

STT Example_CareofDiabetes Guideline_Child.Family_SmartPhrase

SmartPhrase-SmartList

1. The SmartList

Name: .STTCHDIABETESLIST **Configuration:** Multi-select (allows the clinician to document the specific pillars of pediatric diabetes management discussed).

List Choices:

- **Healthy Plate:** Half plate fruits/veggies; lean proteins; whole grains.
- **Hydration:** Drink water instead of soda.
- **Nutrition (Treats):** Fresh veg/dip; pickles; sugar-free gelatin; save sugary treats for celebrations.
- **Education:** Join a class or watch a video about diabetes.
- **Physical Activity:** Active for 60 minutes every day (walk, hike, dance, play).
- **Hypoglycemia Awareness:** Recognize shaky, sweaty, grumpy, or dizzy feelings.
- **Hyperglycemia Awareness:** Recognize extreme thirst, frequent urination, fatigue, or blurry vision.
- **Monitoring:** Check blood sugar as recommended; A1C test every 3 months.
- **Mental Wellness:** Relax by walking, going outside, listening to music, and connecting with others.
- **Maintenance:** Stay current with vaccines, screenings, and prescribed medications.

2. The SmartPhrase

Name: .STTCHDIAB (*Following the convention: .STT [Tracking] + CH [Child/Family] + DIAB [Topic]*)

Template Text:

Intervention: stART the Talk™ Diabetes Education (Child/Family)

Patient and family were provided with the "Taking Care of Your Diabetes" infographic. Education provided on lifestyle management and symptom recognition, specifically: {DIABETES LIST:".STTCHDIABETESLIST"}.

High Priority Follow-up Items:

- Next Visit Date: {DATE:12345}
- Screenings/Vaccines/Tests Needed: {FREE TEXT}
- New Medications or Changes: {FREE TEXT}

Family expressed understanding of the importance of regular monitoring and lifestyle balance.

Educational materials were provided in {STT LANGUAGE: "English", "Spanish", "French", "Chinese"}.