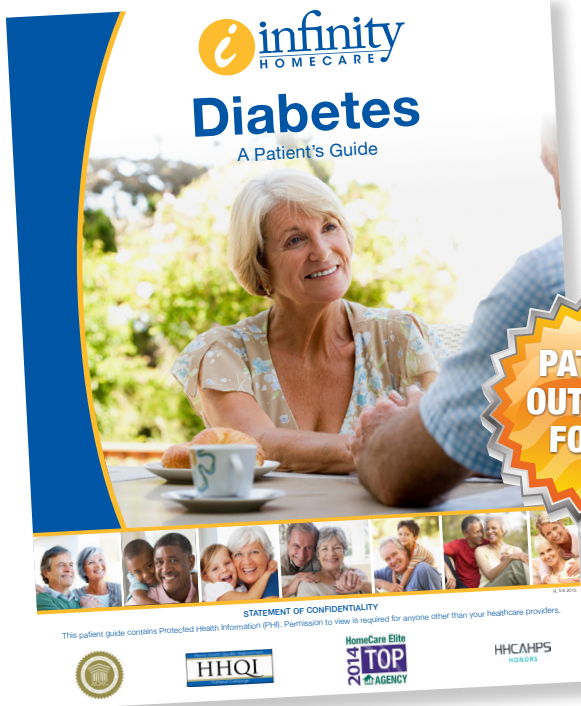


## Diabetes Patient Empowerment Program



It is our belief that patient empowerment is the key to improving outcomes and increasing quality of life for patients diagnosed with Diabetes.

As a part of the Diabetes program, in coordination with physician orders, patients are provided the following as needed:

- Diabetes Patient Guide
- Telescoping Mirror
- Monofilament for sensation testing
- Diabetes Management placard
- Medication box
- Hand held magnifier

**Transitional care** designed to facilitate coordination amongst all service providers.

Your patient may be appropriate for the **Diabetes Program**, if any of the following apply:

- Newly diagnosed or uncontrolled diabetes
- Skin or wound care concerns
- Increased fall risk due to impaired gait and decreased mobility related to diabetic complications
- Difficulty managing medications, insulin and/or supplies (glucometer).
- Need for education and reinforcement of diabetic diet.
- Anxiety, depression, decreased self-efficacy or other psychosocial factors

Once a referral is made the Infinity Homecare team will provide the **clinical excellence** to ensure your patient achieves **optimal functional outcomes** and improved **quality of life**.

[www.infinityhc.com](http://www.infinityhc.com)

# Diabetes Management Guide

## Green Zone: All Clear

- Fasting blood sugar levels between 70-130 mg/dl
- Following diet as prescribed
- No signs/symptoms hypoglycemia/hyperglycemia
- Normal thirst, normal amount/frequency of urination

## Green Zone: Means

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue following diet as prescribed
- Continue regular exercise
- Keep all physician appointments

## Yellow Zone: Caution

If you have any of the following signs and symptoms:

- Fasting blood sugar levels 131-200 mg/dl
- Symptoms of hypoglycemia/hyperglycemia
- Increasing thirst/urination
- Variation in diet outside of prescribed
- Any new concerns/signs or symptoms of infection (cough, nausea, vomiting, diarrhea)
- Development of wound on feet

**Call your Home Health Nurse if you are going into the YELLOW zone.**

## Yellow Zone: Means

- Your symptoms may mean that you need an adjustment of your medications or diet
- Call your physician, nurse coordinator, or home health nurse.

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

\_\_\_\_\_

## Red Zone: Medical Alert

- Fasting blood sugar >200 mg/dl
- Hypoglycemic/Hyperglycemic episodes
- Excessive thirst, urination
- Fever or chills
- Chest pain
- Feeling confused
- Excessive drowsiness

**Call your physician immediately if you are going into the RED zone**

## Red Zone: Means

- This indicates that you need to be evaluated by a physician immediately

**Call your physician right away**

Physician \_\_\_\_\_

Number: \_\_\_\_\_

**If unable to reach physician,**

**CALL 911**