



Queensland
Government

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

Facility:

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth:

Sex: ☐ M ☐ F ☐ I

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”.

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

DO NOT WRITE IN THIS BINDING MARGIN

V1.00 - 11/2020
WINC Code:



SW1055

M-WIKAD



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10. What areas should you use for your insulin injections or pump sites?	<p>Buttocks, abdomen (stomach), arms, thighs <input type="checkbox"/> 4</p> <p>Feet, abdomen (stomach), arms, buttocks <input type="checkbox"/> 0</p> <p>Upper back, ear lobes, fingers, buttocks <input type="checkbox"/> 0</p> <p>Arms, thighs, fingers, lower legs <input type="checkbox"/> 0</p>
11. You notice that the place where you give your injections on your abdomen is feeling hard and lumpy. What should you do?	<p>Keep giving injections in the lumpy area anyway <input type="checkbox"/> 0</p> <p>Wait until my next clinic appointment in 2 months to ask what to do <input type="checkbox"/> 2</p> <p>Stop using that site and give injections in legs, arms or buttocks <input type="checkbox"/> 4</p> <p>Give all injections in the abdomen, but move them a little to the side of the lumpy area <input type="checkbox"/> 1</p>
12. What should you do FIRST if your blood glucose is high and you have moderate or large ketones?	<p>Recheck your blood glucose before your next meal <input type="checkbox"/> 0</p> <p>Take an injection of rapid acting insulin <input type="checkbox"/> 4</p> <p>Go run, the extra activity will help lower your blood glucose <input type="checkbox"/> 0</p> <p>Nothing, the ketones will go away on their own <input type="checkbox"/> 0</p>
13. What may cause your blood glucose to go low (hypoglycaemia)?	<p>Eating food that has carbohydrates, for example, bread <input type="checkbox"/> 0</p> <p>Taking too much insulin <input type="checkbox"/> 4</p> <p>Missing an insulin dose <input type="checkbox"/> 0</p> <p>Eating food that is high in protein, for example, a chicken breast <input type="checkbox"/> 0</p>
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?	<p>18 grams <input type="checkbox"/> 0</p> <p>24 grams <input type="checkbox"/> 0</p> <p>36 grams <input type="checkbox"/> 4</p> <p>42 grams <input type="checkbox"/> 0</p>
15. When you cannot change a stressful situation, the recommended healthy way to cope is:	<p>Take a week off from school/work <input type="checkbox"/> 0</p> <p>Talk with a friend or family member <input type="checkbox"/> 4</p> <p>Take a break from diabetes management <input type="checkbox"/> 0</p> <p>Zone out in front of the TV <input type="checkbox"/> 0</p>
16. If you feel like your blood glucose is low, what should you do FIRST?	<p>Check your blood glucose <input type="checkbox"/> 4</p> <p>Eat 15 grams of carbohydrate <input type="checkbox"/> 2</p> <p>Exercise <input type="checkbox"/> 0</p> <p>Take an extra dose of insulin <input type="checkbox"/> 0</p>
17. How many grams of carbohydrates are in 250mL (1 cup) of skim milk?	<p>8 grams <input type="checkbox"/> 0</p> <p>10 grams <input type="checkbox"/> 0</p> <p>12 grams <input type="checkbox"/> 0</p> <p>15 grams <input type="checkbox"/> 4</p>
18. Which of the following are healthy exercise options?	<p>Walking <input type="checkbox"/> 0</p> <p>Swimming <input type="checkbox"/> 0</p> <p>Dancing <input type="checkbox"/> 0</p> <p>All of the above <input type="checkbox"/> 4</p>
19. If you feel low (hypoglycaemic) before a bike ride, what should you do FIRST?	<p>Skip your bike ride that day <input type="checkbox"/> 1</p> <p>Go ahead and ride your bike <input type="checkbox"/> 0</p> <p>Check your blood glucose <input type="checkbox"/> 4</p> <p>Drink a full glass of juice <input type="checkbox"/> 0</p>

Total score /76
(maximum score of 76)

Clinician name:

Designation:

Signature:

Date:

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