

Appendix Figure B

Log In

User Name:

Password:

Remember me next time.

Welcome to the Personal Diabetes Care Website!

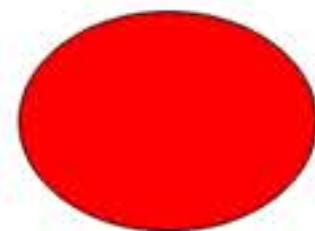
This website is here to explain to you about what an A-1-C test is and setting an A-1-C test goal

Would you like to continue? [Yes](#) | [No](#)

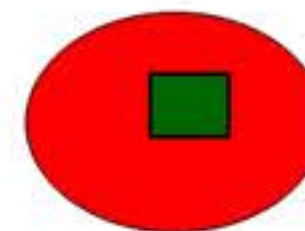


What is a Hemoglobin A-1-C?

- Your red blood cells contains a protein called hemoglobin.



Red Blood Cell



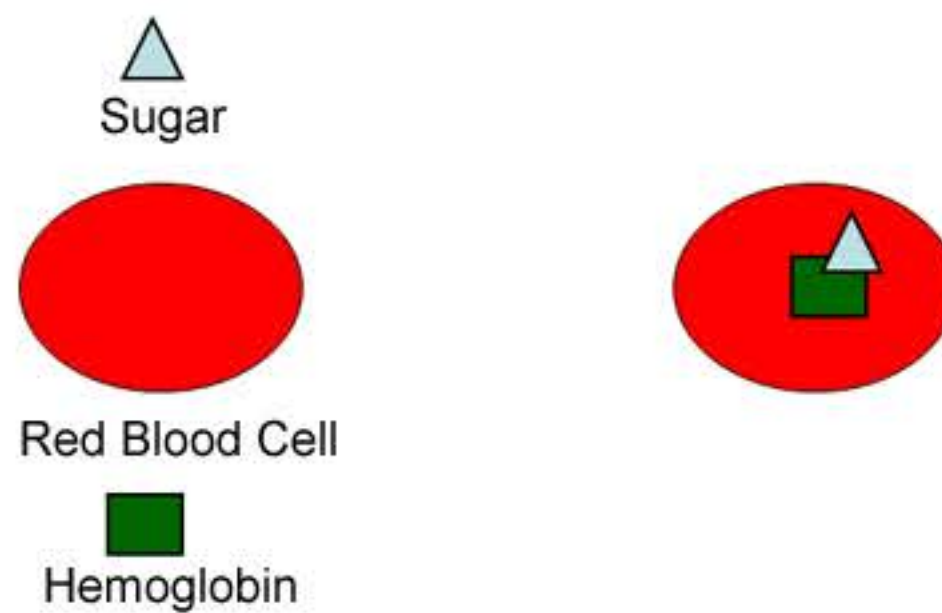
Hemoglobin

Kilpatrick, E. S. (2000). "Glycated haemoglobin in the year 2000." J Clin Pathol 53(5):335-9

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What is a Hemoglobin A-1-C?

- If your body has extra sugar, the sugar can attach to hemoglobin.



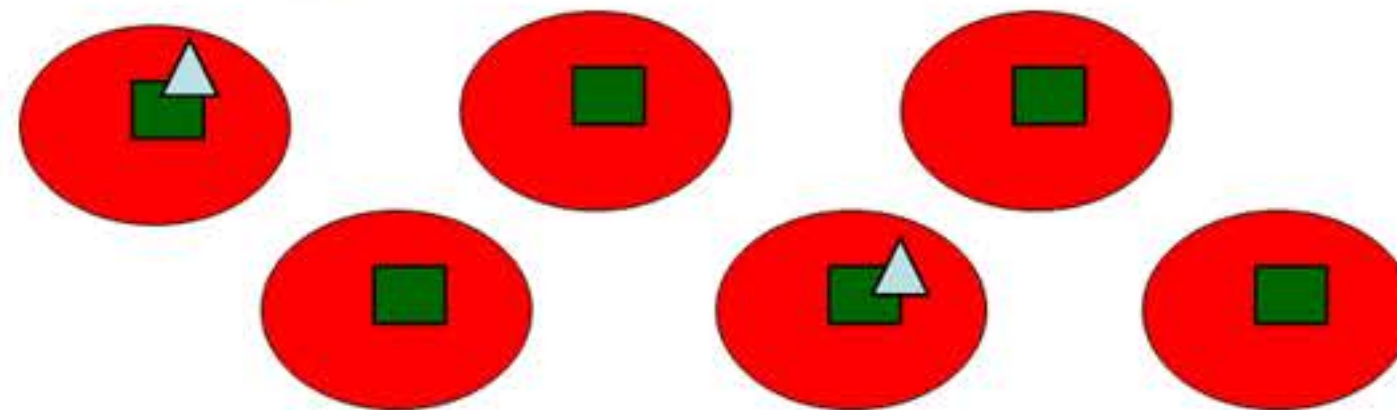
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What is an A-1-C Test?

