
Moving on...with Diabetes

ADOLESCENT KNOWLEDGE & SKILLS SELF-ASSESSMENT (AGES 13-16 YRS)

DIABETES EDUCATOR/TEAM

USER GUIDE

PURPOSE

- Evaluates knowledge and skill level related to **diabetes management**.
- Directs further education/skill development prior to transition.
- Provides adolescent self-assessment of learning needs.
- Used by pediatric designate/team to work through topics.
- Topics color-coded for ease of use.

INSTRUCTION

- Complete during the **preparation phase** of the transition process (**ages 13-16 years**).
- Document name, age, and year completed and keep on chart.
- Mail out prior to appointment or have completed while adolescent waiting to be seen.
- Use all topic sheets intermittently through ages 13-16 years.
- Use individually or in a group session.
- Review and assess actual knowledge and skill level of topic on a regular basis.

Transition from pediatric to adult diabetes care is a purposeful, progressive process.

The pediatric team members should continuously review and re-assess actual knowledge and skill level of the adolescent through active discussion of answers circled on the topic sheets, problem solving (using their own data, situations, etc.), and what the adolescent is actually doing on a day to day basis.

It is important to verify that the adolescent is at the level he/she thinks, with regard to self-management skills, to identify any gaps that need further education/skill development prior to transition.

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BLOOD SUGAR CHECKS

The following self-assessment will help you and the diabetes team understand what you already know about your diabetes and where you need more information.

Name: _____ Age: _____ Month/Year Completed: _____

In the section below, **circle** the number that best describes how well you know each topic (**1 means you know nothing about the topic; 5 means you know everything about the topic**).

I know ...	1	2	3	4	5
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How to take care of my blood sugar meter

How to do a lab comparison test with my meter

How to keep a record of my blood sugar readings

How to look for patterns in my blood sugar readings

Why it is important to wash my hands before testing

What my target blood sugar is before and 2 hours after meals

How often I should check my blood sugar

How to upload blood sugar readings from meter

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INSULIN

The following self-assessment will help you and the diabetes team understand what you already know about your diabetes and where you need more information.

Name: _____ Age: _____ Month/Year Completed: _____

In the section below, **circle** the number that best describes how well you know each topic (**1 means you know nothing about the topic; 5 means you know everything about the topic**).

I know...	1	2	3	4	5
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The name and type of my insulin(s)

How and when my insulin(s) works

How to choose insulin injection or pump site(s)

Why I should rotate my sites

The best way to inject my insulin

How to use my insulin pen (or insulin syringe)

How to adjust (change) my insulin dose

How to store my insulin at home

How to store my insulin when travelling

What to do with my used needles and sharps

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FOOD

The following self-assessment will help you and the diabetes team understand what you already know about your diabetes and where you need more information.

Name: _____ Age: _____ Month/Year Completed: _____

In the section below, **circle** the number that best describes how well you know each topic
(1 means you know nothing about the topic; 5 means you know everything about the topic).

I know how to...	1	2	3	4	5
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Choose healthy meals/healthy portions

Space my meals and snacks

Choose healthy snacks

Read food labels

Count carbohydrates

Adjust insulin dose for number of carbohydrates I eat

Manage my diabetes during parties and special occasions

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EXERCISE AND PHYSICAL ACTIVITY

The following self-assessment will help you and the diabetes team understand what you already know about your diabetes and where you need more information.

Name: _____ **Age:** _____ **Month/Year Completed:** _____

In the section below, **circle** the number that best describes how well you know each topic **(1 means you know nothing about the topic; 5 means you know everything about the topic)**.

I know...	1	2	3	4	5
-----------	---	---	---	---	---

How physical activity can affect my blood sugar

When to check my blood sugar when I am physically active

How much extra food (CHO) to take for different types of activity

How to make changes to my insulin dose when physically active

How to fit 30 minutes of unplanned physical activity into my day

Why physical activity is important for people with diabetes

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PUMPS

The following self-assessment will help you and the diabetes team understand what you already know about your diabetes and where you need more information.

Name: _____ Age: _____ Month/Year Completed: _____

In the section below, **circle** the number that best describes how well you know each topic (**1 means you know nothing about the topic; 5 means you know everything about the topic**).

I know...	1	2	3	4	5
-----------	---	---	---	---	---

How to set up and start my insulin pump

How to insert my pump infusion set

How and where to rotate sites

My plan for keeping a written copy of all my pump settings

How to set a temporary basal and can list examples of times to use it

How to use an extended wave bolus and dual/combo bolus and can list examples of times to use these

How to do a correction bolus

How and when to check for ketones

When to give a correction bolus by syringe instead of the pump

How to use my insulin-to-carb ratio

How to use my pump calculator

How the pump calculator can help me prevent insulin “stacking”

How to test to see if my insulin-to-carb ratio is working

When and why to carry extra pump supplies with me

What to do if my pump stops working

When I need to start a longer-acting insulin (basal) for pump failure

How to calculate basal insulin doses for pump failure

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LOWS

The following self-assessment will help you and the diabetes team understand what you already know about your diabetes and where you need more information.

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I know...	1	2	3	4	5
-----------	---	---	---	---	---

What low blood sugar is

What can cause low blood sugar

How to tell when I am having a low blood sugar

What to do when I am having a low blood sugar

What to carry with me to treat a low blood sugar

Why I need diabetes identification (ID)

What to tell my friends to do if I have a low blood sugar

What glucagon is used for

How to avoid low blood sugar

The guidelines for driving and diabetes

The guidelines for alcohol and diabetes

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HIGHS

The following self-assessment will help you and the diabetes team understand what you already know about your diabetes and where you need more information.

Name: _____ **Age:** _____ **Month/Year Completed:** _____

In the section below, **circle** the number that best describes how well you know each topic **(1 means you know nothing about the topic; 5 means you know everything about the topic)**.

I know...	1	2	3	4	5
-----------	---	---	---	---	---

What high blood sugar is

What causes a high blood sugar

The signs of a high blood sugar

How and when to check for ketones

How and when to change my insulin dose to lower high blood sugar

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WHEN I AM SICK

The following self-assessment will help you and the diabetes team understand what you already know about your diabetes and where you need more information.

Name: _____ Age: _____ Month/Year Completed: _____

In the section below, **circle** the number that best describes how well you know each topic
(1 means you know nothing about the topic; 5 means you know everything about the topic).

I know...	1	2	3	4	5
-----------	---	---	---	---	---

How often to check my blood sugar

When to take my insulin

When to check for ketones

How to adjust my insulin and food

How to adjust my insulin to correct a high blood sugar with ketones

To take lots of water/sugar-free drinks

I have a plan to tell someone when I am sick,
so they can help me if needed

When to contact my diabetes care team