A new model of diabetes care

CPD Questionnaire

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(Signature of healthcare professional)

First Name		**Profession**	
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1. What are the constraints on the diabetes patient during the COVID-19 pandemic?

- ☐ **A** Lack of support to achieve glucose targets
- ☐ **B** Lack of clinical action to intensify therapy
- ☐ **C** Poor monitoring of risk factors
- ☐ **D** Reduced access to healthcare personnel
- ☐ **E** All of the above

2. In South Africa, what percentage of patients do not have access to a mobile phone?

- ☐ **A** 3%
- ☐ **B** 7%
- ☐ **C** 10%

3. Which of the following statements is true?

- ☐ **A** South Africa has insufficient diabetes educators to conduct personal/small group meetings
- ☐ **B** Telemedicine cannot replace regular visits to the general practitioner
- ☐ **C** Guidepost does not have the capacity to offer face-to-face virtual meetings with patients

4. Patients on antidiabetic chronic medicine should all have access to advice on their diabetes in order to achieve equitable outcomes across all income groups and in their home language.

- ☐ **A** True
- ☐ **B** False

5. What does telecoaching within Guidepost and telemedicine generally offer patients?

- ☐ **A** Immediate access to high-quality care
- ☐ **B** Reduces discrimination due to distance, language and income
- ☐ **C** Offers increased opportunity for patient engagement and education
- ☐ **D** All of the above

6. What does telecoaching, as exemplified by Guidepost, offer the clinician?

- ☐ **A** Support to ensure the clinician's treatment plan is followed
- ☐ **B** A way to deal with the increased need for patient support when insulin is initiated, titrated and intensified
- ☐ **C** Detailed reports on patient progress
- ☐ **D** All of the above

7. Guidepost coaching has been shown to improve glucose levels in patients on insulin throughout the day based on structured SMBG data.

- ☐ **A** True
- ☐ **B** False

8. The percentage of hypoglycaemic readings decreased over 25 weeks from average 10% to…

- ☐ **A** 2%
- ☐ **B** 3%
- ☐ **C** 4%

9. Successful and credible telecoaching needs to deliver:

- ☐ **A** Clinical competence
- ☐ **B** Full compliance with legal and ethical guidance
- ☐ **C** Reliable and secure technology
- ☐ **D** All of the above

10. Guidepost has already conducted _____ consultations across South Africa.

- ☐ **A** 50 000
- ☐ **B** 100 000
- ☐ **C** >100 000

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