

REF20H: One Referral Form for all OR REG OP Nutrition, Diabetes Education and Diabetes Prevention referrals

REF20H OR REG Nutrition and Diabetes Education is the new referral form for all Nutrition, Diabetes Education and Diabetes Prevention Program referrals for hospital and PMG locations in the OR region. A centralized scheduling and insurance verification team manages REF20H referrals for:

- Outpatient Nutrition, Eating Disorders, and general Medical Nutrition Therapy
- Diabetes Education
- Diabetes Prevention

Preference lists were updated to remove previous referrals and add the REF20H referral for the system preference list (primary Oregon North and South), as well as personal/user preference lists for providers.

Code	Name	Type	Pref List	Cost to Org
REF20ZZ	* Ocean Beach Diabetes/Nutrition Services - AMB Referral	Outpat Ref	CL AMB REFERRALS OR NORTH	
REF50CL	* Prov OMW Community Teaching Kitchen - AMB Referral (aka NUTRITION)	Outpat Ref	CL AMB REFERRALS OR NORTH	
REF50OPH	* OPH PCI Oncology Nutrition Services - AMB Referral	Outpat Ref	CL AMB REFERRALS OR NORTH	
REF20H	* OR REG Nutrition and Diabetes Education - AMB Referral	Outpat Ref	CL AMB REFERRALS OR NORTH	
REF50F	* OSS (Seaside) OP Nutrition Services - AMB Referral	Outpat Ref	CL AMB REFERRALS OR NORTH	
REF50I	* OSV (St Vincent) PNCC West Nutrition Services - AMB Referral	Outpat Ref	CL AMB REFERRALS OR NORTH	
REF50J	* OSV Therapy PNCC West Nus - AMB Referral	Outpat Ref	CL AMB REFERRALS OR NORTH	

Service Definitions

Diabetes self-management education and support (DSMES) and medical nutrition therapy (MNT) are distinct and complementary services to improve diabetes care. Both services can be ordered in the same year. Research indicates MNT combined with DSMES improves outcomes.

Diabetes Self-Management Education and Support (DSMES)
DSMES includes collaborative education, support, and behavioral goal setting for type 1, type 2 and gestational diabetes; healthy coping, healthy eating, being active, taking medication, monitoring, problem solving, and reducing risks

Medical Nutrition Therapy (MNT)
MNT is personalized nutrition instruction with a registered dietitian that incorporates diet therapy counseling for a nutrition related problem using evidence-based practice guidelines.

Diabetes Prevention Program
The DPP is a CDC recognized, structured lifestyle change program developed specifically to prevent or delay type 2 diabetes. It is designed for people who have prediabetes or who are at risk for type 2 diabetes, but who do not already have diabetes.

Class: Internal Ref

Referral: To dept: PMG DIABETES AND NUTRITION EDUC, Nutrition, Diabetes Services, Nutrition

To prov spec: Specialty Services, Specialty Services Required, Second Opinion, Patient Preference

Priority: Routine, Routine, Urgent, Elective

By provider: TEST, BERT SPERRY [500417C]

Type: Evaluate & Treat

of visits: 10

Does your patient have special needs requiring only individual education?
 No Special Needs Learning Language Hearing
 Visual Impairment Emotional/Cognitive Impairment Physical
 Other

Service Requested: DSMES MNT Diabetes Prevention Program (DPP)

DSMES Service Requested: Gestational Diabetes Glucose Monitoring Insulin Instruction New Diagnosis Other Treatment Plan Pediatrics

MNT Service Requested: Diabetes Eating Disorder Other Treatment Plan Pediatrics Weight Management

RefType: Evaluate & Treat

Status: Normal, Standing, Future

Priority: Routine, Routine, STAT

1. Do not change Referred To Dept. (PMG Diabetes and Nutrition Education)
2. Select the service(s) requested for your patient; sign as usual.
3. Your patients will be scheduled with the appropriate clinician.
4. The centralized insurance verification team will contact the patient with a summary of benefits and expected OOP costs prior to the appointment.

For questions, please call the scheduling line at (855) 360-5456 or email Kathy.schwab@providence.org

Common Medical Nutrition Therapy Diagnostic Codes Approved by Insurance:

Pregnancy Related:

O26.00 Abnormal weight gain in pregnancy

O26.11 Low weight gain in pregnancy, first trimester

O26.12 Low weight gain in pregnancy, second trimester

O26.13 Low weight gain in pregnancy, third trimester

O99.019 Iron deficiency anemia in pregnancy

O99.21 Obesity complicating pregnancy

O99.210 Obesity complicating pregnancy, unspecified trimester

O99.221 Obesity complicating pregnancy, first trimester

O99.212 Obesity complicating pregnancy, second trimester

O99.213 Obesity complicating pregnancy, third trimester

O99.81 Abnormal glucose complicating pregnancy

O99.810 Glucose intolerance in pregnancy

Non-Pregnancy Specific:

E28.2 PCOS

E66 Overweight and obesity

E66.01 Obesity due to excess calories

E66.02 Morbid (severe) obesity due to excess calories

E66.9 Other obesity due to excess calories

E66.1 Drug-induced obesity

E66.2 Morbid (severe) obesity with alveolar hypoventilation

E66.3 Overweight

E66.8 Other obesity

E66.9 Obesity, unspecified

E78.1 Hypertriglyceridemia

E78.2 Mixed hyperlipidemia

E78.5 Hyperlipidemia

E88.81 Metabolic syndrome

I10 Essential HTN

R73.01 Impaired fasting glucose

R73.03 Pre-diabetes

R73.9 Hyperglycemia