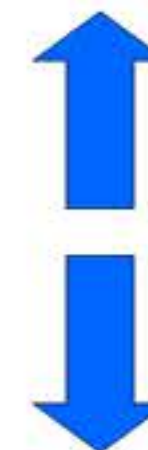
- The A-1-C test is a blood test that allows doctors to see how many hemoglobins have sugar attached to them.



- The A-1-C test shows how high or low your daily blood sugars have been the past few months.

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- More sugars attached to your hemoglobins can mean that your daily blood sugars are higher.
- Less sugars attached to your hemoglobins can mean that your daily blood sugars are lower.



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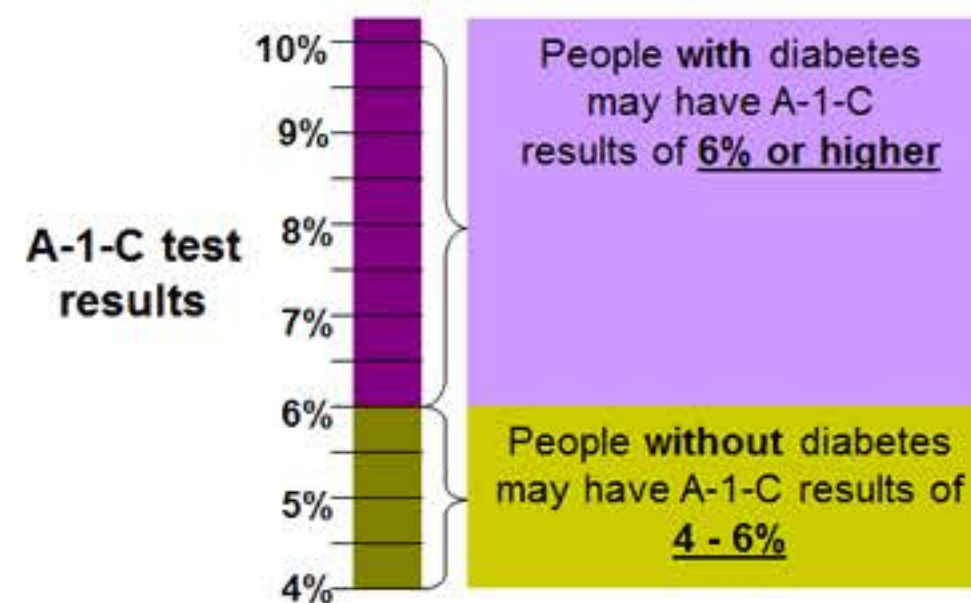
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What is an A-1-C Test?

- The A-1-C test is shown as a percentage %.

What is the range for A-1-C test results?



(Source for the 4-6% range: <http://clinical.diabetesjournals.org/content/24/1/9.full>)

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What is an A-1-C Test?

- Your A-1-C test matches your daily blood sugar levels.



<http://www.diabetes.com/blood-sugar-control-matters/a1c.html>

Average Daily Blood Sugar	A-1-C Test Level
135	6%
170	7%
205	8%
240	9%
275	10%
310	11%
345	12%

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Your A-1-C Test Goal

Each person with diabetes has a different A-1-C test goal. You and your doctor can set your A-1-C goal.

