Clarke hypoglycaemia awareness survey

For use in Continuous and Flash Glucose Monitoring Eligibility Assessment: Type 1 Diabetes; Age 21 Years and Over; Eligible Concessional Status; supplied under the National Diabetes Services Scheme.

	Questions	Score
1	The category that best describes you (choose only one) ☐ I always have symptoms when my blood sugar is low (A) ☐ I sometimes have symptoms when my blood sugar is low (R) ☐ I no longer have symptoms when my blood sugar is low (R)	
2	Have you lost some of the symptoms that used to occur when your blood sugar was low? ☐ Yes (R) ☐ No (A)	
3	In the past six months how often have you had moderate hypoglycaemia episodes where you might have been confused, disoriented or lethargic and were unable to treat yourself? ☐ Never (A) ☐ Once a month (R) ☐ Once or twice (R) ☐ More than once a month (R) ☐ Every other month (R)	
4	In the past year how often have you had severe hypoglycaemia where you were unconscious or had a seizure or needed glucagon or intravenous glucose? ☐ Never (A) ☐ 8 - 11 times (R) ☐ 1 - 3 times (R) ☐ > 12 times (U) ☐ 4 - 7 times (R)	
5	How often in the last month have you had readings < 3.9 mmol/L with symptoms? ☐ Never ☐ 2 to 3 times/week ☐ 1 to 3 times ☐ 4 to 5 times/week ☐ 1 times/week ☐ Almost daily	
6	How often in the last month have you had readings < 3.9 mmol/L without symptoms? ☐ Never ☐ 2 to 3 times/week ☐ 1 to 3 times ☐ 4 to 5 times/week ☐ 1 times/week ☐ Almost daily	

Scoring Q5 & Q6: R = answer to Q5 is less than answer to Q6; A = answer to Q5 is greater than or equal to answer to Q6

7	How low does your blood sugar go before you feel symptoms? ☐ 3.3 - 3.8 mmol/L (A) ☐ 2.2 - 2.7 mmol/L (R) ☐ 2.8 - 3.3 mmol/L (A) ☐ < 2.2 mmol/L (R)	
8	To what extent can you tell low blood sugars by your symptoms? ☐ Never (R) ☐ Often (A) ☐ Rarely (R) ☐ Always (A) ☐ Sometimes (R)	

Total: (count the number of 'U's, 'R's and 'A's)   U=   A=   R=

Scoring :'U' response indicates hypoglycaemia unawareness. Four or more 'R' responses implies reduced hypoglycaemia awareness. 'A' response implies hypoglycaemia awareness

Based on: Clarke W, Cox DJ, Gonder-Frederick LA, Julian D, Schlundt D, Polonsky W. *Reduced awareness of hypoglycaemia in adults with IDDM*. Diabetes Care. 1995; 18(4): 517–522.

Units of measure converted from mg/dl to mmol/L as per http://www.onlineconversion.com./blood_sugar.htm