

Diabetes Knowledge Assessment Questionnaire

a) Symptoms of diabetes include _____

1. Excessive thirst
2. Hunger
3. Frequent urination
4. Weight loss

b) Best practices to keep diabetes under control include _____

1. Regular exercise
2. Controlled diet
3. Medication adherence
4. Periodic doctor visit

c) Uncontrolled diabetes could lead to these diseases _____

1. Heart disease
2. Eye problems
3. Stroke
4. Neurological diseases
5. Kidney diseases
6. foot ulcers

d) Symptoms of hypo glycaemia includes

1. Dizziness
2. Hunger
3. Sweating
4. Shakiness
5. Anxiety
6. Moodiness

e) Excellent glucose control is indicated by which of the below ranges mentioned

1. <80 MG/DL
2. 80-120 MG/DL
3. 120-180 MG/DL
4. >180 MG/DL

f) Blood test which gives accurate reading of glucose value and has to be done every 3-4 months is _____

1. Fasting
2. PPBS
3. HbA1C

Program Feedback

1. Is the program helping you in self management of diabetes? Y____ N____

2. Are weekly phone calls helping you better than SMS? Y____N ____

3. Are you confident to manage diabetes on your own? Y____ N____