Participant Evaluation Form: Diabetes Self-Management Skills

(Circle Month): April June October

CLASS EVALUATION: (Please complete the following questions to evaluate the class you attended today)

1. How useful was this class in helping you to manage your diabetes?
   - Not at all useful  □
   - Not very useful  □
   - Somewhat useful  □
   - Useful  □
   - Very useful  □

2. What was particularly useful about the class?

3. What could be improved about the class?

4. How effective was the use of teleconferencing equipment for delivering this educational program?
   - Not at all effective  □
   - Not very effective  □
   - Somewhat effective  □
   - Effective  □
   - Very effective  □

5. Please list one thing you learned in this class that you did not know before coming.

6. Are there additional topics you would like us to cover in the classes?

AREAS FOR PERSONAL IMPROVEMENT (Complete only if you have diabetes)

7. How much do you think you need improve in each of the areas that were discussed in this class?

   **Blood Glucose Monitoring**
   - Not at all  □
   - Very little  □
   - Somewhat  □
   - A fair amount  □
   - A lot  □
   - Already doing this  □

   **Blood Glucose Pattern Management**
   - Not at all  □
   - Very little  □
   - Somewhat  □
   - A fair amount  □
   - A lot  □
   - Already doing this  □

   **Following Sick Day Guidelines**
   - Not at all  □
   - Very little  □
   - Somewhat  □
   - A fair amount  □
   - A lot  □
   - Already doing this  □

   **Stress Management**
   - Not at all  □
   - Very little  □
   - Somewhat  □
   - A fair amount  □
   - A lot  □
   - Already doing this  □

PERSONAL GOALS FOR SELF-MANAGEMENT: (Complete only if you have diabetes)

8. What personal goal(s) are you going to work on? Please be as specific as possible.

   ____________________________________________________
   ____________________________________________________
   ____________________________________________________

Thank you for attending this class! We look forward to seeing you at future classes.