### M-WIKAD
(Mercy – What I Know About Diabetes)

**Note to Clinician:** This knowledge assessment should be delivered in an informal interview style rather than as a “test”. The patient does not need to know their overall score as this is an opportunity to ascertain their knowledge and provide further education where needed.

**M-WIKAD can be introduced as follows:** “I’ve got some questions for us to discuss today around your knowledge of your diabetes. If there are any you don’t know then we can talk about these in more detail. This will help you feel more confident to manage your diabetes.”

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. When should you check your blood glucose?</td>
<td>Before eating, Before bedtime, If you feel low or high, All of the above</td>
<td>0</td>
</tr>
<tr>
<td>2. When should you check your blood glucose if you are playing sports?</td>
<td>Before playing, After playing for 1 hour, When I am finished playing, All of the above</td>
<td>0</td>
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<tr>
<td>3. What is the most important reason to always have fast acting carbohydrates with you?</td>
<td>For a snack, To treat low blood glucose readings (hypoglycaemia), To eat before activity, So you don’t get hungry</td>
<td>0</td>
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<tr>
<td>4. Your blood glucose reads 15.3mmol/L. If your insulin correction/sensitivity is 1:3.0mmol/L, how much rapid acting insulin would you take to reduce your blood glucose to target of 6.0mmol/L?</td>
<td>1 unit, 2 units, 3 units, 3.5 units</td>
<td>4</td>
</tr>
<tr>
<td>5. You are going on an airplane. It is important that you have the following in your carry-on baggage:</td>
<td>All the insulin, pens and needles you will need for the trip Blood glucose and ketone testing supplies (including extra batteries for your glucose meter) Glucagon emergency kit and something to treat a low blood glucose (for example, glucose tablets) A travel letter from your doctor or diabetes educator</td>
<td>4</td>
</tr>
<tr>
<td>6. Signs that you are not coping well, may include:</td>
<td>Sleeping all day, Failing school, Not checking your blood glucose, All of the above</td>
<td>4</td>
</tr>
<tr>
<td>7. If your blood glucose is below 4.0 mmol/L, what should you do?</td>
<td>Eat 15 grams of fast acting carbohydrate, glucose tablets or ½ cup of juice, and recheck your blood glucose in 15 minutes Eat until you no longer feel like your blood glucose is low Eat a chocolate bar Drink lots of water</td>
<td>4</td>
</tr>
<tr>
<td>8. Which of the following foods is lowest in carbohydrates?</td>
<td>Avocados, Bananas, Oatmeal, Skim milk</td>
<td>3</td>
</tr>
<tr>
<td>9. If you have forgotten your blood glucose meter and you feel low, what is the first thing you should do?</td>
<td>Find your blood glucose meter Eat 15 grams of fast acting carbohydrate Eat 15 grams of low fat protein Drink an entire can of regular pop and eat a candy bar</td>
<td>0</td>
</tr>
</tbody>
</table>
10. What areas should you use for your insulin injections or pump sites?

- Buttocks, abdomen (stomach), arms, thighs
- Feet, abdomen (stomach), arms, buttocks
- Upper back, ear lobes, fingers, buttocks
- Arms, thighs, fingers, lower legs

11. You notice that the place where you give your injections on your abdomen is feeling hard and lumpy. What should you do?

- Keep giving injections in the lumpy area anyway
- Wait until your next clinic appointment in 2 months to ask what to do
- Stop using that site and give injections in legs, arms or buttocks
- Give all injections in the abdomen, but move them a little to the side of the lumpy area

12. What should you do FIRST if your blood glucose is high and you have moderate or large ketones?

- Recheck your blood glucose before your next meal
- Take an injection of rapid acting insulin
- Go run, the extra activity will help lower your blood glucose
- Nothing, the ketones will go away on their own

13. What may cause your blood glucose to go low (hypoglycaemia)?

- Eating food that has carbohydrates, for example, bread
- Taking too much insulin
- Missing an insulin dose
- Eating food that is high in protein, for example, a chicken breast

14. You are going to eat some chips, the nutrition label says that 1 serving (or 12 chips) contains 18g of carbohydrates. How many grams of carbohydrates are in 2 servings of chips?

- 18 grams
- 24 grams
- 36 grams
- 42 grams

15. When you cannot change a stressful situation, the recommended healthy way to cope is:

- Take a week off from school/work
- Talk with a friend or family member
- Take a break from diabetes management
- Zone out in front of the TV

16. If you feel like your blood glucose is low, what should you do FIRST?

- Check your blood glucose
- Eat 15 grams of carbohydrate
- Exercise
- Take an extra dose of insulin

17. How many grams of carbohydrates are in 250mL (1 cup) of skim milk?

- 8 grams
- 10 grams
- 12 grams
- 15 grams

18. Which of the following are healthy exercise options?

- Walking
- Swimming
- Dancing
- All of the above

19. If you feel low (hypoglycaemic) before a bike ride, what should you do FIRST?

- Skip your bike ride that day
- Go ahead and ride your bike
- Check your blood glucose
- Drink a full glass of juice

**Total score** (maximum score of 76) ........................................ /76