



# diabetes education **check list**

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***follow up  
program***

## PURPOSE OF THIS PROGRAM

**We** have developed this diabetes education check out list to make the **diabetes education process easier and more accurate**.

Diabetes is an ongoing process and does not finish with the explanations of the different topics suggested by this program. It must be **individualized and updated** with our increasing knowledge in this field, and **revaluated** on regular basis by pulling up all the suggested topics, so systematically we can avoid unwanted omissions in the educational treatment of the diabetes.

This guide tries to help both: **patients and diabetes educators** as well ■



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**check list**

*introduction*

**PERSONAL DATA**

NAME \_\_\_\_\_

AGE \_\_\_\_\_

PHONE \_\_\_\_\_

YEAR OF DIAGNOSIS \_\_\_\_\_

**DIABETES UNIT**

\_\_\_\_\_

PHONE \_\_\_\_\_

**DIABETES EDUCATOR**

\_\_\_\_\_

PHONE \_\_\_\_\_



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*card*

# diabetes education check list

Preliminary  
Talk

Testing your  
Knowledge

Degree of  
Understanding

Comments

Date

Date

Results

## WHAT IS DIABETES?

*Explain:*

1 How insulin works

2 Explanation of symptoms

## DIETETIC KNOWLEDGE

*Explain or check out:*

1 Medication / Diet

2 Food composition

3 Carbohydrates types

4 Food portions diet

5 Food during acute illness

6 Special food for exercise

7 Alcohol effects

8 Special diabetic products

## BLOOD GLUCOSE MONITORING

*Teach:*

1 How to get a good drop

2 Blood glucose monitor

3 Explanation of resultads

4 Other family member

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	Preliminary Talk	Testing your Knowledge	Degree of Understanding	Comments
	Date	Date	Results	
HIPOGLYCEMIA				
Explain:				
1	What is hypo			
2	Main causes			
3	Most frequently symptoms			
4	Preventive measures			
5	How to treat them correctly			
6	Use of glucagon			
7	Train other family member			
8	How to rule out nocturnal hypo			
9	Treatment and charging symptoms			
INJECTION TECHNIQUE				
Teach or check out:				
1	How to prepare it			
2	How to inject			
3	Use of insulin pens			
4	Injection sites			
5	Insulin storage measures			
6	How to mix insulins			

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# check list

Preliminary Talk      Testing your Knowledge      Degree of Understanding      Comments

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DIABETES DURING ACUTE ILLNESS

1 Never stop taking insulin

2 Special measures

3 Why to increase B6 determinations

4 Test for ketones

KETONES

1 Main causes

2 Signs and symptoms

3 Prevention

4 Treatment

FOOT CARE

1 Whatching your feet

2 How to care them right

3 Cutting your nails correctly

4 Callous formations and deformities

5 Injuries and ulcers

6 Buying your shoes

7 Things to avoid

EYE CARE

1 Ophthalmology follow up

2 Annual Visit

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MISCELLANEUS

Advise

1 Exercise guideliess

2 Travelling with diabetes

3 Smoke cessation

4 Dental care

5 HgbA1c. Usefulness

6 Adn microalbuminuria

FAMILY PLANNING

1 Birth control pills

2 Preparing your pregnancy

3 Diabetes and pregnancy

ESPECIAL ADVISES

1 Driving

2 Special sports

3 Diabetes at workplace

4 Diabetes ID



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DIABETOLOGICA

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