

Appendix a

APPENDIX 1: UJIAN PENGETAHUAN DIABETES (Malaysian Version of MDKT)

BULAT PADA JAWAPAN YANG SESUAI

No.	Soalan	Jawapan
1	Diet kencing manis ialah	a-Cara kebanyakan orang Malaysia makan b-Diet yang sihat untuk kebanyakan orang. c-Karbohidrat yang terlalu tinggi untuk kebanyakan orang. d-Protein yang terlalu tinggi untuk kebanyakan orang.
2	Antara berikut, yang manakah mempunyai kandungan karbohidrat paling tinggi?	a- Ayam b-Keju c-Kentang bakar d-Mentega kacang
3	Antara berikut, yang manakah mempunyai kandungan lemak paling tinggi?	a-Susu lemak rendah b-Jus oren c-Jagung d- Madu
4	Antara berikut, yang manakah paling selamat dimakan oleh pesakit kencing manis?	a-Sebarang makanan tanpa gula b-Sebarang makanan yang pada labelnya tercatat 'Bebas Gula' c- Sebarang makanan yang mengandungi kurang daripada 20 kalori bagi setiap hidangan.

5	Hemoglobin berglukosa (hemo-globin A1c) merupakan suatu ujian yang mengukur paras glukosa darah purata sejak	<ul style="list-style-type: none"> a- Sehari yang lepas b- Seminggu yang lepas c- 2-3 bulan yang lepas d- 6 bulan yang lepas
6	Antara berikut, yang manakah kaedah ujian glukosa darah yang terbaik?	<ul style="list-style-type: none"> a- Ujian air kencing / urin b- Ujian darah c- Kedua-dua ujian
7	Apakah kesan jus buahan tanpa gula terhadap glukosa darah?	<ul style="list-style-type: none"> a- Merendahkannya b- Meningkatkan c- Tiada kesan
8	Antara berikut, yang manakah tidak sepatutnya digunakan untuk merawat glukosa darah rendah?	<ul style="list-style-type: none"> a- 3 biji gula-gula b- 1/2 cawan jus oren c- 1 cawan minuman diet
9	Bagi individu yang kawalan glukosa darahnya adalah baik, apakah kesan senaman terhadap glukosa darah?	<ul style="list-style-type: none"> a- Merendahkannya b- Meningkatkan c- Tiada kesan
10	Jangkitan boleh menyebabkan	<ul style="list-style-type: none"> a- Peningkatan glukosa darah b- Penurunan glukosa darah c- Tiada perubahan dalam glukosa darah
11	Cara terbaik penjagaan kaki anda adalah dengan	<ul style="list-style-type: none"> a- Jaga dan basuh setiap hari b- Urut dengan alkohol setiap hari c- Rendam selama sejam setiap hari.
12	Memakan makanan berlemak rendah akan mengurangkan risiko	<ul style="list-style-type: none"> a- Penyakit saraf b- Penyakit ginjal / buah pinggang c- Penyakit jantung

13	Kebas (numbness) dan semut-semutana (tingling) mungkin menandakan:	a-Penyakit ginjal/buah pinggang b-Penyakit saraf c-Penyakit mata
14	Antara berikut, yang manakah biasanya tidak berkaitan dengan kencing manis?	a- Masalah penglihatan b- Masalah ginjal / buah pinggang c- Masalah saraf

Appendix b



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Jawatankuasa Etika Penyelidikan Manusia USM (JEPeM)
Human Research Ethics Committee USM (HREC)

15th January 2015

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JEPeM Code : USM/JEPeM/1406233

Protocol Title : Diabetes Self-Care and Its Associated Factors among Elderly Diabetes Patient in the Outpatient Department Hospital USM.

Dear Dr.,

We wish to inform you that your study protocol has been reviewed and is hereby granted approval for implementation by the Jawatankuasa Etika Penyelidikan Manusia Universiti Sains Malaysia (JEPeM-USM). Your study has been assigned study protocol code **USM/JEPeM/1406221**, which should be used for all communication to the JEPeM-USM related to this study. This ethical clearance is valid from **December 2014** until **November 2015**.

The following documents have been approved for use in the study.

1. Summary of Research Proposal

In addition to the abovementioned documents, the following technical document was included in the review on which this approval was based:

1. Patient Information Sheet and Consent Form (Malay version)
2. Questionnaires
3. Case Report Form

Attached document is the list of members of JEPeM-USM present during the full board meeting reviewing your protocol.

While the study is in progress, we request you to submit to us the following documents:

1. Progress report using the JEPeM-USM FORM 3(B)2014: **Continuing Review Application Form** every 1 years from date of approval (NOTE: In view of active ethical clearance, this report is mandatory even if the study has not started or is still awaiting release of funds.)
2. Any changes in the protocol, especially those that may adversely affect the safety of the participants during the conduct of the trial including changes in personnel, must be submitted or reported using JEPeM-USM FORM 3(A) 2014: **Study Protocol Amendment Submission Form**.
3. Revisions in the informed consent form using the JEPeM-USM FORM 3(A)2014: **Study Protocol Amendment Submission Form**.
4. Reports of adverse events (if any) including from other study sites (national, international) using the JEPeM-USM FORM 3(G) 2014: **Adverse Events Report**.
5. Notice of early termination of the study and reasons for such using JEPeM-USM FORM 3(E) 2014.
6. Any event which may have ethical significance.
7. Any information which is needed by the JEPeM-USM to do ongoing review.

9. Application for renewal of ethical clearance 90 days before the expiration date of this approval through submission of JEPeM-USM FORM 3(B) 2014: Continuing Review Application Form.

Please note that forms may be downloaded from the JEPeM-USM website: www.jepem.kk.usm.my

Jawatankuasa Etika Penyelidikan (Manusia), JEPeM-USM is in compliance with International Conference on Harmonization-Guidelines for Good Clinical Practice (ICH-GCP) guidelines and Declaration of Helsinki.

Thank you.

"ENSURING A SUSTAINABLE TOMORROW"

Very truly yours,



PROF. DR. HANS AMIN VAN ROSTENBERGHE
Chairperson
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