

Annex 1

I know and have clearly understood the objectives of this work. As well as what medical procedures consist of. I declare that

I _____ who subscribes, I hereby express my voluntary consent to participate in this study.

For proof of the above, I sign this document.

Volunteer signature Signature of Principal Investigator

Annex 2 Diabetological education questionnaire

Questions:

Diabetes mellitus is a disease:

- a) Chronic ____
- b) Aguda . ____
- c) Infectious. ____

The proper control of diabetes allows the following:

- a) Increase body weight. ____
- b) Prevent complications. ____
- c) Reduce the volume of urine. ____

A good metabolic control of this disease is achieved by the following:

- on a diet. ____
- b) Exercises . ____
- c) Diet, exercises, education and hypoglycemic agents . ____

The evaluation of the control of diabetes can be known by:

- a) Urine tests, ____
- b) Periodic glycemia . ____
- c) Control of fats in the blood . ____

Chronic complications of diabetes.

- to) Obesity. ____
- b) Metabolic dysfunction . ____
- c) Inflammation of the feet ____
- d) Proliferative diabetic retinopathy _____
- and) Nephropathy -----
- F) Severe hypoglycaemia _____
- g) High blood tens ion figures held _____
- h) Poly neuropathy -----

The most frequent symptoms of uncontrolled diabetes are:

- Dizziness and headache. ____
- Be hungry, decay and urinate a lot. ____
- Stomach pain and fever. ____
- I dont know. ____

The cause of hypoglycaemia may be that:

- We ate more than indicated or forgot the insulin or tablets. ____
- We eat little or we inject more insulin than necessary. ____
- We ate many sweet foods. ____
- I dont know. ____

The symptoms that make us suspect hypoglycemia are:

- Tremors, sweating, fatigue, headache. ____
- Nausea, vomiting and fever. ____
- S ed, hungry and urine a lot. ____
- I do not know ____

Metabolic Control

- The blood glucose test indicates ____
- The amount of glucose we ate. ____
- The amount of glucose in urine. ____
- The amount of blood glucose. ____
- I dont know. ____

The best thing for diabetic care is the best:

Cut your nails and calluses every day ____

Iodine on the calluses ____

Visit the podiatrist periodically ____

No s e

Annex 3 Topics to be taught

Themes	Breakdown	Hours topics	Sessions	Organizational form of the proposed training
1-Conceptual aspects of DM	Clinical picture Types of diabetes complications	1 hour	3	Video Personal experiences
2-p psychological aspects of DM	Confronting the problem Acceptance of the disease Adherence to treatment. Aspects about sexuality	1 hour	4	Persistent experiences
3- Diabetological education	Metabolic control Diabetic diet Physical activity Self injection techniques Oral hypoglycemic compounds	1 hour	6	Videos Interactive workshops
4-Care of the feet	Diabetic foot concept Type of diabetic foot Risk factor's Complications Care Mechanism to evaluate self-sensitivity in lower limbs	1 hour	6	Videos Interactive workshops Physical exercises to support the circulatory process in members lower limbs Demonstration class on foot care