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

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.