

**Diabetes Knowledge Test (DKT) Assessment tool for patients with diabetes participated in peer support intervention and control group attended to ACSH, January 2025.**

| Knowledge Assessment Item |                                                                                                                          |                                                                                                                                                            | Intervention group Participants<br>(Pt. Code: -----) |         | Control group Participant<br>(Pt Code: -----) |         |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|---------|-----------------------------------------------|---------|
|                           |                                                                                                                          |                                                                                                                                                            | Baseline                                             | Endline | Baseline                                      | Endline |
| Components                | General test for all participants                                                                                        | Potential answers (put numbers only)                                                                                                                       |                                                      |         |                                               |         |
| Definition of Diabetes    | 1. The diabetes diet is;                                                                                                 | 1=The way most people eat<br>2=a healthy diet for most people*<br>3=too high in carbohydrate for most people<br>4=too high in protein for most people      |                                                      |         |                                               |         |
|                           | 2. Which of the following is highest in carbohydrate?                                                                    | 1=Baked chicken<br>2=Swiss cheese<br>3=Baked potato*<br>4=Peanut butter                                                                                    |                                                      |         |                                               |         |
|                           | 3. Which of the following is highest in fat?                                                                             | 1=Low fat milk*<br>2=Orange juice<br>3=Corn<br>4=Honey                                                                                                     |                                                      |         |                                               |         |
|                           | 4. Which of the following is a "free food"?                                                                              | 1=Any unsweetened food<br>2=Any dietetic food<br>3=Any food that says "sugar free" on the label<br>4= Any food that has less than 20 calories per serving* |                                                      |         |                                               |         |
| Measuring methods         | 5.Glycosylated hemoglobin (hemoglobin A1C) is a test that is a measure of your average blood glucose level for the past: | 1=day<br>2= week<br>3= 6-10 weeks*<br>4=6 months                                                                                                           |                                                      |         |                                               |         |
|                           | 6. Which is the best method for testing blood glucose?                                                                   | 1=Urine testing<br>2= Blood testing*<br>3=Both are equally good                                                                                            |                                                      |         |                                               |         |
| Triggering factors        | 7.What effect does unsweetened fruit juice have on blood glucose?                                                        | 1= Lowers it<br>2=Raises it*<br>3=Has no effect                                                                                                            |                                                      |         |                                               |         |

|                                               |                                                                                   |                                                                                                                                                          |  |  |  |  |
|-----------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
|                                               | 8. Which should not be used to treat low blood glucose?                           | 1= 3 hard candies<br>2= 1/2 cup orange juice<br>3= 1 cup diet soft drink*<br>4=1 cup skim milk                                                           |  |  |  |  |
|                                               | 9. For a person in good control, what effect does exercise have on blood glucose? | 1=Lowers it*<br>2=Raises it<br>3=Has no effect                                                                                                           |  |  |  |  |
|                                               | 10. Infection is likely to cause:                                                 | 1= an increase in blood glucose*<br>2= a decrease in blood glucose<br>3= no change in blood glucose                                                      |  |  |  |  |
|                                               | 11. The best way to take care of your feet is to:                                 | 1=look at and wash them each day*<br>2= massage them with alcohol each Day<br>3=soak them for one hour each day<br>4= buy shoes a size larger than usual |  |  |  |  |
|                                               | 12. Eating foods lower in fat decreases your risk for:                            | 1= nerve disease<br>2= kidney disease<br>3= heart disease*<br>4= eye disease                                                                             |  |  |  |  |
| Sign and Symptoms                             | 13. Numbness and tingling may be symptoms of:                                     | 1= kidney disease<br>2= nerve disease*<br>3= eye disease<br>4= liver disease                                                                             |  |  |  |  |
| <b>DKT For insulin User participants only</b> |                                                                                   |                                                                                                                                                          |  |  |  |  |
|                                               | 14. Which of the following is usually not associated with diabetes:               | 1=Vision problems<br>2= Kidney problems<br>3= Nerve problems<br>4= Lung problems*                                                                        |  |  |  |  |
|                                               | 15. Signs of ketoacidosis include:                                                | 1= shakiness<br>2= sweating<br>3= vomiting*<br>4= low blood glucose                                                                                      |  |  |  |  |
|                                               | 16. If you are sick with the flu, which of the following changes should you make? | 1= Take less insulin<br>2= Drink less liquids<br>3= Eat more proteins<br>4= Test for glucose and ketones more often*                                     |  |  |  |  |

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|------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| Managements            | 17. If you have taken intermediate-acting insulin (NPH or Lente), you are most likely to have an insulin reaction in: | 1=1-3 h<br>2= 6-12 h*<br>3= 12-15 h<br>4= more than 15 h                                                                                                                                                                                      |  |  |  |  |
|                        | 18. 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<br>2=Take the insulin that you usually take at breakfast<br>3= Take twice as much insulin as you usually take at breakfast<br>4= Check your blood glucose level to decide how much insulin to take* |  |  |  |  |
|                        | 19. If you are beginning to have an insulin reaction, you should:                                                     | 1= exercise<br>2= lie down and rest<br>3= drink some juice*<br>4= take regular insulin                                                                                                                                                        |  |  |  |  |
|                        | 20. Low blood glucose may be caused by:                                                                               | 1= too much insulin*<br>2=too little insulin<br>3= too much food<br>4=too little exercise                                                                                                                                                     |  |  |  |  |
|                        | 21. If you take your morning insulin but skip breakfast your blood glucose level will usually:                        | 1= Increase<br>2= Decrease*<br>3= Remain the same                                                                                                                                                                                             |  |  |  |  |
| Insulin administration | 22.High blood glucose may be caused by:                                                                               | 1= not enough insulin*<br>2= skipping meals<br>3= delaying your snack<br>4= large ketones in your urine                                                                                                                                       |  |  |  |  |
|                        | 23. Which one of the following will most likely cause an insulin reaction:                                            | 1= heavy exercise*<br>2= infection<br>3= overeating<br>4= not taking your insulin                                                                                                                                                             |  |  |  |  |

*\*Correct Response*