

1. DEMOGRAPHICS

1,1	What type of industry do you work in? <i>(Mark one box)</i>	
.,.	Manufacturing of chemical, mineral, rubber or metal & allied products	1
	Manufacturing of food, beverages and tobacco	2
	Manufacturing of electrical/electronics products	3
	Manufacturing of wood, wood products, paper and printing	4
	Manufacturing of vehicles/transport	5
	Manufacturing of textiles, clothing and leather	6
	Manufacturing of other goods	7
	Mining and quarrying	8
	Agriculture, forestry and related activities	9
	Transport, storage and communication Other business for profit	10
	Building, construction and engineering	12
	Other non-profit business	13
	Retail trade	14
	Community and social services	15
	Wholesale trade	16
	Finance (banks, building societies, insurance, other)	17
	Other - Indicate what:	18
1.2	In which province in South Africa do you work?	1
1.3	What type of employment are you engaged in? (Mark one box)	
	Self-employed	1
	Employed through a "Healthcare Service Provider" or Contractor	2
	Permanent position within an organisation Other - Indicate what:	3
		4
1.4	What are your hours of employment? <i>(Insert a number in each box)</i>	
1.4.1	Number of hours worked per day	1
1.4.2	Number of days worked per week	2
4.5		
1.5	What is your gender? (Mark one box) Male	
	Female	2
1.6	Please give your age as at 1 January 2012: (Mark one box)	
	Under 21	1
	21 - 30	2
	31 - 40 41 - 50	3
	51 - 60	5
	61 - 65	6
	Over 65	7
47	What is the kightest Occupational Health qualification you have attained? (Mark and h	
1.7	What is the highest Occupational Health qualification you have attained? (Mark one be	<u> </u>
	None Certificate	1
	Diploma	3
	Bachelors degree	4
	BTech degree	5
	Masters	6
	Masters	0
	Other - Indicate what:	7

1.8 1.8.1 1.8.2 1.8.3	What is the number of persons employed at your workplace and what is the total number of males versus females? <i>(Insert a number in each box)</i> Total number of persons employed at your workplace Total number of males Total number of females	1 2 3
1.9	What is the average age of the employees at your workplace? (Insert a number in the box)	1
1.10	How many clients with diabetes do you have at your workplace? (Mark one box) Less than 10 10 - 20 21 - 30 31 - 40 41 - 50 If more than 50, please indicate exactly how many:	1 2 3 4 5 6
1.11	How many of these clients with diabetes are male versus female? (Insert a number in each box)	
1.11.1	Male	1
1.11.2	Female	2
1.12	How many clients with diabetes visit your Occupational Health Clinic/Centre every day, week or month? (Insert a number in each box)	
1.12.1	Number of clients per day	1
1.12.2	Number of clients per week	2
1.12.3	Number of clients per month	3

2. AWARENESS OF DIABETES

2.1	How would you rate your knowledge of the undermentioned with regard to diabetes? (Mark one box for each question)					
	Rate your answer according to the following scale	Very Poor	Poor	Average	Good	Very Good
2.1.1	Prevalence of diabetes in South Africa					
2.1.2	Diabetes management					
2.1.3	Nutrition					
2.1.4	Blood glucose control					
2.1.5	Screening					
2.1.6	Monitoring					
2.1.7	Weight management					
2.1.8	Physical activity					
2.1.9	Use of medication					
2.1.10	Glucose testing					
2.1.11	Complications of diabetes					
2.1.12	Foot and eye care					
		1	2	3	4	5
2.2	How many clinical classes of diabetes are there? (Mark one box)					
	One class					1
	Two classes					2
	Three classes					3
	Four classes					4

