



要詢問醫師和糖尿病護理團隊 的問題

患者-醫療服務提供者討論指南

要詢問醫師和糖尿病護理團隊的問題

與 2 型糖尿病共存可能很難，但您可以進行管理。如果您有任何問題，可尋求幫助的最佳人選便是醫師和糖尿病護理團隊。不要羞於提問。問題可幫助您開始或繼續與醫師就糖尿病管理開展對話。記住，您的醫師和糖尿病護理團隊將隨時為您提供幫助。在每次門診中，問以下問題，以確保您注意自己的糖尿病^{1,2}：



血糖問題

我的血糖水平應為多少？

我在家檢查血糖水平的頻率及時間如何？我應如何使用自己的血糖儀？

我如何知道血糖是否過低？我如何知道血糖是否過高？

如果血糖過低或過高，我該如何做？

ABC 問題

2 型糖尿病的 ABC 是什麼？

我的 ABC 數字應為多少？

為幫助達到這些數字，我應如何做？

鍛鍊問題

在開始鍛鍊之前，我是否需要檢查我的心臟？我的眼睛？我的雙腳？

我應進行何種鍛鍊計劃？我應避免哪些活動？

鍛鍊會如何影響我的血糖？

鍛鍊過程中我應如何觀察我的血糖？

鍛鍊過程中我應攜帶什麼？

營養問題

我應遵循哪些營養指南？

我還能吃喜歡的食物嗎？

是否有我不能攝入的食物和飲料？

藥物問題

我需要針對糖尿病服用哪些藥物（如有）？

它們如何起作用？它們如何幫到我？

我應何時服用藥物？

如果忘記服用一次劑量，我該怎麼辦？

是否有任何副作用？如果出現副作用，我該怎麼辦？

是否有任何我應當知道的特別指示，比如隨食物服用？

我應如何存放藥物？

足部和皮膚護理問題

為何檢查我的足部非常重要？我應多久檢查我的足部一次？

在檢查足部時，我應該做什麼？

遇到什麼問題時我應致電醫師或護士討論？

誰會為我修剪腳指甲？我是否可以自己修剪？

我每天應當如何護理足部？

其他護理計劃問題

我是否需要看其他醫師？

我是否需要完成某些測試？

為何檢查我的眼睛非常重要？我應何時請醫師檢查我的眼睛？

我應何時安排我的下一次預約？

參考文獻：1. National Diabetes Education Program. Five questions to ask your health care team about your type 2 diabetes. https://www.cdc.gov/diabetes/ndep/pdfs/toolkits/new-beginnings/newbeginnings_infographic_fivequestions.pdf. Updated June 2016. Accessed November 20, 2017. 2. U.S. National Library of Medicine. Diabetes – what to ask your doctor – type 2. <https://medlineplus.gov/ency/patientinstructions/000217.htm>. Updated November 6, 2017. Accessed November 20, 2017.



CarePath Healthy Engagements 是一個綜合計劃，旨在幫助 2 型糖尿病患者改善生活並幫助其照護者。 CarePathHealthyEngagements.com

本資訊由 Janssen Pharmaceuticals, Inc. 開發，被廣泛用於支援患者和醫療服務提供者教育。

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Certification

For regulatory purposes, AMPLEXOR Life Sciences certifies that services on project number **43456** for **cp-57930v1_025669-170828_1083080_M06_INA_QuestionsToAskYourDoctorAndT2DCareTeam_ZHT** were performed in a professional manner, using qualified individuals and in accordance with generally recognized commercial practices and standards.

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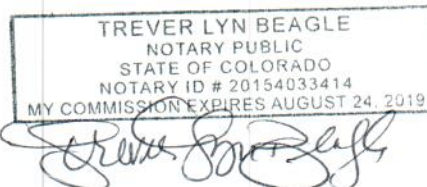


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April 30, 2018

Date issued

Acknowledged before me this
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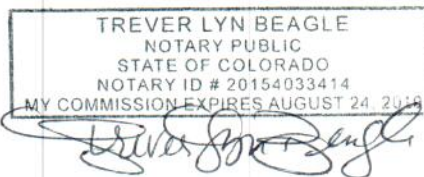


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April 30, 2018

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30 of April, 2018
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ENGLISH VERSION:
For Reference only



QUESTIONS TO ASK YOUR DOCTOR AND DIABETES CARE TEAM

A Patient-Provider Discussion Guide

QUESTIONS TO ASK YOUR DOCTOR AND DIABETES CARE TEAM

Living with type 2 diabetes can be difficult, but you can manage living with it. The best place to turn if you have questions is your doctor and diabetes care team. Do not shy away from asking questions. Questions may help you start or continue a dialogue with your doctor about managing diabetes. Remember, your doctor and diabetes care team are there to help. At every visit, ask the following questions to make sure you are taking care of your diabetes^{1,2}:



Blood Sugar Questions

What should my blood sugar levels be?

How often and when should I check my blood sugar level at home? How do I use my meter?

How do I know if it is too low? How do I know if it is too high?

What should I do if it is too low or too high?

ABCs Questions

What are the ABCs of type 2 diabetes?

What should my ABC numbers be?

What can I do to help reach these numbers?

Exercise Questions

Before I start exercising, do I need to have my heart checked out? My eyes? My feet?

What type of exercise program should I follow? What types of activities should I avoid?

How can exercise affect my blood sugar?

How should I watch my blood sugar when I exercise?

What should I bring with me when I exercise?

Nutrition Questions

What kinds of nutritional guidelines should I be following?

Can I still eat foods that I love?

Are there foods and drinks I should not have?

Medication Questions

What medication(s) do I need to take for my diabetes, if any?

How do these work? How will these help me?

When should I take them?

What should I do if I miss a dose?

Are there any side effects? What should I do if I experience a side effect?

Are there any other special instructions that I should know, such as taking them with food?

How should I store my medications?

Foot and Skin Care Questions

Why is it important to check my feet? How often should I check my feet?

What should I do when I check them?

What problems should I call my doctor or nurse about?

Who should trim my toenails? Is it okay if I trim them?

How should I take care of my feet every day?

Other Care Plan Questions

Are there other doctors I should visit?

Are there certain tests that I need to get done?

Why is it important to check my eyes? When should I have a doctor check my eyes?

When should I schedule my next appointment?

References: **1.** National Diabetes Education Program. Five questions to ask your health care team about your type 2 diabetes. https://www.cdc.gov/diabetes/ndep/pdfs/toolkits/new-beginnings/newbeginnings_infographic_fivequestions.pdf. Updated June 2016. Accessed November 20, 2017. **2.** U.S. National Library of Medicine. Diabetes – what to ask your doctor – type 2. <https://medlineplus.gov/ency/patientinstructions/000217.htm>. Updated November 6, 2017. Accessed November 20, 2017.



CarePath Healthy Engagements is a comprehensive program designed to help improve the lives of people living with type 2 diabetes and assist those who care for them. [CarePathHealthyEngagements.com](https://www.carepathhealthyengagements.com)

This information has been developed by Janssen Pharmaceuticals, Inc., and made widely available to support patient and provider education.

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November 2017

025669-170828