

Mpumalanga cardiometabolic study

IDENTIFICATION	FORM NUMBER	
	HOSPITAL NUMBER	

1. DEMOGRAPHY			
GENDER	MALE = 1	FEMALE = 2	
AGE IN YEARS			
MARITAL STATUS	MARRIED = 1	SINGLE = 2	
ADDRESS			URBAN=1 RURAL=2

2. SOCIO-ECONOMIC PROFILE					
EDUCATIONAL LEVEL	ILLITERATE=1	GRADE 1-6 = 2	GRADE 7- 12 = 3	TERTIARY = 4	
EMPLOYMENT STATUS	UNEMPLOYED = 1	EMPLOYED = 2			
MONTHLY INCOME	R				

3. ANTHROPOMETRIC MEASUREMENTS	
WEIGHT (KG)	HEIGHT (M)
BODY MASS INDEX	

CODE:

4. MEDICAL HISTORY			
DURATION OF DIABETES (IN YEARS)			
CORONARY ARTERY DISEASE	YES = 1	NO = 2	
HEART FAILURE	YES = 1	NO = 2	
HYPERTENSION	YES = 1	NO = 2	
STROKE	YES = 1	NO = 2	
DEPRESSION	YES = 1	NO = 2	
RENAL FAILURE	YES = 1	NO = 2	
FOOT PROBLEMS (DEFORMITIES, ULCERS, AMPUTATIONS)		YES = 1	NO = 2
EPILEPSY	YES = 1	NO = 1	
OTHER CO-MORBIDITIES:			

5. LIFESTYLE – SMOKING AND ALCOHOL HISTORY

A.

CURRENT SMOKER 1

FORMER SMOKER 2

NEVER SMOKED 3

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B.

CURRENT DRINKER 1

QUIT DRINKING 2

NEVER DRANK ALCOHOL 3

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6. LEVEL OF PHYSICAL ACTIVITY

PRIVATE CAR YES = 1 NO = 2

PUBLIC TRANSPORT YES = 1 NO = 2

WALKING YES = 1 NO = 2

HOURS SPENT ON TELEVISION YES = 1 NO = 2

GARDENING YES = 1 NO = 2

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7. DIABETIC FOOT CARE

SELF INSPECTION OF THE FEET YES = 1 NO = 2

APPROPRIATE FOOT WEAR YES = 1 NO = 2

WALKING BARE FOOTED YES = 1 NO = 2

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CODE:

8. CURRENT MEDICATIONS

INSULIN YES = 1 NO = 2

METFORMIN YES = 1 NO = 2

GLIBENCLAMIDE YES = 1 NO = 2

GLICLAZIDE YES = 1 NO = 2

INSULIN + METFORMIN YES = 1 NO = 2

INSULIN + GLIBENCLAMIDE YES = 1 NO = 2

INSULIN + GLICLAZIDE YES = 1 NO = 2

METFORMIN + GLIBENCLAMIDE YES = 1 NO = 2

METFORMIN + GLICLAZIDE YES = 1 NO = 2

INSULIN + METFORMIN + GLIBENCLAMIDE YES = 1 NO = 2

INSULIN + METFORMIN + GLICLAZIDE YES = 1 NO = 2

ANTI – HYPERTENSIVE MEDICATIONS

ASPIRIN YES = 1 NO = 2

SIMVASTATIN YES = 1 NO = 2

CODE:

9. SELF-CARE BEHAVIOUR

HOME GLUCOSE MONITORING

YES = 1 NO = 2

ADHERENCE TO MEDICATION

YES = 1 NO = 2

ADHERENCE TO DIET

YES = 1 NO = 2

ADHERENCE TO EXERCISES

YES = 1 NO = 2

ADHERENCE TO CLINIC APPOINTMENT

YES = 1 NO = 2

10. PREVIOUS HOSPITALIZATIONS

PREVIOUS EPISODES OF HYPOGLYCAEMIA

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PREVIOUS EPISODES OF HYPERGLYCAEMIA

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11. DIETARY COUNSELLING/ACCESS TO DIETICIAN

YES = 1 NO = 2

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12. SOURCES OF DIABETES INFORMATION

TELEVISION

YES = 1 NO = 2

HEALTHCARE WORKERS

YES = 1 NO = 2

LEAFLETS/ LITERATURES

YES = 1 NO = 2

FAMILY MEMBERS

YES = 1 NO = 2

FRIENDS AND SUNDRY SOURCES

YES = 1 NO = 2

CODE:

13. BLOOD RESULTS			
1. HbA1C (MOST RECENT RESULT)			
2. RANDOM BLOOD SUGAR (LAST THREE VISIT)			
3. MEAN OF RANDOM BLOOD SUGAR			
4. LIPID PROFILE (MOST RECENT) :			
TOTAL CHOLESTEROL			
HDL – CHOLESTEROL			
LDL- CHOLESTEROL			
TRIGLYCERIDES			
5. CREATININE LEVEL			
6. CREATININE CLEARANCE			
14. HAEMOGLOBIN			
15. BLOOD PRESSURE (LAST THREE VISITS):			
SYSTOLIC BLOOD PRESSURES (mmHg)			
DIASTOLIC BLOOD PRESSURE			
MEAN OF THE THREE BPs			

16. Additional Information

Salt intake

Low-Moderate

Increased intake

Fruit and Vegetable intake

Never

1-3 time/week

Oil used in food preparation

Vegetable oil

Animal Fat

Never

1-3 times/week

CODE:

Religious Affiliation

African Traditional

Christianity

Other

How often do you engage in physical activity

Never

1-3 times/week