# Appendix III: Draft Modified DKT Instrument

1. Having type one diabetes means:
   1. Your body doesn’t make enough insulin
   2. You eat too many carbohydrates
   3. Drink too much water
   4. Will not be able to have a normal job
2. Which of the following is usually not associated with diabetes?
   1. Vision problems
   2. Kidney problems
   3. Nerve problems
   4. Lung problems
3. Glycosylated hemoglobin (haemoglobin A1c) is a test that is a measure of your average blood glucose level for the past:
   1. Day
   2. Week
   3. 10 weeks
   4. 6 months
4. Which of the following is not a reason why you should check blood sugars multiple times per day?
   1. To help determine the right insulin dose
   2. To detect high and low levels so you can take action
   3. To understand how exercise effects your BSL
   4. To work out if you have been drinking too much water
5. What information should be recorded in your diabetes diary?
   1. Results of blood sugar checks
   2. Adjustment insulin doses
   3. Time spent exercising
   4. All of these
6. Which is the best method for testing blood glucose?
   1. Testing a drop of urine
   2. Testing a drop of blood
   3. Both are equally good
7. What range should your blood glucose be in before a meal?
   1. 1-3mmol/L
   2. 4-7mmol/L
   3. 7-10mmol/L
   4. 3-8mmol/L
8. You realize just before lunch time that you forgot to take your insulin before breakfast. What should you do now?
   1. Skip lunch to lower your blood glucose
   2. Take the insulin that you usually take at breakfast
   3. Take twice as much insulin as you usually take at breakfast
   4. Check your blood glucose level to decide how much insulin to take
9. If you take your morning insulin but skip breakfast your blood glucose level will usually:
   1. Increase
   2. Decrease
   3. Stay the same
10. If you have taken short-acting insulin, you are most likely to have a hypo in:
    1. 1-3 h
    2. 6-12 h
    3. 12-15 h
    4. more than 15 h
11. If you are beginning to have a hypo you should:
    1. Exercise
    2. Lie down and rest
    3. Drink some juice
    4. Take regular insulin
12. Low blood glucose may be caused by:
    1. Too much insulin
    2. Too little insulin
    3. Too much food
    4. Too little exercise
13. Which one of the following will most likely cause low blood sugar:
    1. Lots of exercise
    2. Infection
    3. Overeating
    4. Not taking your insulin
14. High blood glucose may be caused by:
    1. Not enough insulin
    2. Skipping meals
    3. Not eating snacks
    4. Large ketones in your urine
15. Which should not be used to treat low blood glucose?
    1. 3 lollies
    2. 1/2 cup orange juice
    3. Water
16. If you are sick with the flu, which of the following changes should you make?
    1. Take less insulin
    2. Drink less liquids
    3. Eat more proteins
    4. Test for glucose and ketones more often
17. Vomiting and diarrhoea are likely to cause:
    1. an increase in blood glucose
    2. a decrease in blood glucose
    3. no change in blood glucose
18. Signs of ketoacidosis (DKA) include:
    1. Shakiness
    2. Sweating
    3. Vomiting
    4. Low blood glucose
19. The diabetes diet is:
    1. The way most Australian people eat
    2. A healthy diet for most people
    3. Too high in carbohydrate for most people
    4. Too high in protein for most people
20. Which of the following is the highest in carbohydrate?
    1. Roast Chicken
    2. Cheese
    3. Baked Potatoes
    4. Peanut Butter
21. What effect does fruit juice have on blood glucose?
    1. Lowers it
    2. Raises it
    3. Has no effect
22. If you are playing a long game of sport (e.g. a rugby or netball game) what should you do?
    1. Have extra carbohydrate drinks/snacks during the game
    2. Limit the amount of water you drink
    3. Take extra insulin before the game
    4. Give insulin right before the game starts
23. For a person in good control, what effect does exercise have on blood glucose?
    1. Lowers it
    2. Raises it
    3. Has no effect

# Appendix IV: PedsQL Diabetes Module 3.2 Instrument





