STRUCTURED SCHEDULE

SECTION-1
Demographic profile of the study subjects

A tool to assess the knowledge on self-care activities of Diabetic Mellitus.

✓ Put the tick (✓) mark for the correct answers of your choice.
✓ Do not skip any question.
✓ I assure you that your answer will be kept confidential.

1) **Age (years)**
   (a) 40-50 years
   (b) 51-60 years
   (c) 61-70 years
   (d) 70 and above

2) **Gender**
   (a) Male
   (b) Female

3) **Marital status**
   (a) Single
   (b) Married
   (c) widowed
   (d) Divorced

4) **Religion**
   (a) Hindu
   (b) Muslim
   (c) Sikh
   (d) Christian

5) **Education status**
   (a) Primary education
(b) Secondary education  
(c) Graduate  
(d) Post Graduate  
(e) No formal study  

6) **Area of residence**  
   (a) Urban  
   (b) Rural  

7) **Family status**  
   (a) Nuclear family  
   (b) Joint family  

8) **Occupation**  
   (a) Private employee  
   (b) Business  
   (c) Government employee  
   (d) Agriculture  
   (e) Others  

9) **Family monthly income**  
   (a) Rs. 2,500- 5000  
   (b) Rs.5,001- 10,000  
   (c) Rs.10,001- 20,000  
   (d) Rs.20,001 and above  

10) **Source of information**  
    (a) Radio  
    (b) Television  
    (c) Newspaper  
    (d) Magazines  
    (e) Friends  

11) **Family history of diabetes**  
    (a) Yes  
    (b) No
SECTION -2
QUESTIONNAIRE ON KNOWLEDGE

1) Diabetes Mellitus……
   a) is caused by eating too much sugar and sweet foods
   b) is a condition in which the body cannot use any food properly
   c) results due to lack of insulin secretion or insulin resistance
   d) is caused by liver failure

2) Insulin means -
   (a) keeps the blood sugar level constant all day
   (b) can be taken any time of the day
   (c) helps the body use food properly by letting sugar enter the cells
   (d) raises the blood sugar level by keeping sugar in the blood vessels

3) The types of Diabetes Mellitus is/ are-
   (a) Type –I  Diabetes Mellitus
   (b) Type-II  Diabetes Mellitus
   (c) Gestational Diabetes Mellitus
   (d) All above

4) In Diabetic Ketoacidosis-
   (a) Blood glucose level is higher than 300 mg/dl
   (b) Urine & serum ketone test are positive
   (c) Is a life threatening condition
   (d) All of above

5) Condition which stimulate development of Diabetes Mellitus
   (a) Too much stress
   (b) Obesity
   (c) Lack of exercise
   (d) All of above
6) Type-1 Diabetes is also known as-

(a) Insulin dependent diabetes ( )
(b) Non insulin dependent diabetes ( )
(c) Both ( )
(d) None of above ( )

7) Type-2 Diabetes is also known as -

(a) Insulin dependent diabetes ( )
(b) Non insulin dependent diabetes ( )
(c) Both ( )
(d) None of above ( )

8) The symptoms of high blood sugar level leads to-

(a) Excessive hunger ( )
(b) Thirst / dry mouth ( )
(c) Frequent Urination ( )
(d) All of above ( )

9) The most common symptom(s) of diabetes mellitus is -

(a) Headache, Chest Pain ( )
(b) Frequent urination, increased Hunger and Thirst ( )
(c) Craving for sweets ( )
(d) Sweaty, Nervous ( )

10) Following are the symptoms of low blood sugar level -

(a) Vertigo, Hunger, Perspiration, Palpitation ( )
(b) Frequent urination ( )
(c) Excessive thirst ( )
(d) All above ( )
(11) The symptoms of high blood sugar level is/ are -

(a) Excessive nausea, vomiting, abdominal pain, fruity breath  ( )
(b) Palpitation  ( )
(c) Hunger  ( )
(d) Vertigo,  ( )

(12) A diabetes meal plan-

(a) must be individualized to meet your needs  ( )
(b) is a diet that requires many special food  ( )
(c) does not allow you to have any starches  ( )
(d) allows you to have sweets anytime you want  ( )

(13) Commonly used insulin injections are -

(a) Rapid Acting  ( )
(b) Short Acting  ( )
(c) Intermediate Acting  ( )
(d) All above  ( )

(14) The sites of Insulin Administration is-

(a) Arms  ( )
(b) Thighs  ( )
(c) Abdomen  ( )
(d) All above  ( )

