

EUCLID, HILLCREST, HURON, AND SOUTH POINTE HOSPITALS
 COMPREHENSIVE DIABETES SELF-MANAGEMENT PROGRAM
 KNOWLEDGE ASSESSMENT

Euclid Hillcrest Huron South Pointe

DIRECTIONS: Fill in the blank with the best answer for each statement.

Pre-Program		Post-Program
_____	1. A normal blood sugar level is: a. 70-100 b. 120-150 c. 150-200 d. Not sure	_____
_____	2. If you feel unable to handle stress from taking care of your diabetes, which of the following may help: a. Attend a support group. b. Take extra diabetes medication. c. Stop checking your blood sugars for a few days. d. Not sure	_____
_____	3. If your blood sugar is too high, you should: a. Don't worry about it. b. Take an extra dose of diabetes medicine. c. Look at what you ate. d. Not sure	_____
_____	4. Illness usually _____ blood sugar levels. a. raises b. lowers c. does not affect d. Not sure	_____
_____	5. Which of the following would be appropriate for family involvement in diabetes management: a. Grocery shopping b. Meal preparation/plan c. A & B d. No involvement	_____
_____	6. One slice of bread has the same amount of carbohydrates as: a. 3 cups Corn Flakes b. 3 oz T-bone steak c. ½ cup peas d. Not sure	_____
_____	7. Which of the following groups of foods are highest in saturated fat, cholesterol and salt? a. apple, orange broccoli b. bacon, sausage, cheddar cheese c. bread, cereal, muffin d. Not sure	_____

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Pre-Program		Post-Program
_____	8. Which of the following groups of foods are high in fiber? a. dried beans, whole wheat bread, fresh vegetables b. milk, meat and fish c. grits, mashed potatoes, canned vegetables d. Not sure	_____
_____	9. Carbohydrate is contained in which of the following foods? a. bread, fruit, milk b. butter, margarine, oil c. chicken, fish, eggs d. Not sure	_____
_____	10. Exercise usually _____ blood glucose levels. a. raises b. lowers c. does not affect d. not sure	_____
_____	11. All persons with diabetes should test their blood sugar because: a. Their doctor told them to test. b. Blood testing is easy. c. They will always know what their blood sugar is. d. Not sure	_____
_____	12. You should have good control of your diabetes before getting pregnant because: a. You can lower the risk of problems to the baby. b. You can lower the risks of problems to the mother. c. Both of the above. d. Not sure	_____
_____	13. Your body needs insulin to: a. Get ready for a fight. b. Use sugar for energy. c. Have strong bones and teeth. d. Not sure	_____
_____	14. Diabetes pills: a. Are oral insulin. b. Help to lower your blood sugar c. Cure diabetes. d. Not sure	_____

KNOWLEDGE ASSESSMENT - PAGE 3

Pre-Program		Post-Program
_____	15. When you get ready to exercise, you should: a. Test your blood sugar before you start. b. Take an extra dose of your diabetes medicine before you begin. c. Don't need to do anything different. d. Not sure	_____
_____	16. You should keep your blood sugar under control because: a. You can help to slow/prevent problems of diabetes. b. You will not have to worry about what you eat. c. You will feel better. d. Not sure	_____
_____	17. If your blood sugar drops too low, you should: a. Take a walk. b. Take a rest. c. Drink some juice. d. Not sure.	_____
_____	18. Persons with diabetes should have their urine tested at least yearly for albumin and protein because: a. They may need more protein in their diet. b. Albumin and protein in the urine are the first signs of kidney disease. c. They may have sugar in their urine. d. Not sure.	_____
_____	19. When your blood sugar is low you may feel: a. Sick to your stomach, sleepy, have a fever. b. Thirsty, have a fever, or a headache. c. Shaky, sweaty, hungry. d. Not sure.	_____
_____	20. When you have diabetes, if you are sick, you should a. Stop eating. b. Test your blood sugar at least four times a day. c. Take less diabetes medicine. d. Not sure.	_____
_____	21. Where would you call to learn more about your diabetes self-care: a. American Diabetes Association b. Diabetes Association of Greater Cleveland c. Juvenile Diabetes Foundation d. All of the above.	_____

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Pre-Program		Post-Program
_____	22. You should look at your feet every day because: a. You may have hurt your foot and not felt it. b. You may need to soak your feet. c. You may need to trim a callous. d. Not sure	_____
_____	23. You should see your dentist at least once a year because: a. You may have bad breath. b. Gum disease and tooth decay can raise your blood sugar. c. You may need dentures. d. Not sure.	_____
_____	24. Untreated high blood pressure: a. Can cause eye, kidney and heart problems. b. Is nothing to worry about. c. Does not cause problems if you have diabetes. d. Not sure.	_____
_____	25. A person with diabetes should have an eye exam: a. every year b. every 2 years c. at age 40 d. not sure	_____

Patient Signature _____ Date _____