

The SKILLD Knowledge Assessment Scale

1. What are the signs and symptoms of high blood sugar?

How do you feel when your blood sugar is high or when you were diagnosed?

Needs at least (2): *Extreme thirst, frequent urination, drinking or eating, blurred vision, and/or drowsiness/fatigue*

2. What are the signs and symptoms of low blood sugar?

How do you feel when your blood sugar is too low?

Needs at least (2): *Hunger, nervous/jitteriness, mood swings/irritability, confusion, sweaty, or fast heart rate*

3. How do you treat low blood sugar?

What should you do if your sugar is too low? How can you bring your blood sugar up if it's too low?

Accept very general answer: *Juice, milk, hard candy, 15 grams of carbohydrates AND check blood sugar*

4. How often should a person with diabetes check their feet?

Once a day, once a week, or once a month?

Accept: *Daily*

5. Why are foot exams important in someone with diabetes?

Why is it important to look at your feet? What are you looking for?

Accept very general answer: *Prevention of morbidity due to neuropathic/immunologic consequences of diabetes*

6. How often should you see an eye doctor and why is it important?

How often? Why?

Accept: *Seen at least yearly AND screen/manage retinopathy, glaucoma, blindness, etc*

7. What is a normal fasting blood glucose or blood sugar?

When you get up first thing in the morning and check your blood sugar before you eat or take medicine, what should it be? What two numbers?

Accepted range: *70 (or 80) to 120*

8. What is a normal Hb A1C (hemoglobin A1C) or "average blood sugar test"?

When they draw blood from your arm and get an average blood sugar reading what should it be?

Accept either: *Normal $\leq 6\%$ or Target $\leq 7\%$*

9. How many times per week should someone with diabetes exercise and for how long?

How many times a week? How long or how much per day?

Accept within: *3-5 times per week for a total of 30-45 min each (must include frequency and duration)*

10. What are some long-term complications of uncontrolled diabetes?

Do you know anyone that has diabetes and had "bad things" happen to them? What are some of those "bad things"?

Needs at least (2): *Blindness/impaired vision, kidney damage/dialysis, amputation, neuropathy/ impotence/ gastroparesis, or cardiovascular disease.*