

The Following are Questions you said you would ask Patients during an Encounter.

Sue Cradock noted especially the open questions which required the patient to think about their answer and about their monitoring.

- What do you think about your blood sugar readings? Do you think they are good/bad/indifferent? Do you care?
- Would your lifestyle enable you to keep a more detailed diary which includes exercise and eating habits?
- What have you done with the results of your glucose monitoring?
- How do you think your lifestyle impacts your blood glucose monitoring results?
- Can you remember what was happening when your result was (20.3)?
- What does having diabetes mean to you?
- Can you explain your results? (*phrased inquisitively*)
- How have you been since we last met?
- What do you think might have caused the hyper/hypo?
- What are you concerned about regarding your glucose levels?
- Why do you think your BG level was higher following this meal? ...compared to *that* meal?
- What have you observed from your BG results?
- Do you know what levels you are aiming for?
- Do you understand your readings?
- How do your results relate to your meal – any difference with what you eat?
- How have you been during the past week?
- How does testing your BG make you feel?
- Looking at the test results in your book, what do you notice?
- What do you feel is affecting your diabetes control?
- When you were getting those figures how were you feeling?
- Are you passing a lot of urine at night?
- Why do you check your blood sugar at these particular times?
- Was this a normal/average week for you?
- How are you – any illnesses/stresses or unusual activities?
- How do you feel about testing? (Any problems, fears, concerns, positive aspects?)
- Have you identified anything which affects your glucose levels?
- How often do you check your blood sugar normally? Is this week a one-off?
- What do you mean by the “other” results?
- Have you noticed anything in your monitoring that you are concerned about?
- Did anything you find in your monitoring surprise you?
- Have you over these years really understood your illness and why you need insulin, and made sense of your blood sugar readings?
- Do you think it may be helpful to join a self help group?
- When do you take your medication?
- How would you like me to help you?
- Have you made any changes after monitoring?
- Do you take regular meals and exercise?
- Do you know what to do if you have a “hypo” or a “hyper”?
- Do you know when you should monitor your blood glucose?
- What do you feel is the cause of your recurring problem of thrush?
- Do you want to show me how you test?