The A-1-C test goal can depend on your:

- Health
- Personal preference

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- A lower A-1-C test goal can lower your chances of having complications such as:
 - Eye Disease
 - Amputation
 - Kidney Disease
- To reach a lower A-1-C test goal you may need to take more medications and may need to use insulin.



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For some people, choosing a lower A-1-C test goal may not lower the risk of complications.



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This website can help you and your doctor talk about which A-1-C test goal is right for you.

[Click here to start answering questions.](#)

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User Logged In: test31

Data From Session: 01/31/2014 ▾

All About You

What is your date of birth?

01/31/1931

Are you?

- Male
- Female

Are you?

- White
- Black
- Other

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All About You

How much do you weigh (lbs)?

lbs

How tall are you?

Feet:

Inches:

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All About You

How many years have you had diabetes?

Are you a smoker? Yes No

Have you ever smoked in your life? Yes No

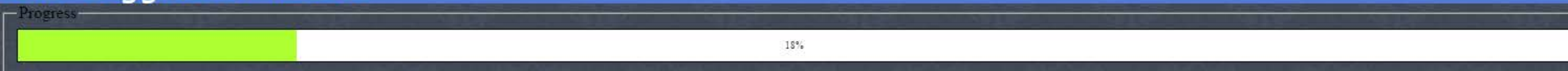
How many different kinds of medications do you take every day?

Do you use insulin to control your diabetes? Yes No

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My Medical History

Has the doctor ever told you that you have:

Irregular Heartbeat

Yes No

Heart Disease

Yes No

Lung Disease

Yes No

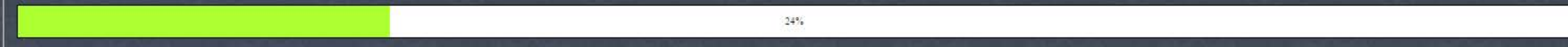
Cancer

Yes No

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My Medical History

Do you have trouble?

Bathing and Showering Yes No

Remembering to pay your bills Yes No

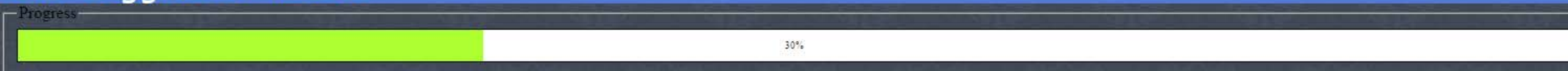
Walking **many** blocks Yes No

Pushing large objects such as a chair Yes No

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My Medical History

Have you ?

Had bodily pains in the last 1 or 2 weeks? Yes No

Had a hard time sleeping because of pain? Yes No

Not wanted to do things you usually like doing in the last 2 weeks? Yes No

Been feeling down or depressed in the past 2 weeks? Yes No

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My Medical History

Have you ?

Fallen down in the last year?

Yes No

Needed to go to the hospital if you did fall down?

Yes No

Fractured your hip?

Yes No

Leaked urine when you did not want to?

Yes No

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Treatment Preferences

I know what my A-1-C test goal is

Yes No

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Progress

48%

Treatment Preferences

1. I am willing to take more medication to help lower my risk of diabetes complications even more.

- Strongly Agree
- Agree
- I Don't Know
- Disagree
- Strongly Disagree

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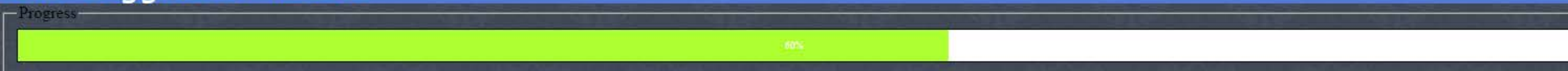
Treatment Preferences

