

7. After **palpation**, please give your assessment of the injection sites and measure the diameter of any abnormalities **in mm**:

	Normal	Presence of Lipohypertrophy? If yes, specify size (mm)	Presence of Lipoatrophy? If yes, specify size (mm)
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thigh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buttocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Reviewing questions 6 and 7 above, have you found lipohypertrophy visually and/or by palpation at any site on this patient?

- Yes
- No

9. If the patient has lipohypertrophy does he/she inject into it?

- Yes
- No

10. If Yes, with what frequency?

- Every injection
- Frequently (daily)
- Occasionally (weekly)
- Seldom (monthly)

11. Does the patient rotate his/her injection sites with each injection?

- Yes
- No

12. Please ask the patient to show you how he/she rotates. Based on this, does the patient practice **correct site rotation** (always injecting at least 1 cm from their previous injection[s])?

- Yes
- No

13. Ask the patient to show you how he/she injects, by performing a mock injection. Does the patient lift a skin fold and inject into it?

- Yes
- No

14. If yes, how does the patient lift the skin?

- With 1 or 2 fingers plus the thumb
- With the whole hand

15. When is the skin fold released?
- Once the needle is in the skin
 - Once the insulin is totally injected
 - Once the insulin is injected and the needle is removed from the skin
16. What is the approximate angle of needle entry used by the patient?
- 45°
 - 90°
17. Does the patient use his/her needle more than one time?
- Yes
 - No
18. If Yes, how many times does he/she use a single needle?
- 2 times
 - 3 to 5 times
 - 6 to 10 times
 - More than 10 times
19. Check the patient's needle. What is the patient's current needle length, in mm _____, and gauge _____ G.
20. Why was this length needle chosen for this patient (tick all that are appropriate)?
- Requested by patient
 - Appropriate for site(s) injected
 - Standard practice in our clinic
 - Improved patient comfort and less pain
 - Reduce risk of intramuscular (IM) injection
21. What was the patient's most recent HbA1c value _____ %
22. From your observation of the patient's blood glucose values, would he/she qualify as having '**frequent unexplained hypoglycemia**'*?
- Yes
 - No

*'**Hypoglycemia**' is defined as the occurrence of ≥ 1 symptom of low sugar (e.g., palpitations, tiredness, sweating, strong hunger, dizziness, tremor) and a confirmed blood glucose meter reading ≤ 60 mg/dL (3.3 mM/L). '**Frequent unexplained hypoglycemia**' is defined as hypoglycemia occurring one or more times weekly in the absence of a definable precipitating event such as a change in medication, diet or activity.

23. From your observation of the patient's blood glucose values, would he/she qualify as having 'glycemic variability'**??

- Yes
- No

**'Glycemic variability' is the presence of blood glucose oscillations from less than 60 mg/dL (3.3 mM/L) to more than 250 mg/dL (13.9 mM/L) at least 3 times a week in an unpredictable and unexplained fashion and evidence of such a pattern for at least the previous 6 months

Complete this section only 1 time/educator:

24. Indicate your profession:

- General Nurse
- Diabetes Nurse
- Diabetes Educator
- Doctor (General Practitioner)
- Doctor (Specialist)

25. Are you aware of either local or international recommendations for injection technique in diabetes?

- Yes
- No

If yes, continue with the following questions

26. Please rate the significance that the Recommendations have had on your practice (1 = No significance; 5 =Extremely significant)

1	2	3	4	5
<input type="checkbox"/>				

27. Have you changed your clinical practice since the release of the Recommendations?

- Yes
- No

28. If yes, what field of practice have you changed? (tick all answers that apply)

- Psychological care of patients who inject
- Therapeutic injection technique education
- Injection site care
- Insulin storage and suspension
- Injecting process
- The proper use of pens
- The proper use of syringes
- Absorption rates of differing insulin types
- Needle length for children or adolescents
- Lifted skin folds
- Lipohypertrophy
- Rotating injection sites
- Bleeding and bruising at injection sites
- Injections in pregnancy
- Safety needles
- Disposal of injecting material

Thank you for your time