2.3	Do you raise awareness of diabetes in your workplace? (Mark one box	x)		Yes No 1 2	
2.4	If you answered yes to question 2.3, please indicate <u>how</u> you raise awa your workplace? <i>(Mark one box for each question)</i>	arenes	s of d	liabetes in	_
2.4.1 2.4.2 2.4.3 2.4.4	One-to-one consultations Health promotion/education drives/campaigns Wellness Interventions Other - Indicate what:			Yes No 	
2.5	If you answered yes to question 2.3, please indicate <u>what</u> you discuss your diabetes awareness initiatives? <i>(Mark one box for each question)</i>		9		
2.5.1 2.5.2 2.5.3 2.5.4 2.5.5	Weight control (overweight) Lifestyle changes Risk factors Physical activity Other - Indicate what:			Yes No 	
2.6	Which of the following criteria are risk factors for developing diabetes? (Mark one box for each question)	Yes	No	Don't know	
2.6.1	Adults with a Body Mass Index of more than or equal to			NIUW	
2.6.2 2.6.3 2.6.4 2.6.5 2.6.6	25 kg/m2, with additional factors Physical inactivity First-degree relative with diabetes Members of a high risk ethnic population (Asian, African) Women who were diagnosed with gestational diabetes History of cardiovascular disease	1	2	3	
2.7	What is the current prevalence of diabetes in South Africa? (Insert a percentage in the box or indicate if you do not know)	1		Don't know 2	I
3.	SCREENING FOR DIABETES				
3.1	Impaired Fasting Glucose and Impaired Glucose Tolerance are termed "pre-diabetes"? (Mark one box)	Yes	No	Don't know	

3 2 Impaired Fasting Glucose and Impaired Glucose Tolerance are risk Don't 3.2 Yes No factors for future diabetes? (Mark one box) know 3 1 2 What is the diagnostic test for Impaired Fasting Glucose? (Mark one box) 3.3 Fasting Blood Glucose 1 Oral Glucose Tolerance Test 2 Other - Indicate what: 3

3.4	What is the diagnostic test for Impaired Glucose Tolerance? (Mark one k	box)			
	Fasting Blood Glucose	-			1
	Oral Glucose Tolerance Test				2
	Other - Indicate what:				3
3.5	Which diagnostic test do <u>you</u> use to <u>screen</u> your clients for diabetes?				
3.5	(Mark one box)				
	Fasting Blood Glucose Oral Glucose Tolerance Test				1 2
	Other - Indicate what:				2
3.6	What are the current criteria for the diagnosis of diabetes using the Fasti Blood Glucose (FBG) test? <i>(Mark one box)</i>	ng			
	FBG less than 100 mg/dl (Less than 5.6 mmol/l)				1
	FBG between 100 - 125 mg/dl (between 5.6 - 6.9 mmol/l)				2
	FBG greater than or equal to 126 mg/dl (greater than or equal to 7 mmol/l)				3
3.7	What are the current criteria for the diagnosis of diabetes using the Oral Test (OGTT)? (Mark one box)	Gluc	ose	Folerance	
	OGTT of 2-hour post glucose bolus, plasma glucose less				1
	than 140 mg/dl (less than 7.8 mmol/l)				•
	OGTT of 2-hour post glucose bolus, plasma glucose				2
	between 140-199 mg/dl (between 7.8-11.0 mmol)				
	OGTT of 2-hour post glucose bolus, plasma glucose				3
	greater than or equal to 200 mg/dl (greater than or equal to 11.1 mmol/l)				
3.8	Are both the FBG and OGTT used to <u>screen</u> for diabetes?	/	Na	Don't	
	(Mark one box)	Yes	No	know	
		1	2	3	
	-		2	Ū	
3.9	What does fasting refer to? (Mark one box)				
	No caloric intake for less than 6 hours				1
	No caloric intake for 6-7 hours				2
	No caloric intake for at least 8 hours				3
3.10	Do you routinely screen <u>ALL</u> your clients for diabetes?	/	Nia	Don't	
	(Mark one box)	Yes	No	know	
		1	2	3	
3.11	If you answered no to question 3.10, which clients <u>do</u> you screen?				1
3.12	If you answered yes to question 3.10, at what age do you perform this sc	reeni	ing?		
	(Mark one box)				
	Younger than 30				1
	Between 30 - 40 years				2
	Between 41 - 44 years From age 45 onwards				3 4
	rion age to unwalus				4

