

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



1DIAB