

00160

Certificate in Diabetes Care for Community Worker

**Term-End Examination
December, 2011**

**CNS-DC-001 : CONCEPTS AND INTERVENTIONS
OF DIABETES MELLITUS**

Time : 3 hours

Maximum Marks : 70

Note : (i) Answer *all* the questions.
(ii) Answer of the parts of the question at one place.

1. (a) Explain the meaning of Diabetes Mellitus (DM). **2+8=10**
(b) Describe the classification of DM.

2. Explain your role as a diabetic community worker in monitoring diabetic patients : for the following :
(a) Sugar Control **5+5=10**
(b) Blood Pressure Control

3. (a) Explain the concept of Life Style Modification (LSM). **3+3+6+3=15**
(b) List the benefits of life style modification for diabetic patients.

- (c) Describe the types and steps of exercises you will teach to diabetic patients.
4. Explain the measures to be taken by a diabetic patients to prevent complications. 10
5. (a) Explain the meaning of Diabetes Self Management Education (DSME). 2+2+6=10
- (b) List four advantages of DSME.
- (c) Describe the health education you will give to diabetic patient in relation to :
- (i) Self administration of insulin
- (ii) Personal hygiene and foot care
6. Write short notes of *any three* of the following : 3x5=15
- (a) Pancreas and its function.
- (b) Monitoring Anthropometric Measurements.
- (c) When to refer a diabetic patients.
- (d) Principles to keep in mind for designing the behaviour change communication material and messages.
- (e) Qualities of a counsellor.
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