

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

Please answer the following questions.

	Skills/Knowledge Questions 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.  O check here if you are not taking any diabetes medication							
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.  O check here if you are not taking any diabetes medication							
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.							



	Confidence Questions  These questions explore your confidence level in the above diabetes management skills.	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.							



Tł	Preparedness Questions nese questions explore whether you are ready to make changes to your diabetes management in the next month. If you are already doing the activity, please check "Already doing"	Already doing	Strongly Agree	Agree	Somewhat Agree	Neither Agree or Disagree	Somewhat Disagree	Disagree	Strongly Disagree
1.	Within the next month, I will begin to eat more balanced meals and snacks.								
2.	Within the next month, I will choose an exercise activity and I will start fitting it into my schedule.								
3.	Within the next month, I will make a list of stress management options that work for me.								
4.	Within the next month, I will consistently plan ahead to prevent low blood sugars O Check here if you are not taking any diabetes medication								
5.	Within the next month, I will start adjusting my insulin doses on my own. O Check here if you are not taking insulin								
6.	Within the next month, I will begin making changes to my diabetes management based on my daily blood sugars (eg - eating, activity and/or insulin).								
7.	Within the next month, I will begin making changes to my diabetes management to meet my overall goals (eg - eating, activity and/or insulin).								



### **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