

Name _____
Date _____

Diabetes & Nutritional Health Teaching Program

Pre-Test/Post Test

In the PAST WEEK, did you ever have any of the following symptoms:

- | | | | |
|--|-----|------------|------------|
| 1. Increased thirst? | No | Yes | Don't know |
| 2. Dry mouth? | No | Yes | Don't know |
| 3. Decreased appetite? | No | Yes | Don't know |
| 4. Nausea or vomiting? | No | Yes | Don't know |
| 5. Abdominal Pain? | No | Yes | Don't know |
| 6. Frequent urination at night? | No | Yes | Don't know |
| 7. Do you have to get up to urinate 3 or more times at night? No | Yes | Don't know | |
| 8. Severely high blood sugar
(blood glucose readings of 300mg or higher?) | No | Yes | Don't know |
| 9. Morning headaches? | No | Yes | Don't know |
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1. Do you have a machine to measure you blood sugar (glucose) level? Yes No

2. On how many days in the **last week** did you test your blood sugar level? (if you were sick in the last week, think of the most recent 7 days when you were NOT sick).
_____Days

3. On **days** that you test your blood sugar, how many **times** do you test on average?
_____Times

Please complete this short quiz. Choose only one answer.

1. Diabetes is a condition of the body that is a result of:

- a. too much insulin in the body.
- b. not enough or ineffective insulin in the body.
- c. eating too much sugar and other sweet foods.
- d. eating high-fat foods.
- e. I don't know.

2. An acceptable Fasting blood sugar range for a person with diabetes is:

- a. 70-130.
- b. 150-200.
- c. 50-90.
- d. 60-190.
- e. I don't know.

3. A common symptom of low blood sugar (hypoglycemia) is:

- a. shakiness.
- b. pain.
- c. burning on urination.
- d. slow healing.
- e. I don't know.

4. When eating in restaurants, a person with diabetes:

- a. should only order salad.
- b. should order the largest steak, as restaurants give small meat portions.
- c. should eat portions that match their meal plan amounts of carbohydrates, meat, and fat groups as close as possible.
- d. should never eat in an Italian restaurant.
- e. I don't know.

5. The A₁C test measures blood sugar over the past and what is the target:

- a. hour it should be 120 mg/ dl.
- b. day it should be 8 %.
- c. week it should be 180mg/ dl
- d. two-three months.
- e. I don't know.

6. One carbohydrate group/serving contains:

- a. 5 grams of carbohydrates.
- b. 15 grams of carbohydrates.
- c. 30 grams of carbohydrates.
- d. 50 grams of carbohydrates.
- e. I don't know.

7. What is the **first** thing you should do after you have a blood sugar <70 (low blood sugar)?

- a. Call your doctor.
- b. Take some insulin.
- c. Eat or drink something that has sugar.
- d. Go to the hospital emergency room.
- e. I don't know.

Please answer the following questions if you are taking a pill for your diabetes.

1. If you forget to take your oral diabetes medication, you should:

- a. not worry about it; one missed dose is okay.
- b. take it when you remember you forgot it, no matter what time of day it is as long it is not close to the next dose.
- c. take a double dosage that day.
- d. test your blood sugars more often and if they rise above 250, call your doctor or nurse educator.
- e. I don't know.

Please answer the following questions if you are on insulin.

1. Rotation of injection sites is important because:

- a. it assures proper insulin absorption and prevents tissue damage.
- b. not necessary because insulin works no matter where it is given.
- c. it allows you to use muscle tissue.
- d. the same site can be used for six months.
- e. I don't know.

2. Insulin peak time is important to know because it tells when:

- a. to plan a snack to prevent low blood sugar reaction.
- b. to give another insulin shot.
- c. exercise is needed.
- d. insulin is beginning to work.
- e. I don't know.