3.13	If you answered yes to question 3.10, answer this question: If the results of the screening are normal, how often after the result is obtained do you re-screen the client? <i>(Mark one box)</i>				
	Never Annually Every 2 years Every 3 years Other - Indicate how often:				1 2 3 4 5
3.14	Do you screen your clients with IGT or IFG for diabetes? (Mark one box)	Yes 1	No 2	Don't know 3	
3.15	If you answered yes to question 3.14, indicate how often you do this screening: <i>(Mark one box)</i> Annually Every 2 years Every 3 years Other - Indicate when:				1 2 3 4
4.	DIAGNOSIS				
4.1	Which diagnostic test do <u>you</u> use to <u>diagnose</u> your clients with diabetes? (Mark one box) Fasting Blood Glucose Oral Glucose Tolerance Test Other - Indicate what:				1 2 3
4.2	Are both the FBG and OGTT used to <u>diagnose</u> diabetes? <i>(Mark one box)</i>	Yes 1	No 2	Bont know 3	
4.3 4.3.1 4.3.2 4.3.3 4.3.4 4.3.5 4.3.6	Indicate which initial care you apply on the <u>diagnosis</u> of diabetes: (Mark one box for each question) A complete medical evaluation to classify the diabetes An examination to detect the presence of complications The review of previous treatment and glycaemic control The formulation of a management plan Provision of a basis for continuing care Other - Indicate what:	Yes	No 	Don't know	
4.4 4.4.1 4.4.2 4.4.3 4.4.4	Which of the following tests do you perform if diabetes <u>is</u> diagnosed? (Mark one box for each question) Urine albumin excretion Screening for distal symmetric polyneuropathy Dilated and comprehensive eye examination Other - Indicate what:	Yes 1	No 2	Don't know 3	

5. COMPLICATIONS

5.1	What Body Mass Index do <u>you</u> use to determine if an adult is overweight? <i>(Mark one box)</i>				
	Don't know				1
	Between 21 - 25 kg/m ² More than 25 kg/m ²				2
	More than 30 kg/m ²				4
5.2	What is <u>your GOAL</u> percentage for the HbA1C test that assesses glyc your clients with diabetes? (Mark one box)	aemic	contro	ol in	
	Don't know				1
	Less than 5% Less than 7%				2
	Between 7 - 10%				4
					 T
5.3	What percentage of your clients with diabetes maintain good glycaemic control? (Insert a number in the box otherwise			Don't know	
	indicate if you do not know)		1	KIIOW	
		1	ľ	2	ť.
			<u> </u>	Devilt	Т
5.4	If you indicated a percentage in question 5.3, please answer the following question. (Mark one box)	Yes	No	Don't know	
	Has this good glycaemic control influenced vascular				1
	complications in these clients?	1	2	3	Í.
		r	1		г
5.5	Do you screen for hypertension in your clients with diabetes? (Mark one box)	Yes	No	Don't know	
				laion	1
		1	2	3	ľ.
5.5.1	If not, please indicate why in this space:				1
5.6	Do you screen for dyslipidaemia in your clients with diabetes?			Don't	Т
	(Mark one box)	Yes	No	know	
]
		1	2	3	
5.6.1	If not, please indicate why in this space:				
5.7	When do <u>you</u> confirm that your client with diabetes has hypertension <i>(Mark one box)</i>	?			
	When a systolic blood pressure is greater than 130 mmHg				1
	When a <u>systolic</u> blood pressure is greater than 140 mmHg				2
	Other - Indicate what:				3
5.8	When do <u>you confirm that your client with diabetes has hypertension</u>	?			
5.0	(Mark one box)			r	
	When a <u>diastolic</u> blood pressure is more than 80 mmHg When a <u>diastolic</u> blood pressure is more than 90 mmHg				1
	Other - Indicate what:				3

5.9	How often do you measure fasting lipid profiles in your clients with diabetes? (Mark one box)	
	Never	1
	Annually	2
	Every 2 years	3
	Every 3 years	4
	Other - Indicate how often:	5
5.10	If you <u>do</u> measure fasting lipid profiles in your clients with diabetes, please answer questions 5.10.1 - 5.10.4 as well.	
	If you do <u>not</u> measure fasting lipid profiles in your clients with diabetes, please continue to section 6.	
5.10.1	What amount do <u>you</u> accept as a normal fasting level for LDL cholesterol? <i>(Mark one box)</i>	
	Don't know	1
	Less than 50 mg/dl	2
	Less than 100 mg/dl	3
	Between 100 - 150 mg/dl	4
		4
5.10.2	What amount do <u>you</u> accept as a normal fasting level for HDL cholesterol in men? (Mark one box)	
	Don't know	1
	Less than 40 mg/dl	2
	Greater than 40 mg/dl	3
	Greater than 50 mg/dl	4
5.10.3	What amount do <u>you</u> accept as a normal fasting level for HDL cholesterol in women? (Mark one box)	
	Don't know	1
	Less than 40 mg/dl	2
	Greater than 40 mg/dl	3
	Greater than 50 mg/dl	
5.10.4	What amount do <u>you accept as a normal fasting level for</u> Triglycerides? (Mark one box)	
	Don't know	1
	Less than 140 mg/dl (less than mmol/l	2
	Less than 150 mg/dl (less than 1.7 mmol/l)	3
	Greater than 150 mg/dl (greater than 1.7 mmol/l)	4
6.	MONITORING AND FOLLOW UP	
6.1	What type of health facility do your clients with diabetes <u>MOSTLY</u>	
	attend? (Mark one box)	
	Local clinic	1
	Local Day-hospital/Community Health Centre	2
	Tertiary hospital	3
	Private practitioners	4
	Occupational Health Clinic/Centre	5
	Other - Indicate what:	6

6.2	Who is the <u>MAIN</u> health care giver for your clients with diabetes? (<i>Mark one box</i>)				
	General practitioner				1
	Physician				2
	OHNP				3
	OMP				4
	Other - Indicate what:				5
6.3	Which techniques do <u>you</u> use to assess the effectiveness of glycaemic control? <i>(Mark one box for each question)</i>	Yes	No	Don't know	
6.3.1	Patient self-monitoring of blood glucose				
6.3.2	Interstitial glucose test				
6.3.3	Measurement of HbA1C				
6.3.4	Other - Indicate what:				
		1	2	3	
6.4	How often per year do <u>you</u> test the HbA1C in clients that have stable gl control? <i>(Mark one box)</i>	ycaer	nic		
	Never				1
	Once				2
	Twice				3
	Three times				4
	Four times				5
	Other - Indicate what:				6
		- i - i			
6.5	How often per year do <u>you</u> test the HbA1C in clients who are <u>not</u> maintaglycaemic control? (<i>Mark one box</i>)	aining]		
	Never				1
	Once				2
	Twice				3
	Three times				4
	Four times				5
	Other - Indicate what:				6
6.6	Which annual screens are performed in your Occupational Health Clinic/Centre? (Mark one box for each question)	Yes	No	Don't know	
6.6.1	Full medical examination				
6.6.2	A dilated and comprehensive eye examination				
6.6.3	An examination for distal symmetric polyneuropathy				
6.6.4	A comprehensive foot examination				
6.6.5	Other: Indicate what:				
0.010		1	2	3	
6.7	If any of the screens above are not performed, please indicate why in tl	his sp	ace?		1
		·			

6.8 6.8.1 6.8.2 6.8.3 6.8.4 6.8.5	Which of the following mental health aspects do you follow up on? (Mark one box for each question) Psychosocial issues related to diabetes Depression/Anxiety Eating disorders Cognitive impairment Other: Indicate what:	Yes	No 2	Don't know
6.9	Where do <u>MOST</u> of your clients with diabetes get their medication? (<i>Mark one box</i>) Local clinic Day hospital/Community Health Centre Tertiary institution Private general practitioner Physician Occupational Medicine Practitioner Occupational Health Nurse Pratitioner Other - Indicate what:			1 2 3 4 5 6 7 8
6.10	What signs and symptoms do you use to identify hypoglycaemia? (<i>Please list the signs and symptoms in the space below</i>)			1
6.11	What treatment do <u>you</u> give for hypoglycaemia, in a conscious client? (<i>Mark one box</i>) 10 -15 g of glucose 15 - 20 g of glucose 20 - 25 g of glucose Other: Indicate what:			1 2 3 4
6.12	Do you offer an annual influenza vaccine to your clients with diabetes? <i>(Mark one box)</i>	Yes 1	No 2	Don't know 3
6.12.1	If not, please indicate why in this space:			
6.13	What percentage of your clients with diabetes accept the influenza vaccine? (<i>Mark one box</i>) 0 - 15% 16 - 30% 31 - 40% 41 - 50% 51 - 60% 61 - 70% More than 70%			1 2 3 4 5 6 7

6.13.1	If your percentage for question 6.13 is below 30%, explain here why your clients do not accept the vaccine:				
6.14 6.14.1	Which of the following health professionals do you utilise <u>on-site</u> ? (Mark one box for each question) Ophthalmologist (who specialises in the care and surgery	Yes	No	Don't know	
6.14.2	of eye diseases)				
6.14.3	Optometrist (a person professionally trained to test the				
6.14.4.	eyes and to detect and treat eye problems)				
6.14.5	Physician				
6.14.6	Podiatrist				
6.14.7	Dietician				
6.14.8	Diabetes educator				
6.14.9	Sports Scientist/Personal trainer				
6.14.10	Mental health professional				
6.14.11	Other: Indicate what:				
		1	2	3	
6.15	How many of your clients with diabetes have a diabetic identification trailert bracelet? (Mark one box)	ool lik	e a me	edic	
	Less than 25%				1
	From 25 - 50%				2
	From 51 - 75%				3
	More than 75%				4
6.15.1	For those clients that do not have such a tool, please explain why in the second s	nis spa	ace:		1
6.16	Do you currently have a diabetes management programme in place? (Mark one box)	Yes 1	No 2		
6.16.1	If not, explain why in this space:				1
0.10.1					
6.16.2	If yes, what do you include as part of your diabetes management programme? <i>(List the aspects in this space)</i>				1
6.17	What other aspects would you like to include in your diabetic manager	nent p	orogra	mme in	1
0.17	the future, to address specific needs in your workplace? (<i>List the aspects in this space</i>)				1

6.18	For how many years have you managed clients with diabetes? <i>(Insert a number in the box)</i>							
6.19	What barriers do you experience in the management of clients with dia workplace? (Mark one box for each question)	betes	in yoı	ur				
6.19.1	Time constraints				1			
6.19.2	Lack of resources				2			
6.19.3	Burden on your service				3			
6.19.4	High financial costs				4			
6.19.5	Non-compliance with treatment regimes				5			
6.19.6	Non-compliance with lifestyle modifications				6			
6.19.7	Lack of self-management on the part of the patient with diabetes				7			
6.19.8	Other - Indicate what:				8			
6.20	20 Which of the following strategies are you currently implementing in your diabetes management programme? (Mark one box for each question)							
6.20.1	Improving the health care education of health professionals through in-serv	vice tra	ining		1			
6.20.2	The delivery of diabetes self-management education				2			
6.20.3	The adoption of guidelines for your practice				3			
6.20.4	The use of checklists that mirror the guidelines used				4			
6.20.5	Quality improvement programmes				5			
6.20.6	The clustering of dedicated diabetes visits into specific times				6			
6.20.7	The organisation of visits to multiple health care professionals on a single of	•			7			
6.20.8	The implementation of tracking systems by means of electronic medical re	cords			8			
6.20.9	The availability of case/care management services				9			
6.20.10	The availability and involvement of expert consultants on-site				10			
6.20.11	Other: Indicate what:				11			
6.21	Do you have a guideline that you use for the management of your clients with diabetes? <i>(Mark one box)</i>	Yes 1	No 2					
6.22	If you <u>do</u> have a guideline/s, please complete questions 6.22.1 - 6.22.4:				_			
6.22.1	The full name of the guideline/s:				1			
6.22.2	The author/publisher/compiler of the guideline/s:				1			
6.22.3	How you obtained the guideline/s:				1			
6.22.4	Does this guideline provide you with all the information you need to implement a diabetes management programme at your workplace?	Yes	No	Unsure				
		1	2	3				

6.23	If you do <u>not</u> have a guideline, please consider the following statement:					
	Rate your answer according to the following scale	Strongly disagree	Disagree	Unsure	Agree	Strongly agree
	You would find a guideline that provides instructions and					
	interventions for the management of diabetes, <u>useful</u> in your workplace	1	2	3	4	5
6.24	Please list in the space below the aspects of care that you consider <u>most</u> important for your clients with diabetes.					
6.25	25 Please consider the following statements (Mark one box for each statement)					
	Rate your answer according to the following scale		Strongly disagree	Disagree	Agree	Strongly agree
	In your current practice:					
6.25.1	The important decisions regarding daily diabetes care are made by					
6.25.2	the client with diabetes. Your health care professionals <u>help</u> clients with diabetes to make					
6.25.3	informed choices about <u>their care plans</u> . The emotional effects of diabetes are considered significant.					
6.25.4	The client with diabetes is considered the most important member of the diabetes care team.					
6.25.5	Your clients with diabetes are well-informed about their condition.					
6.25.6	You find it frustrating to assist clients with diabetes to take care of their condition.					
6.25.7	Clients with diabetes have the right to decide how hard they will work to control their blood glucose.					
6.25.8	Your clients with diabetes are not supported by their family and friends		1	2	3	4

Thank you for your input and participation