

Diabetes Self-Management Training (DSMT/DSMES) at Hillsboro Medical Center

Through our Diabetes Education Program, we offer diabetes self-management training for those living with Type 1 & Type 2 diabetes.

This education is accredited by the American Diabetes Association Education Recognition Program and taught by Registered Nurses who are Certified Diabetes Care and Education Specialists (CDCES, formerly CDE).

Various topics are covered during this training, including eating healthy, being active, taking medication and self-monitoring. This training also provides helpful tools for healthy coping, problem solving and reducing health risks.

After taking this course, patients will have a better understanding of diabetes and how to take good care of themselves.

Learn how to refer a patient to our Diabetes Self-Management Training in Epic on the next page.

Diabetes Education Program

8th Avenue Medical Plaza
364 SE 8th Avenue, Suite 301A
Hillsboro, OR 97123

Phone: 503-681-1381

Email: diabetes_educators@tuality.org

For Patient Appointment Scheduling

Call 503-681-1816 (Option 2) or fax 503 – 681 – 4120

To send referral in Epic

Please see the back of this flyer for details.



Hillsboro Medical Center's Diabetes Education Program provides helpful self-care training for those living with diabetes.

Through this accredited training, patients will learn useful knowledge and skills for making lifestyle and behavioral changes.



How to Refer a Patient to Diabetes Self-Management Training (DSMT/DSMES) in Epic

The screenshot shows the 'CONSULT TO DIABETES EDUCATOR - TUALITY' form in Epic. The form is titled 'CONSULT TO DIABETES EDUCATOR - TUALITY' and has 'Accept' and 'Cancel' buttons. The form is divided into several sections:

- Priority:** Routine
- Class:** Internal referral
- Preferred Location:** Tuality Healthcare
- Diabetes education diagnosis:** Type 1 w/complications, Type 2 w/complications, Type 1 no complications, Type 2 no complications, Pre-Diabetes, Gestational, Pregnant w/DM - 1st Trimester, Pregnant w/DM - 2nd Trimester, Pregnant w/DM - 3rd Trimester
- Reason for referral for education:** Change in treatment/medication, High risk due to complications, High risk for hyperglycemia, Inadequate glycemic control, New onset Diabetes Mellitus, Other (specify in comments)
- Barriers to learning:** None, Cognitive, Hearing, Vision, Psychosocial, Language/Cultural, Non-Compliance, Other - specify in Comments
- Diabetic manifestation:** HTN, Heart Disease, Dyslipidemia, Kidney Disease, Neuropathy, Retinopathy, Obesity, Non-healing wound, Other, specify in comments, None or Unknown
- Diabetes education requested:** Diabetes RD/RN to assess group or 1:1, Group DM group (9 hr + 1:1 RD/RN (1 hr ea)), Gestational DM with RD/RN (1-3 hr), Individual training with RD/MNT (1-3 hr), Individual/RN (1-3 hr) Glucose Monitoring, Individual/RN (1-3 hr) Insulin Start, Individual Training with RN - Other
- Comments:** Insert SmartText
- Referral:** Location/POS, From, To, # of Visits: 1, Expiration Date
- Dept Specialty:** Endocrinol
- Department:**

At the bottom left, there is a 'Next Required' button. At the bottom right, there are 'Accept' and 'Cancel' buttons.

CNSLT0350 – DSMT

Please select answers for each Δ question to provide the most complete information:

- Diabetes RD/RN to assess group or 1:1 -- this allows us to schedule individual initial assessment with RN and enroll into group classes as appropriate.
- At this time, group classes are on hold.

A registered dietitian from the nutrition department can provide Medical Nutrition Therapy (MNT). If you would like to request MNT, please use order:

- CNSLT0024 – Adult MNT
- CNSLT0198 – Pediatric MNT