



## LMC Diabetes Skills, Confidence & Preparedness Index (SCPI)

Please answer the following questions.

<b>Skills/Knowledge Questions</b> These questions explore your knowledge of diabetes management skills.	Strongly Agree	Agree	Somewhat Agree	Neither Agree or Disagree	Somewhat Disagree	Disagree	Strongly Disagree
1. I know how to plan meals that have the best balance between carbohydrates, proteins and vegetables.							
2. I know how my diabetes medications (pills, injectables and/or insulin) work in my body. <i>o check here if you are not taking any diabetes medication</i>							
3. I know when to check my blood sugar if I want to see how my body responded to a meal.							
4. I know when to check my blood sugars to determine if my medication or insulin doses are correct. <i>o check here if you are not taking any diabetes medication</i>							
5. I know what to do to prevent a low blood sugar when I exercise (either before, during, or after)							
6. When I am sick, I know what to do differently with my diabetes management							
7. I know how stress can affect my diabetes management.							
8. When I look at my blood sugars over a given week, I can explain what my blood sugar pattern is.							
9. I know what my <b>target</b> levels are for A1c, blood pressure and cholesterol.							

<p style="text-align: center;"><b>Confidence Questions</b></p> <p style="text-align: center;">These questions explore your confidence level in the above diabetes management skills.</p>	Strongly Agree	Agree	Somewhat Agree	Neither Agree or Disagree	Somewhat Disagree	Disagree	Strongly Disagree
1. I am confident that I can plan balanced meals and snacks.							
2. I am confident that I can manage my stress.							
3. I am confident that I can prevent a low blood sugar during or after exercise.							
4. I am confident that the next time I eat out, I will be able to choose foods that best keep my blood sugars in target.							
5. I am confident I can include exercise into my schedule.							
6. I am confident that I can use my daily blood sugars to adjust my diet, my activity, and/or my insulin.							
7. When something out of my normal routine happens, I am confident that I can problem-solve and keep my diabetes on track.							



### **Scoring Instructions**

For each question:

Strongly agree = 7

Agree = 6

Somewhat agree = 5

Neither agree or disagree = 4

Somewhat disagree = 3

Disagree = 2

Strongly disagree = 1

### **Skills Subscale**

Question 2: if answer is “not taking any diabetes medication” = 0

Question 4: if answer is “not taking any diabetes medication” = 0

The Skills subscale is out of 7. Add up the scores for each question and divide by 9. If the scores for question 2 and question 4 are 0, then add up the scores for each question and divide by 7.

### **Confidence subscale**

The confidence subscale is out of 7. Add up the scores for each question and divide by 7.

### **Preparedness subscale**

Already doing = 7

Question 4: if answer is “not taking any diabetes medication” = 0

Question 5: if answer is “not taking insulin” = 0

The Preparedness subscale is out of 7. Add up the scores for each question and divide by 7. If the score for question 4 is 0, then add up the scores for each question and divide by 6. If the score for question 5 is 0, then add up the scores for each question and divide by 6. If the scores for both question 4 and question 5 are 0, then add up the scores for each question and divide by 5.

### **Total score**

The total score is out of 7. Add up the scores for each subscale and divide by 3.

A higher score = greater diabetes self-management status