

## STT Example\_CareofDiabetes Guideline\_Adult\_SmartPhrase

### SmartPhrase-SmartList

#### 1. The SmartList

**Name:** .STTADDIABETESLIST

**Configuration:** Multi-select (clinician picks all self-management pillars discussed).

**List Choices:**

- **Diabetic Plate Method:** Fresh/frozen fruits and veggies; lean meats/low-sodium deli meats.
- **Drinks/Snacks:** Low-sugar options.
- **Carbs:** Limit white bread, rice, and pasta; choose whole grains.
- **Processed Foods:** Minimize consumption.
- **Education:** Attend a diabetes class or read about it.
- **Weight Management:** Maintain a healthy weight.
- **Physical Activity:** Exercise 30 minutes, 5 days a week.
- **Self-Checks:** Monitor feet and skin for wounds.
- **Stress Management:** Manage stress daily.
- **A1C Testing:** Every 3 months to monitor blood sugar control.
- **Daily Monitoring:** Blood glucose testing daily, as recommended.
- **Symptom Awareness:** Know signs of high/low blood sugar; have a plan.

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#### 2. The SmartPhrase

**Name:** .STTADDIAB

*(Following the convention: .STT [Tracking] + AD [Adult] + DIAB [Topic])*

**Template Text:**

**Intervention:** stART the Talk™ Diabetes Education (Adult)

Patient was provided with the "Taking Care of Your Diabetes" infographic. Education provided on the Diabetic Plate Method, self-management, and monitoring, specifically: **{DIABETES LIST:".STTADDIABETESLIST"}**.

**High Priority Follow-up Items:**

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

Patient expressed understanding of high and low blood sugar signs and the importance of regular A1C monitoring.

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