Being pregnant can be difficult. When you are pregnant and have diabetes, it is normal to feel more stressed, worried or concerned. Sometimes other parts of life can make it even more difficult. Your answers to the following questions will help us understand your concerns about taking care of your diabetes.

Directions: Fill in any blanks and check any boxes that are true for you.

Name: ____________________________ Today’s Date: __________ Baby’s Due Date: _________

**DIABETES**

1. What kind of diabetes do you have?  □ Gestational  □ Type 1  □ Type 2

2. How are you feeling about having diabetes?
   - □ OK
   - □ Worried, nervous, or scared
   - □ Confused
   - □ Sad or depressed
   - □ Angry
   - □ Other, please explain ________________________________

3. What worries or fears do you have about diabetes?
   - □ My baby might have diabetes.
   - □ My diabetes might not go away after the baby is born.
   - □ Losing my pregnancy.
   - □ Insulin scares me.
   - □ Having to give myself shots.
   - □ Worried my diabetes will hurt my baby.
   - □ Other, please explain ______________________________________________________

4. What part of having diabetes may be stressful or hard to do?
   - □ Following all of the directions.
   - □ Testing my blood sugars 4 or more times a day.
   - □ Staying on the diabetes meal plan.
   - □ Getting to all of my appointments (finding transportation).
   - □ Having time for all of my appointments.
   - □ Taking care of my diabetes at home.
   - □ Taking care of my diabetes at work.
   - □ Other, please explain ________________________________
5. What else might make it difficult for you to take care of yourself?
   - Finding it hard to believe I have diabetes.
   - Family or friends not understanding or not being supportive.
   - What other people say about how I should take care of my diabetes.
   - Having other health problems.
   - Not being sure I want to be pregnant.
   - Remembering an earlier pregnancy loss.
   - Family stress (problems with children or partner/spouse).
   - Job stress.
   - Social life.
   - Money problems or worries.
   - Having trouble resting or relaxing.
   - Eating habits.
   - Drinking bear, wine or other alcohol.
   - Smoking marijuana or using other drugs.
   - Family or friends using alcohol, marijuana or other drugs.
   - Immigration worries or concerns.
   - Not having enough space for the baby.
   - Other, please explain ______________________________________________________

6. What you eat and how you eat is a big part of taking care of diabetes. Do you have problems with meal planning or eating, such as:
   - Finding it hard to always eat the right foods.
   - Finding it hard to eat the right amount.
   - Not always having enough food at home.
   - Eating too much when you are stressed, worried, nervous, angry, sad or bored.
   - Not being able to eat when you are stressed, worried, nervous, angry, sad or bored.
   - Feeling guilty about the way you eat.
   - Eating too much food at one time.
   - Throwing up after eating.
   - Not eating enough.
   - Feeling like you can’t or shouldn’t eat.
   - Not being able to choose what is bought or prepared.
   - Having to eat differently than the rest of my family.
   - Other, please explain ______________________________________________________
TAKING CARE OF YOURSELF

7. What is positive in your life right now? What do you feel good about?
   - Your marriage/relationship
   - Support from friends
   - My ability to accept change/being flexible
   - Family support
   - Faith/religion
   - Myself/self esteem
   - Other, please explain ______________________________________________________

8. What might you do when you feel upset or stressed?
   - Keep it to myself
   - Get angry or yell
   - Keep busy and try not to think about it
   - Eat
   - Cry
   - Exercise
   - Talk to a family member or friend
   - Drink alcohol or use drugs
   - Other, please explain ______________________________________________________

9. Whose advise, care or support is helpful to you?
   - Friends or family
   - Mother or mother-in-law
   - Spiritual leader (priest, minister, elder, chaman, Iman)
   - Herbalist
   - Acupuncturist
   - Curandera/Healer
   - Other ___________________________________________________________________

10. In addition to your Sweet Success care, is there anything else that you are using or taking for your pregnancy or diabetes?
    - Special foods, such as nopales or bitter melon (please list) _________________________
    - Teas ___________________________________________________________________
    - Herbs___________________________________________________________________
    - Medicines _______________________________________________________________
    - Vitamins/Minerals ________________________________________________________
    - Other ___________________________________________________________________

11. What are the biggest worries or problems in your life right now? (Please list)

12. Would you like a referral for food, housing or clothing?  
    - Yes  
    - No

13. Would you like a referral for counseling or support?
    - Yes  
    - No

*Thank you for completing this form*

Reviewed by: _________________________________ Date: ______________________
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