(15) Complication of Diabetes Mellitus include-

(a) Eye damage (retinopathy)  ( )
(b) Foot problems  ( )
(c) Kidney disease (nephropathy)  ( )
(d) All of above  ( )

(16) A regular exercise program means -

(a) Can help to control blood sugar  ( )
(b) Can lower blood pressure and cholesterol levels  ( )
(c) Does not affect the blood sugar level
(d) Can help control blood sugar and can lower blood pressure and Colesterol level

(17) The normal blood fasting sugar range from-
   (a) 40-60 Mg/dl
   (b) 70-110 Mg/dl
   (c) 60-90 Mg/dl
   (d) 180-200 Mg/dl

(18) The Normal P.P. Plasma sugar should not be above –
   (a) >200 Mg/dl
   (b) >180 Mg/dl
   (c) >140 Mg/dl
   (d) None of above

(19) The treatment of Diabetes Mellitus include -
   (a) Oral tablets
   (b) Insulin Injections
   (c) Exercise & diet plan
   (d) All above

(20) Patient should go for eye examination in –
   (a) Every month
   (b) Every year
   (c) Every 5 year
   (d) No need for eye examination
DIMENSION WISE OF QUESTIONNAIRE

DIET

(21) Insulin should administer at meal time-
   (a) 20-30 min before each meal
   (b) 30-60 min before each meal
   (c) 20-30 min after each meal
   (d) 30-60 min after each meal

(22) The types of diet consume in Diabetes Mellitus -
   (a) High carbohydrates diet
   (b) Low carbohydrates diet
   (c) High fat diet
   (d) Low protein diet

(23) Purpose of insulin administration before each meal is-
   (a) To reduce sugar in blood
   (b) To reduce sugar in urine
   (c) To utilize the carbohydrate
   (d) Not known

(24) Type of food restrict in Diabetes Mellitus are-
   a) Fried foods
   b) Jaggery, Honey, Jam/ Sweet foods
   c) Ghee/ Butter/ Cream
   d) All of above
(25) After a meal, blood glucose level increases and stimulates the secretion of which hormone?

a) Insulin  
   b) Glycogen  
   c) Glucagon  
   d) None  

(26) Medical Management of Diabetes Mellitus includes -
(a) Oral tablet  
(b) Insulin injection  
(c) Exercise & diet plan  
(d) All of the above  

(27) Insulin should store at -
(a) Room temperature  
(b) Refrigerator  
(c) Freezer  
(d) None of above  

(28) Appropriate dose of insulin is -
(a) Not prescribed dose  
(b) As per advice of physician  
(c) According to result of urine test  
(d) All of the above  

(29) Insulin injection should inject by
(a) By normal syringe  
(b) By insulin syringe  
(c) By any other syringe  
(d) All above
(30) Insulin injection inject at -

(a) Subcutaneously  
(b) Intra- Muscular  
(c) Intra- Dermal  
(d) Intra- Venous

(31) For injecting insulin injection needle angle should be maintained at-

(a) $45^\circ$  
(b) $90^\circ$  
(c) 10-15$^\circ$  
(d) Not known

(32) For injecting insulin by pen angle should be maintained at-

(a) $45^\circ$  
(b) $90^\circ$  
(c) 10-15$^\circ$  
(d) Not known

(33) Precaution should maintain after injecting insulin-

(a) Do not rub the area of injection  
(b) Massage/ rub the area for 30 sec. to 1 min.  
(c) Apply heat on the area  
(d) Not known

(34) In type – 1 Diabetes Mellitus, the correct statement for insulin administration & rotation is-

(a) Use different size for each insulin injection  
(b) Use only stomach and thigh for injection  
(c) Use same site for 1 month before rotating to another site.  
(d) Use 1 major site for 2-3 weeks before changing major site
(35) In case of loss of appetite

(a) Skip the dose of insulin (   )
(b) Take less amount of insulin (   )
(c) Take regular dose of insulin (   )
(d) Not known (   )

PERSONAL HYGIENE

(36) In Diabetes Mellitus skin is take care by

(a) Bath daily with good personal hygiene (   )
(b) Use sun screen cream on body (   )
(c) Avoid cut during shave and cutting nails (   )
(d) Apply vitamin A ointment on body daily (   )

(37) The immediate treatment measure when injury occurs is-

(a) Remove Dust First (   )
(b) Apply antiseptic solution (   )
(c) Apply band aid (   )
(d) Not Known (   )

EXERCISE

(38) Different measures to prevent or delay Diabetes Mellitus are -

(a) Exercise (   )
(b) Weight loss (   )
(c) Lifestyle interventions (   )
(d) All of above (   )

