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:
  a) Diet, exercises.____
  b) 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.
  a) Obesity.____
  b) Metabolic dysfunction.____
  c) Inflammation of the feet.____
  d) Proliferative diabetic retinopathy.____
  e) Nephropathy.____
  f) Severe hypoglycaemia.____
  g) High blood tension figures held.____
  h) Poly neuropathy.____

The most frequent symptoms of uncontrolled diabetes are:
  a) Dizziness and headache.____
  b) Being hungry, decay and urinate a lot.____
  c) Stomach pain and fever.____
  d) I dont know.____

The cause of hypoglycaemia may be that:
  a) We ate more than indicated or forgot the insulin or tablets.____
  b) We eat little or we inject more insulin than necessary.____
  c) We ate many sweet foods.____
  d) I dont know.____

The symptoms that make us suspect hypoglycemia are:
  a) Tremors, sweating, fatigue, headache.____
  b) Nausea, vomiting and fever.____
  c) Sugar, hungry and urinate a lot.____
  d) I do not know.____

Metabolic Control
  a) The blood glucose test indicates.____
  b) The amount of glucose we ate.____
  c) The amount of glucose in urine.____
  d) The amount of blood glucose.____
  e) 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

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<td>3- Diabetological education</td>
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<td>4- Care of the feet</td>
<td>Diabetic foot concept Type of diabetic foot Risk factor's Complications Care Mechanism to evaluate self-sensitivity in lower limbs</td>
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