

Mastering Your Diabetes

At the Diabetes Research Institute

Offered 4 times a year, this 4-day course is our most intensive program. It is specifically designed for persons with diabetes who inject insulin to control their blood sugars.

- Mastering Your Diabetes: Friday thru Monday from 9:00 am-4:00 pm at the DRI, 1st Floor Education Center.
- Education Assessment: The education assessment will be done on an individual basis and dates may vary.

Space is limited to 12 participants. If you would like more information or to register, please call us at 305-243-3696.



Diabetes Research Institute
University of Miami School of Medicine
1450 NW 10TH Avenue, Miami, Florida 33136
Ph: 305-243-3696 Fax: 305 243-5791

MASTERING YOUR DIABETES
REGISTRATION FORM

Please indicate which class you would like to attend.

Class Attending: March 22-23, 2018 (A Guide To Survival In College and Beyond)
April 13- 16, 2018 July 20- 23, 2018 (Only for children and teens)
October 19-22, 2018

You must fill out a registration form and send it to us prior to the course. Submitting a registration form does not guarantee enrollment. When we receive your registration, we will then contact you and confirm the status of your registration. Thank you.

Personal Information:

Date:
Name: Date of Birth:
Address:
City: State: Zip Code:
Social Security Number:
Home Telephone: Work Telephone:
Mobile Telephone: E-mail address:
Person to notify in case of emergency and telephone:

Are you currently using a Dexcom sensor ? Yes No
Are you currently a patient at the DRI? Yes No

Name of your diabetes physician: Tel. Number:
Physician Address (If not at DRI):

Insurance Information: (Please include a copy of your insurance card front and back with your registration)

Insurance Company:
Insurance address:
Insurance phone number:
Subscriber's Name: Subscriber's DOB
Relationship to Subscriber:
ID #: Group #:

I, understand that I am responsible for my bill.



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MASTERING YOUR DIABETES
Questionnaire

Name: _____

Class Attending: _____ *March 22-23, 2018 (A Guide To Survival In College and Beyond)*
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Congratulations for making the decision to take charge of your diabetes through attending the Diabetes Research Institute’s Mastering Your Diabetes (MYD). In preparing to make your experience the best it can be, our education staff needs to know some information concerning your present diabetes self management skills prior to the start of MYD. Please take a moment to answer the following questions. **We will not be able to ensure your participation unless we receive this vital information with your registration form.**

Self Blood Glucose Monitoring:

Are you currently using a continuous glucose monitor? _____ Yes _____ No

What blood glucose meter do you currently use? _____

How often do you test your blood sugar? _____ times a day.

What was your last hemoglobin A1C test result? _____ % on _____ (date)

Insulin Administration:

Please check the appropriate box

What tool do you use to administer your insulin?

- Insulin syringe
- Insulin pen
- Insulin pump Name of Pump: _____

Insulin:

Please check the appropriate box

What basal (background) insulin are you currently using?:

Lantus Levemir NPH Other: _____

What bolus (Food / Correction) insulin are you currently using?:

Humalog Novolog Apidra Regular Other: _____

What is your blood sugar target? 120 150 180 Other: _____ I do not know

You are counting the carbohydrate you eat (in grams): Yes No

What is your carbohydrate ratio?

One unit of rapid acting insulin for every _____ grams of carbohydrates. I do not know

What is your current correction factor or high blood sugar ratio that you use when your blood sugar is high?

One unit of rapid acting insulin will lower your blood sugar _____ points. I do not know