(39) The greatest risk factor for diabetes Mellitus is -

(a) Obesity (   )
(b) Race (   )
(c) Age (   )
(d) All of the above (   )
(40) The types of exercises beneficial in Diabetes Mellitus are:
   (a) Aerobic exercise  
   (b) Yoga  
   (c) Morning walk  
   (d) All of above

(41) The benefits of exercise in Diabetes Mellitus are:
   (a) Lowered risk of heart disease  
   (b) Reduced stress and enhanced quality of life  
   (c) Improve insulin sensitivity  
   (d) All of above

**BLOOD TESTING FOR SUGAR**

42) Blood sample for testing blood sugar is:
   (a) Blood at any time of the day  
   (b) Fresh blood sample  
   (c) Morning sample  
   (d) Any sample before & after meals

43) The quickest method of blood testing for sugar is:
   (a) By Glucometer  
   (b) By blood sample  
   (c) By strips  
   (d) Not known

44) The highest range which indicates sugar in blood is:
   (a) 40-60 mg/dl  
   (b) 70-110 mg/dl  
   (c) 60-90 mg/dl  
   (d) 180-300 mg/dl

45) Diabetic patients should go for blood sugar testing:
   (a) Weekly  
   (b) 15 Days  
   (c) Monthly  
   (d) 6 Months
5 Point rating scale to assess the practice score regarding life style modification among diabetic patients.

**DIET**

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<th>S.No.</th>
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<th>Frequently</th>
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<td>Maintaining consistency of daily intake</td>
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<td>Taking low carbohydrate diet</td>
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<td>4</td>
<td>Monitoring inter meal and bedtime snacks</td>
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<td>5</td>
<td>Taking intake of diabetic diet as per dietician</td>
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<td>6</td>
<td>Administering of diabetic drug 20-30 min before each meal</td>
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<td>Taking nutritional supplements during exercise programme</td>
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<td>8</td>
<td>Having continues / periodically contact with dietician</td>
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<td>9</td>
<td>Taking three meals a day with two healthy snacks</td>
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<td>10</td>
<td>Carrying glucose, sugar or any sweet to manage hypoglycemia</td>
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### Medication

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<td>2</td>
<td>Taking insulin dose as per blood glucose level</td>
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<td>3</td>
<td>Administering of insulin rotationally abdomen, arm, thigh and buttock.</td>
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<td>4</td>
<td>Administering of insulin injection at 45 degree angle.</td>
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<td>Administering of insulin injection in subcutaneous.</td>
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<td>Washing the hands before injecting the insulin.</td>
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<td>Keeping insulin out of the rang of sunlight.</td>
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### Personal Hygiene

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<tr>
<td>1</td>
<td>Checking feet for each day for cuts, cracks and blister.</td>
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<td>2</td>
<td>Carefully cutting the nails</td>
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<td>3</td>
<td>Carefully doing the shaving</td>
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<td>4</td>
<td>Wearing soft, dry socks and shoes</td>
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<td>5</td>
<td>Washing feet with warm water</td>
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<td>6</td>
<td>Taking bath daily</td>
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<td>7</td>
<td>Informing to doctor if experience redness, blue, pain, strange smell without injury or swelling of feet</td>
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## Exercise

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<tr>
<td>1</td>
<td>Monitoring blood glucose level before, during and after the exercise programme.</td>
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<td>2</td>
<td>Doing exercise after the meal.</td>
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<td>3</td>
<td>Doing exercise gradually, then increasing slowly.</td>
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<td>4</td>
<td>Performing brisk walking.</td>
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<td>5</td>
<td>Starting exercise with warm-up</td>
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<td>6</td>
<td>Doing exercise according to tips of health care provider</td>
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<td>7</td>
<td>Doing exercise regularly</td>
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<td>Carrying diabetic identity card</td>
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<td>9</td>
<td>Wearing walking shoes during exercise</td>
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<td>10</td>
<td>Drinking sufficient fluids before and after exercise to prevent dehydration</td>
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### Blood sugar testing

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<td>1</td>
<td>Washing hand with warm water before doing the test</td>
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<td>2</td>
<td>Cleaning the fingertip with sprit</td>
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<td>3</td>
<td>Drying the finger before puncturing it.</td>
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<td>4</td>
<td>Putting blood drops in proper place at strip</td>
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<td>5</td>
<td>Puncturing the finger at the side of the finger tip.</td>
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<td>6</td>
<td>Applying the pressure over the finger with sprit swab after collection of blood sample</td>
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<td>7</td>
<td>Maintaining the finding of blood glucose.</td>
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<td>8</td>
<td>Performing regular blood sugar testing.</td>
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# ANSWER KEY

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