

## Diabetes Group Education Services Referral Form – Metro

Whether you have clients that are at risk, have just been diagnosed, or have had diabetes for many years, we have a program that can help them on their health journey. All FREE, person-centred, evidence-based and outside the Medicare Benefits Schedule, funded by the NDSS.

### DESMOND – Diabetes Education and Self-Management for Ongoing and Newly Diagnosed

– one-day self-management workshop for people newly diagnosed or living with type 2 diabetes.

**DAFNE – Dose Adjustment for Normal Eating** – a five-day course to equip adults with type 1 diabetes with strategies to self-manage their insulin doses, exercise, illness and alcohol intake more safely.

**SMART programs – CarbSmart, FootSmart, MedSmart, MeterSmart, ShopSmart** – topic-specific two-hour group education workshops, mostly suitable for both type 1 and type 2, dependant on the SMART.

### How do these programs complement the GP Management Plan and Team Care Arrangement?

Attending a Diabetes WA Group Education program does not impact on the five allied health visits allocated to the person with diabetes. In fact, the programs have the potential to increase the effectiveness of these allied health visits by activating patients to self-manage their diabetes and create their own care plan.

**To refer patients/clients, please complete the details below and return to Diabetes WA by:**

1. Fax to: (08) 9475 0485, or
2. Post to: PO Box 726, Belmont WA 6984, or
3. Scan and email to: [bookings@diabeteswa.com.au](mailto:bookings@diabeteswa.com.au)

### Health Professional Details:

HP Name: ..... HP Practice: .....  
 Phone: ..... Fax: ..... HP Provider #: .....  
 Address: .....

### Patient Details:

First Name: ..... Surname: .....  
 Phone: ..... Date of Birth (dd/mm/yyyy): .....  
 NDSS #: ..... OR Medicare #: .....  
 Address: .....

### Length of diabetes diagnosis

- Newly diagnosed (less than a year)
- More than 1 year
- Unsure

### Education requirements:

- Type 1 diabetes – refer to DAFNE
- Type 2 diabetes – refer to DESMOND
- Type 2 diabetes – refer to SMARTs
- Gestational diabetes – follow up with patient
- Unsure - follow up with patient to provide information

GP Signature: ..... Date: .....

**Our Customer Support Officers will call and book clients into the nearest program location.**

**DESMOND Referrals: Attach the following relevant pathology results where available: HbA1c, cholesterol, fasting glucose/OGTT, waist circumference and blood pressure.**

**Find an interactive form at [diabeteswa.com.au/professionals/supporting-self-care/refer-a-patient](http://diabeteswa.com.au/professionals/supporting-self-care/refer-a-patient)**

The National Diabetes Services Scheme is an initiative of the Australian Government administered with the assistance of Diabetes Australia.  
 For more NDSS Information [ndss.com.au](http://ndss.com.au)

