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Informed consent and Data collection tools

1. Informed Consent form

Dear participant,

We are from University of Gondar and Debre Markos university research teams, and we would like to kindly request your consent to participate on the study. The aim of this study is to assess “Rate of glycemic control and associated factors in type 2 diabetes mellitus patients treated with insulin-based therapy at the selected hospitals of Northwest Ethiopian”. This is a cross-sectional study; the questioner comprises of questions regarding your socio-demographics information, clinical characteristics, medications that used to treat your problems. This questionnaire will hardly take your 5-6 minutes and all the information we obtain will remain strictly confidential and your answer and name will never be revealed. We assure you that it is totally a voluntary participation and feel free to refuse or to withdraw at any point in the study.

Do you agree to participate in this study? 1. Yes ---- 2. No ----

If yes, please ready for interview for the following socio-demographic and some clinical characteristics questions, the rest will take from your medical records.

II. Data collection tools

I. Patients’ socio-demographic characteristics

Variables	Category
Sex	1. Male 2. Female
Age (in years)	---
Wight	---
Height	---
Body mass index (BMI)	---
Duration of diabetes mellitus since diagnosis (years)	----
Residence	1. Urban 2. Rural
Education status	1. Unable to write and read 2. Primary school

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	3. Secondary school 4. College and University
Use health insurance	1. Yes 2. No
Self-monitoring of blood glucose (SMBG)	1. Yes 2. No
Smoking status	1. Currently smoker 2. Previously smoker 3. Nonsmoker at all
Work related/physical activity/day	1. Sedentary 2. Moderate 3. Vigorous
Family history of T2DM	1. Yes 2. No

II. Clinical characteristics of insulin treated patients type 2 diabetes mellitus

Characteristics		
Blood pressure records		Systolic blood pressure (SBP) ---- Diastolic blood pressure (DBP) ----
Laboratory values		
Blood glucose level	HbA1c (%) (three records)	HbA1C1 _____ HbA1C 2 _____ HbA1C3 _____ Average HbA1C _____
	FBG (mg/dl)	FBG1 _____ FBG2 _____ FBG3 _____ Average FBG _____
Lipid profiles	LDL-Cholesterol	
	HDL-Cholesterol	
	Total triglyceride	
	Total-Cholesterol	
Renal function test	Creatinine(mg/dl)	
Electrolytes	Na+	
	K+	

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Complications and comorbidities	
Hypertension	
Dyslipidemia	
Renal problems (CKD, AKI)	
Macrovascular complications	
Microvascular complications	
Bacterial infections	
Diabetic ketoacidosis	
Hypoglycemia	
Other complications	

III. Medications with daily doses of insulin treated patients with type 2 diabetes mellitus

Medications		Average daily doses (if necessary, particularly for antidiabetic and lipid-lowering agents is a must)
Antidiabetic medications	Metformin	
	Glibenclamide	
	Insulin (NPH or Premixed)	
Type of insulin regimens	NPH	
	Premixed	
Antihypertensive agents	Angiotensin converting enzyme inhibitors (ACEIs)	
	Calcium channel blockers (CCBs)	
	Beta-blockers	
	Angiotensin converting enzyme inhibitors (ACEIs)	
Lipid lowering agents	Simvastatin	
	Atorvastatin	
	Lovastatin	
Others	Aspirin	
	Amitriptyline	

Note: => HbA1C1 and/or FBG should be taken the records of three consecutive samples at least one month apart, and the average of the three records could be taken as current glycemic level.

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- ⇒ Doses of medications could be taken from the average doses of respective follow-up times.