2. I am willing to do more exercise to help lower my risk of diabetes complications even more.

- Strongly Agree
- Agree
- I Don't Know
- Disagree
- Strongly Disagree

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Treatment Preferences

3. I am willing to take injections to help lower my risk of diabetes complications even more.

- Strongly Agree
- Agree
- I Don't Know
- Disagree
- Strongly Disagree

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Progress

88%

Treatment Preferences

4. I am willing to test my sugar more often to help lower my risk of diabetes complications even more.

- Strongly Agree
- Agree
- I Don't Know
- Disagree
- Strongly Disagree

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Treatment Preferences

5. I trust my doctor to set my diabetes goals for me.

- Strongly Agree
- Agree
- I Don't Know
- Disagree
- Strongly Disagree

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Treatment Preferences

6. I want to be very involved in making decisions about my diabetes goals.

- Strongly Agree
- Agree
- I Don't Know
- Disagree
- Strongly Disagree

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Treatment Preferences

7. Knowing how well my diabetes is controlled is important to me.

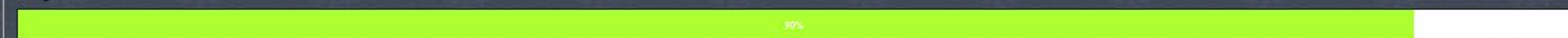
- Strongly Agree
- Agree
- I Don't Know
- Disagree
- Strongly Disagree

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Treatment Preferences

8. Avoiding complications from diabetes (such as blindness) is important to me.

- Strongly Agree
- Agree
- I Don't Know
- Disagree
- Strongly Disagree

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Review

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[Contact Us](#)[About Us](#)

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Welcome to Personalized
Diabetes Care

 **Your A1C**

 **Education**
Taking Care of Your Diabetes

 **Important Links**

 **Printout**

Session Date:

Education

If you would like to learn about how to manage your diabetes, click on any of these topics:

- [Stay Healthy with Diabetes](#)
- [Healthy Eating and Diabetes](#)
- [Exercise and Diabetes](#)
- [Protect Your Kidneys](#)
- [High Blood Pressure and Diabetes](#)
- [Your Feet and Diabetes](#)
- [Your Eyes and Diabetes](#)

ID: 3.2395

PERSONAL DIABETES CARE RESULTS

Please take these results of the survey with you to your doctor's appointment. He or she can explain to you what it means for you and your current treatment of your diabetes.

All About You

Age:	83
Sex:	M
Weight:	150 lbs
Height:	5 feet 10 inches
BMI:	21.52040
Duration of Diabetes:	31 yrs

General Health Questions

1. Are you a smoker?	No
2. Do you have trouble with bathing and showering?	No
3. Do you have trouble remembering to pay your bills?	No
4. Do you have trouble walking many blocks?	Yes
5. Do you have trouble pushing large objects such as a chair?	No

PROBABILITY OF COMPLICATIONS

The following tables look at your risk of developing amputation and blindness based on how you control your sugar. Talk to your doctor about what these tables mean and how it can affect your treatment.

If your Target A1C is:	How many people like me will have an amputation?
7%	23 out of 1000
8%	33 out of 1000
9%	45 out of 1000

If your Target A1C is:	How many people like me will have blindness?
7%	19 out of 1000
8%	20 out of 1000
9%	23 out of 1000

The following table looks at your risk of developing a heart attack for an A-1-c test level of 7-7.5%. In older adults, it is uncertain if lowering sugars will help lower the risk of heart disease.

How many people like me will have a Heart Attack?
94 out of 1000

Screeners Results		
Syndrome	Result	Next Steps
Depression	Neg.	If positive: Please administer PHQ-9 or psych consult
Incontinence	Neg.	If positive: Give information on incontinence or urology consult
Falls	Neg.	If positive: Give information on falls and falls prevention
Pain	Neg.	If positive: Assess patient for pain control
Polypharmacy	4	If positive: Is it possible to streamline this patient's medication?

Treatment Preferences	
I know what my A-1-C goal is	No
A-1-C test goal	
1. I am willing to take more medication to help lower my risk of diabetes complications even more.	I Don't Know
2. I am willing to do more exercise to help lower my risk of diabetes complications even more.	Strongly Agree
3. I am willing to take injections to help lower my risk of diabetes complications even more.	Strongly Agree
4. I am willing to test my sugar more often to help lower my risk of diabetes complications even more.	Agree
5. I trust my doctor to set my diabetes goals for me.	Agree
6. I want to be very involved in making decisions about my diabetes goals.	Strongly Agree
7. Knowing how well my diabetes is controlled is important to me.	Agree
8. Avoiding complications from diabetes (such as blindness) is important to me.	Agree