

## Screening Questions for Individuals with Diabetes

These questions may be useful in guiding the inquiry into a potential client's diabetes-related background in deciding whether to take a case or in developing strategy for a case that has already been accepted. It can serve as a list of suggested questions for a client interview, or as a written questionnaire to be completed by the potential client prior to the interview. Not all questions will be relevant in all cases, particularly since most cases do not raise the full spectrum of diabetes-related medical concerns. Likewise, answers given by the client to some of these questions may call for additional followup questions not on this list.

### A. General Background

1. **Demographics:** Age, sex, race, height, weight, weight fluctuation. If woman, gestational diabetes?
1. **What type of diabetes** do you have (type 1 or type 2)?
2. When **diagnosed** with diabetes?
3. Do you take **insulin**?
4. For type 2 only: do you take **oral medications** to control your diabetes? If so, what medications [Note: some oral medications can cause hypoglycemia; some cannot.]

### B. Treatment of Diabetes

1. Do you see a **physician** regularly for diabetes? Who? When? What kind of physician? How long?
2. Do you see a **diabetes educator** (certified diabetes educator) regularly? Who? For how long? How often?
3. Do you see a **dietician** regularly? Who? How often? For how long?
4. Ever **hospitalized** for diabetes related problem? When? For what? What hospital?
5. Anyone ever call **911** for you? When? Why? What happened?

6. Ever use **glucagon**? When? What happened?
7. When do you need **other person to help** with diabetes problem?

### C. **Insulin**

1. How many times a day do you take insulin?
2. How do you take insulin? [usually either an injection or an insulin pump; if pump, see questions below]
3. What types of insulin? [rapid acting, short acting, intermediate acting, long acting]
4. When take insulin? [e.g., set times, before meals, as needed to respond to high blood glucose (sugar) levels]
5. How do you know how much insulin to take?
6. Do you always take the same amount of insulin?
7. Do you have to vary the amount of insulin you take based on how much food you eat or how much physical activity you are doing?
8. Has there ever been a time when you took too much insulin? Why? What happened as a result?

### D. **Insulin Pumps**

1. Which pump? How long? Why?
2. How do you decide how much insulin to give yourself through the pump?
3. Has your pump ever malfunctioned? What happened as a result?

**E. Blood Glucose Monitoring**

1. Which meter?
2. How often do you check your blood glucose each day?
3. When check blood glucose level? [e.g., set times, before meals, as needed to respond to symptoms of high or low blood glucose]
4. If you find your blood glucose is too high or too low, do you have to do anything in response? What do you do?
5. What happens to you if you don't check your blood glucose?

**F. Diabetes Control**

1. What **target range** for blood glucose?
2. Do you have a lot of difficulty keeping your blood glucose level in a target range with your current treatment program? If yes, explain.
3. Have you had difficulty keeping your blood glucose level in a target range in the past? If yes, explain.
4. Has your **treatment program** changed recently? If yes, explain.

**G. Hypoglycemia (low blood sugar)**

1. Are you able to tell when your blood glucose level is going low?
2. About how often do you sense that your blood glucose level is low?
3. What do you do when you feel symptoms of low blood glucose?
4. What do you do when you test your blood glucose and find that it is low?
5. How do you know how low it needs to be before taking action?

6. How often do you have a hypoglycemic (low blood glucose) episode that requires some action to correct it?
7. How often do you have a hypoglycemic reaction serious enough to require assistance from others?
8. How often do you pass out because of hypoglycemia?
9. Have you ever been hospitalized because of a hypoglycemic episode?
10. Do you have difficulty thinking or concentrating when your blood glucose level is low?
11. Do you become frustrated or irritable when your blood glucose level is low?
12. What other symptoms do you have when your blood glucose level is low?

#### **H. Hyperglycemia (high blood sugar)**

1. How do you know your blood glucose level is too high?
2. What action do you take when your blood glucose level is too high?
3. Have you ever been hospitalized because of hyperglycemia? [high blood glucose] If so, describe.
4. Have you ever had diabetic ketoacidosis (DKA)? If so, describe.

#### **I. Eating restrictions**

1. Carb count?
2. Can you eat any food you want to in any amount at any time? If no, describe the restrictions on what you eat, amount and time.
3. How is what you eat related to the insulin or oral medication that you take?

4. How do you decide what foods to eat?
5. How do you decide the amount of food to eat?
6. How do you decide the amount of food to eat?
7. What happens if you don't eat the right amount of food at the right time?

**J. Complications**

1. Do you have **neuropathy**? (Nerve damage; usually in feet/legs) If so, describe.
2. Are you limited in how much or how far you can walk because of your diabetes?
3. Are you limited in how long you can stand?
4. Are there any limits on the kinds of physical activity or exercise you can do?
5. Have you had **any amputations** as a result of your diabetes? If so, describe.
6. Have you had problem with **infections** as a result of your diabetes? If so, describe.
7. Do you have **kidney disease**?
8. Have you ever been on **dialysis**? Are you currently on dialysis?
9. Do you have any **vision problems** as a result of your diabetes? If so, describe, including all limits on your visions.
10. Have you had any problems with **sexual function or fertility** as a result of your diabetes? If so, describe.

11. Have you had any **other complications** as a result of your diabetes? If so, describe.

**K. Exercise**

1. Do you exercise regularly? How often?
2. What do you do for exercise?