

DLC Questionnaire 2022

We are inviting you to complete this survey for a quality improvement initiative being run in the CHEO Diabetes clinic. The goal of this project is to assess if the CHEO Diabetes Learning Centre (DLC) is a helpful tool for diabetes education.

Overall, we hope to determine if the DLC is an effective way for teens to gain confidence in their diabetes self-management skills, and also see if teens are satisfied with the Diabetes Learning Lab as part of their diabetes visit. We also hope to understand what factors outside of the Diabetes Learning Lab contribute to confidence in diabetes self-management skills.

Taking part in this survey is voluntary. Your decision to participate or not in this survey will not affect the care you receive at CHEO. You are free to end the survey at any time and there will be no penalty to you. We expect to invite approximately 400 adolescents to participate.

All information gathered from the survey will be kept strictly confidential and your answers will be linked to an assigned study ID that has no connection to your personal information.

Please feel free to contact Dr. Alexandra Ahmet at 613-737-7600 Ext. 3939, if you have any questions about the initiative.

Thank you for agreeing to complete our Diabetes Learning Centre (DLC) questionnaire. Your answers will help us to understand whether the DLC is helping teens like you to improve their confidence in diabetes management. Your responses will remain anonymous.

Date of survey

How many times have you attended the DLC (including today, both in person and virtually (i.e., via Zoom))?

- Once (today was my first time)
 Twice (today was my second time)
 3 or more times
 Not sure

You and your diabetes

How old are you?

- 13
 14
 15
 16
 17
 18

Gender

- Male
 Female
 Non Binary
 Prefer not to respond

What type of insulin regimen do you mainly use?

- Injections
 Pump
 No insulin

How do you monitor your blood sugar most (>50%) of the time in the past month?

- Glucometer (finger poke)
 Continuous or Flash Glucose Monitoring (CGM, e.g. Dexcom, Guardian, Libre)

Please ask the DLC diabetes educator to give you the following information from your most recent diabetes clinic visit:

Do you have an estimated A1C (also called GMI) from your last clinic visit?

- Yes
 No

The value was:

Do you have your % time in range from your last clinic visit?

- Yes
 No

The value was:

Do you have the value of your most recent lab A1C within the last 6 months?

- Yes
 No

The value was:

Parent/Guardian involvement

How often do your parents/guardians help you with your diabetes management (select one):

- Never
 Rarely
 Sometimes
 Very Often
 Always

Confidence after attending the DLC

We would like to get an idea of the potential impact of the diabetes worksheets on your confidence in managing your diabetes. Please answer the questions below. For each worksheet selected, a drop down will appear with a question about change in confidence for each task:

What diabetes topic(s) did you cover today (check all that apply)?

- When to make insulin dose adjustments
- How to make insulin dose adjustments (injections)
- How to make insulin dose adjustments (pump)
- When to test for ketones
- How to test for ketones
- How to prevent DKA
- How to manage physical activity with diabetes
- How to treat a low blood sugar
- How to use mini dose glucagon
- How to manage diabetes safely while drinking alcohol
- Carbohydrate counting
- Illness management
- Travelling with diabetes
- Driving safely with diabetes
- Going to University/College with diabetes
- Managing prescription and supplies with diabetes
- Managing diabetes during Ramadan
- Using insulin pens
- Dexcom set up
- Libre set up
- MYCHART set up
- Other(please list):

Other topics covered

After completing the worksheet "title of worksheet", how has your confidence in the topic/skill changed?

	I feel a lot less confident	I feel a bit less confident	My confidence level has not changed	I feel a bit more confident	I feel a lot more confident
When to make insulin dose adjustments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to make insulin dose adjustments (injections)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to make insulin dose adjustments (pump)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When to test for ketones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to test for ketones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to prevent DKA	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to manage physical activity with diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to treat a low blood sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to use mini dose glucagon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to manage diabetes safely while drinking alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carbohydrate counting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Illness management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Travelling with diabetes	<input type="radio"/>				
Driving safely with diabetes	<input type="radio"/>				
Going to University/College with diabetes	<input type="radio"/>				
Managing prescriptions and supplies with diabetes	<input type="radio"/>				
Managing diabetes during Ramadan	<input type="radio"/>				
Using insulin pens	<input type="radio"/>				
Dexcom set up	<input type="radio"/>				
Libre set up	<input type="radio"/>				
MyChart set up	<input type="radio"/>				
Other: [other_topics]	<input type="radio"/>				

We would like to get an idea of how the DLC has impacted your OVERALL confidence in your diabetes related skills over time both for the topics that you have covered and for your overall confidence.

Since you started attending the DLC, how has your confidence in diabetes self-management changed for the topics that you covered?

- I am lot less confident
 I am bit less confident
 Neutral
 I am bit more confident
 I am lot more confident
 It depends on the worksheet

Since you started attending the DLC (even if today was your first visit), how has your overall confidence in diabetes management changed?

- I am lot less confident
 I am bit less confident
 Neutral
 I am bit more confident
 I am lot more confident

Satisfaction with the DLC

Satisfaction with your visit TODAY

We would like to learn about your experience with the DLC today. Please answer the questions below.

How satisfied are with your DLC visit TODAY?

- I am not at all satisfied
 I am slightly satisfied
 I am moderately satisfied
 I am quite satisfied
 I am extremely satisfied
 I don't know

Is there anything we can do to improve the DLC (please specify)?

If you had a choice, would you prefer to attend the DLC visit on the SAME day as your doctor visit or on a separate day?

- Same day
 Separate day
 I don't know
 It doesn't matter to me

What type of DLC visits have you attended? (Today and in the past)

- In person only
 Virtual only
 Both in person and virtual

Which DLC format do you prefer?

- In person
 Virtual
 No preference

What do you prefer about attending in person?

What do you prefer about attending virtually?

How satisfied are you with the DLC worksheets?

(i.e. worksheets about illness management, insulin dose adjustments, alcohol with diabetes, driving with diabetes)

- I am not at all satisfied
 I am slightly satisfied
 I am moderately satisfied
 I am quite satisfied
 I am extremely satisfied
 I don't know
 I have not used any worksheets in the DLC

If there anything we can do to improve the DLC worksheets (please specify)?

What did you like about the DLC (check all that apply)?

- Location
 Timing (i.e.: right after my diabetes doctor visit)
 The worksheets
 Meeting face to face with one of the Educators
 Having the option to choose what topics I learn about
 Learning about topics that will help me to manage my diabetes independently
 Having the chance to learn on my own (i.e. without my parents)
 Other

If other, Please specify:

What did you dislike about the DLC (check all that apply)?

- Location
 Timing (i.e.: right after my diabetes doctor visit)
 The worksheets
 Meeting face to face with one of the Educators
 Being asked to learn on my own (i.e. without my parents)
 Other

If other, Please specify:

Are there any other worksheets you think we should include?

Would you be willing to participate in a focus group to discuss the DLC further?

- Yes
 No
 Not sure

A focus group is a group interview of approximately six to twelve people who share similar characteristics or common interests. A facilitator guides the group based on a predetermined set of topics. The facilitator creates an environment that encourages participants to share their perceptions and points of view.

In order to keep your answers to this survey anonymous, please complete the following survey if you are interested in participating in a focus group (this will not be linked with your survey results)

https://redcap.link/DLC_focusgroup

Even if you agree now, you can change your mind later.

Don't forget to submit this project as well as the next before closing out.