient/Family/Caregiver Teaching Checklist for Diabetes Education

Date/Time	RN/Tech Initials	Topic	Who was taught	Instruc. method	Evaluation of learning	Barriers to learning
		Overview of Diabetes				
		Definition (incl. hyperglycemia),type 1 vs. type 2, complications	Notes:			
		Blood Glucose Testing				
		Meter training, frequency/times, BG target ranges, recording	Notes:			
		HgbA1c				
		Pt.'s A1c (if known), recommended target	Notes:			
		Hypoglycemia				
		Signs/symptoms, treatment for ("Rule of 15"), prevention	Notes:			
		Dietary Guidelines				
		Well-balanced meals, portion control, food labels, carb basics	Notes:			
		Oral/Injectable Diabetes Medications (non-insulin)				
		Patient's dose, timing, mechanism of action, side effects	Notes:			
		Insulin (explanation)				
		Need for, onset/ duration, dose/dose adjustment, when to hold	Notes:			
		Insulin Administration				
		Supplies, technique, site selection/rotation, needle disposal, storage	Notes:			
		Sick Day Management				
		Medication instructions, food to eat, ketone testing, when/who to call	Notes:			
		Follow-Up				
		When to see provider, topics to discuss, DM education follow-up	Notes:			
		Other:				
		Details:	Notes:			

CDE/RN/Tech

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Initials *Signature* *Initials* *Signature*

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CODES

P: patient
F: family member
CG: other caregiver

V: verbal
M: Edu. material provided
D: demonstration

U: verbalized understanding
R: returned demo.
N: needs reinforcement

C: cognitive
L: language
E: emotional
Ph: physical
Ds: distraction
X: declines