



Saint Luke's Health System
Diabetes Education Assessment

Score _____/40
Date: _____
Time: _____

Please check mark the correct answer(s) -- More than one may be correct.

1. What does A1C measure: *(only one correct answer)*

- Kidney function Cholesterol 3 month Average Blood Sugar Microalbumin

2. What are the possible symptoms of low blood sugar: *(check all that apply)*

- Dizzy Shaky Confused Sweaty Weak

3. Check **all items** you could use to treat a low blood sugar: *(check all that apply)*

- Juice Glucose Tabs Regular soda Skim or 1% milk

4. Check **all items** that would make your blood sugar go up: *(check all that apply)*

- Inactivity Stress Illness Alcohol

5. When you are sick and unable to eat your regular meals, you should *(only one correct answer)*:

- Take nothing by mouth Quit blood sugar testing Try food items from the sick day menu

6. What are the suggested goals for your blood sugar before meals *(only one correct answer)*:

- Less than 70 70-130 120-180 150-200

7. Check all the items that keep your feet healthy when you have diabetes: *(check all that apply)*

- Wash feet daily Put lotion on feet daily Check feet daily
 Call doctor for non-healing sores Never walk barefoot

8. Check all the foods that are counted as **carbohydrate foods**: *(check all that apply)*

- Milk Bread Peas Oil Fruit
 Sugar-free Cookies Cheese Cake Steak Peanut Butter

9. Check the foods that are "**Heart Healthy**": *(check all that apply)*

- Walnuts Butter Stick margarine Olive oil
 Canola Oil Skim milk Cheese Black Beans Rib Eye Steak

Patient Label: