CLINICA family health

Self-Assessment Sheet My Diabetes Care: What's Most Important?

People with diabetes and their family members are interested in many things. Below is a list of topics that might be discussed in your group diabetes care sessions. Please rank the following items from 1-24 on how important that issue is to you at this time.

1 = Most Important, 25 = Least Important

_____ Pain and discomfort issues
_____ Reducing risk or preventing complications
_____ Healthy eating
_____ Being active or Exercising
_____ Caring for my feet
_____ Help my family understand diabetes
_____ Monitoring my blood sugar at home
_____ Weight control
_____ Eating out
_____ Adjust to living with diabetes
_____ Stress management
_____ Relationship issues
_____ Sexuality
_____ Stop smoking
_____ Alcohol or drug abuse issues
_____ Depression
_____ Issues with my extended family
_____ Options with medications and treatments
_____ Coping with changing my emotions
_____ Changing my habits to improve my health
_____ Blood Pressure
_____ Cholesterol
_____ Working health with your PCP
_____ Oral care issues
_____ Other:_____

*Adapted from CenteringPregnancy® Model Handbook
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