Pre-Program

Please let us know your understanding of the following diabetes topics:

1. **What diabetes is and how insulin works in my body**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding

2. **How to use my glucose meter and get testing supplies**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding

3. **Hemoglobin A1C blood test**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding

4. **How exercise helps control diabetes**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding

5. **My pills that treat diabetes**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding
   - ☐ N/A I do not take pills to treat high blood sugar

6. **Insulin vial or pen – how to store, prepare and inject**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding
   - ☐ N/A I don’t use insulin

7. **My insulin – when to inject and when it starts working**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding
   - ☐ N/A I don’t use insulin

8. **Diabetes Diet - how carbohydrates affect my blood sugar**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding

9. **Foods high in carbohydrates**
   - ☐ Good understanding
   - ☐ Some understanding
   - ☐ No understanding

10. **How to plan a meal consistent with my daily carbohydrate needs**
    - ☐ Good understanding
    - ☐ Some understanding
    - ☐ No understanding

11. **How fat in my diet affects diabetes and heart disease**
    - ☐ Good understanding
    - ☐ Some understanding
    - ☐ No understanding

12. **The effect of stress on diabetes**
    - ☐ Good understanding
    - ☐ Some understanding
    - ☐ No understanding

13. **How to incorporate blood sugar control into my lifestyle**
    - ☐ Good understanding
    - ☐ Some understanding
    - ☐ No understanding

St. Anthony’s Hospital
BayCare Health System
14. What my blood sugar target ranges should be
   □ Good understanding    □ Some understanding    □ No understanding

15. What to do if my blood sugars are high
   □ Good understanding    □ Some understanding    □ No understanding

16. How to prevent and treat low blood sugars
   □ Good understanding    □ Some understanding    □ No understanding

17. How to take care of my diabetes when I am sick
   □ Good understanding    □ Some understanding    □ No understanding

18. What my cholesterol and blood pressure should be
   □ Good understanding    □ Some understanding    □ No understanding

19. How to recognize and prevent complications of diabetes
   □ Good understanding    □ Some understanding    □ No understanding

20. How to take care of my feet
   □ Good understanding    □ Some understanding    □ No understanding

21. How often to have my eyes examined
   □ Good understanding    □ Some understanding    □ No understanding

22. How often to have my mouth and gums examined
   □ Good understanding    □ Some understanding    □ No understanding

23. How to make behavior changes that will improve my blood sugars
   □ Good understanding    □ Some understanding    □ No understanding

24. How to manage blood sugars if I become pregnant
   □ Good understanding    □ Some understanding    □ No understanding  □ N/A Does not apply to me

25. How important is it to me to manage my blood sugars daily?
   □ Very important        □ Somewhat important    □ Not important at all

26. I am ______ confident that I can do what is needed to control my blood sugars daily
   □ Very confident        □ Somewhat confident    □ Not confident

27. What small or large changes did you make in the last 2-3 weeks to move your blood sugar into the target ranges?

Thank you!