

Exercise: Evaluation

After reading this module, I:

	YES	NO
Understand that exercise is an essential part of a healthy lifestyle for all children including those children with diabetes		
Understand the importance of monitoring the blood glucose levels before, during and after exercise		
Understand that blood glucose levels can go down with exercise but can also rise for a short period		
Understand that reductions to insulin doses and/ or additional carbohydrate may be part of an individualised exercise plan		
Understand that delayed hypoglycaemia can occur up to 24hours following exercise		
Understand that if the blood glucose levels are above 15mmol/L and ketones are present that it is dangerous to exercise		

Comments:

Date:

Name: