

Diabetes Self Management Program
PRE / POST EVALUATION

NAME: _____

DATE _____

1. Diabetes Mellitus is a condition that occurs when:

- A. your body is unable to use the glucose (sugar) from the food that you eat.
- B. your pancreas makes some insulin however, it has difficulty attaching to the cells (Type 11).
- C. you have high blood glucose in your blood stream.
- D. your pancreas does not produce any insulin (Type 1).
- E. all of the above

2. Which of the following is correct regarding diabetes medications that are taken orally:

- A. insulin does not come in "pill" form.
- B. used in addition to your meal plan and exercise in Type 2 diabetes to improved blood glucose control.
- C. side effects can vary from each type of medication.
- D. all of the above

3. When determining how a particular food will effect your blood glucose, the most important aspect to consider is

- A. sugar content
- B. protein content
- C. carbohydrate content
- D. pre-meal blood glucose value

4. What is the "target goal range" that your blood glucose levels need to be before meals?

- A. 30 - 70 mg
- B. 80 - 120 mg
- C. 150 - 200 mg

5. It is best to have _____ hours between meals

- A. 2- 3
- B. 4- 5
- C. 6- 7



6. How does exercise effect your blood glucose level?

- A. makes your blood glucose higher
- B. makes your blood glucose lower
- C. does not effect your blood glucose

7. Family members, community support groups, congregations, and local clubs are all examples of resources to help you medically, psychologically, and spiritually manage your diabetes.

CIRCLE ONE
TRUE FALSE

8. Which would be the most appropriate snack for a person with diabetes?

- A. 1/2 peanut butter sandwich
- B. granola bar
- C. no sugar added frozen yogurt
- D. chicken rice soup with croutons

9. If my pre-lunch blood glucoses are consistently over 180 mg, I need to:

- A. skip breakfast.
- B. exercise after breakfast.
- C. make sure I include a protein source with breakfast.
- D. decrease my medication.
- E. B & C only

10. It is 1 - 30 pm. You are at the mall and have not eaten since breakfast. You have a headache and feel shaky. You should ...

- A. ignore your headache because you'll only be at the mall another hour
- B. rest until the symptoms disappear.
- C. test your blood glucose if you have your meter with you.
- D. find the nearest soda machine or take glucose tablets.
- E. Both C and D.

11. What is the "target goal range" that your blood glucose levels need to be 2 hours after meals?

- A. less than 80 mg, up to 120 mg acceptable
- B. less than 140 mg, up to 180 mg acceptable.
- C. less than 200 mg, up to 250 mg acceptable

12. The Hb A1C (hemoglobin A1C) test reveals your diabetes control over the past ...

- A. day.
- B. 2 weeks.
- C. 3 months.
- D. 6 months.
- E. 12 months.

13. Which of the following is true?

- A. Hb A1C test reveals your diabetes control over the past 3 months and is usually performed every 3-6 months.
- B. blood pressure should be monitored at every healthcare visit; normal value for people with diabetes is 130/80 mmHg.
- C. cholesterol should be tested at least once a year, desirable value is less than 200mg/dL.
- D. all of the above