JUPITER MEDICAL CENTER
JUPITER, FLORIDA

JUPITER MEDICAL CENTER DIABETES EDUCATION
Pre-Program Questionnaire

NAME: ___________________ DATE: __________

We encourage you and your family (if appropriate) to take an active role in developing your educational plan. Please take the time to place an "x" next to the areas you wish to have included in your education, thank you.

Diabetes...
___ importance of education
___ definition of
___ types of
___ causes of
___ signs & symptoms of

Hyperglycemia - Hypoglycemia...
___ definition of
___ signs & symptoms of
___ causes of
___ treatment of
___ prevention of
___ when to call the doctor
___ use of glucagon

Nutrition...
___ how carbohydrate's, protein and fat effect blood sugars
___ what can I eat?
___ Individualized meal plan
___ food labels
___ sugar substitutes
___ dining out

Exercise...
___ benefits of
___ precautions
___ types, frequency, and duration of
___ Changes in food intake or medications

Medications...
___ oral hypoglycemic agents (pills)
___ insulin

Ketone Testing...
___ purpose of
___ how to test for ketones
___ when to test for ketones
___ interpretation of results

Hemoglobin A1C...
___ what is it
___ why is it important

Sick Days...
___ medication changes
___ food & activity changes
___ monitoring changes
___ when to call the doctor

Complications...
___ signs & symptoms of
___ possible causes of
___ treatment of
___ prevention / delaying onset of

Foot Care...
___ why foot care is important
___ daily care
___ do's and don'ts
___ when to call the Doctor

Blood Glucose Monitoring...
___ how to
___ meter selection
___ meter calibration and cleaning
___ reasons for
___ when to test
___ obtaining, storing and disposal of testing supplies
___ desirable blood glucose range
___ interpretation of testing results
___ keeping a blood glucose log book

Miscellaneous...
___ skin and dental care
___ importance of health care follow-up
___ tips for better diabetes control
___ living with diabetes
___ importance of family involvement
___ stress management
___ community resources
___ relationship between food, exercise, medications and blood glucose