

How do we know what our patients know and how do we measure it?

For patients using multiple daily injection (MDI) therapy, carbohydrate (CHO) counting and insulin dose adjustment (IDA) are considered the cornerstone of good diabetes self management.

Accuracy in these areas requires patients to have sound knowledge and understanding but this is rarely formally evaluated using a standard assessment.

The following questionnaires can be used as an assessment tool to predict self efficacy, identifying any specific areas where additional information may be focussed and further support targeted.

In addition to assessing patients with sub optimal control these assessment tools may also be used as a way of measuring knowledge and understanding before and after patient structured education programmes and prior to embarking on insulin pump therapy.

The current assessment tools have been adapted from the original one into multiple choice questionnaires following feedback from HCP participants at the DEN workshop in 2013.

In the original questionnaire there was a scoring system for each question and a correlation was found between total points scored and HbA1c; the higher the overall score the lower the HbA1c and vice versa.

1 = no competency

Needs information and re education

2 = some competency

Needs further information/education in some areas

3 = full competency

No additional information/education required at this time

You expressed an interest in trialling the assessment tools with your patients and we would welcome feedback.

Please ensure that an HbA1c is taken before completing the questionnaire and 3 months later so that the assessment tools can be audited to predict self efficacy/ improved HbA1c.