



# Quick guide: Assessing hypoglycaemia awareness

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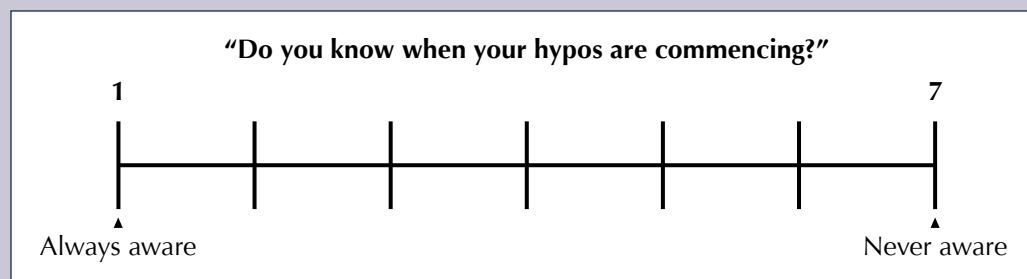
## References

1. NICE (2022) *Type 2 diabetes in adults: management* [NG28]. [www.nice.org.uk/guidance/ng28](http://www.nice.org.uk/guidance/ng28)
2. Gold AE et al (1994) *Diabetes Care* 17: 697–703
3. Clarke WL et al (1995) *Diabetes Care* 18: 517–22
4. Alkhatatbeh MJ et al (2019) *Curr Diabetes Rev* 15: 407–13

The March 2022 update to the NICE NG28 guideline<sup>1</sup> recommends that continuous glucose monitoring technology should be offered to certain individuals with type 2 diabetes on multiple daily insulin regimens. The criteria for usage include impaired hypoglycaemia awareness. The present quick guide identifies two tools to assess hypoglycaemia awareness, so that this useful technology can be offered to the appropriate people.

## Gold score<sup>2</sup>

A score of  $\geq 4$  suggests impaired hypoglycaemia awareness;  $\leq 2$ =normal awareness; 3=borderline.



**Caution:** These tools have not been validated in people with type 2 diabetes, and they may (particularly the Gold score) underestimate impaired hypoglycaemia awareness in type 2 diabetes.<sup>4</sup> The tools should not override clinical judgement when evaluating the benefits of CGM for an individual with diabetes.

## Clarke score<sup>3</sup>

Answers provide a rating of either A (aware) or R (reduced). Four or more R ratings suggests impaired hypoglycaemia awareness;  $\leq 2$ =normal awareness; 3=borderline.

Question	Rating (A or R)
1. Check the category that best describes you (check one only): <input type="checkbox"/> I always have symptoms when my blood sugar is low (A) <input type="checkbox"/> I sometimes have symptoms when my blood sugar is low (R) <input type="checkbox"/> I no longer have symptoms when my blood sugar is low (R)	
2. Have you lost some of the symptoms that used to occur when your blood sugar was low? <input type="checkbox"/> Yes (R) <input type="checkbox"/> No (A)	
3. In the past <b>six months</b> , how often have you had moderate hypoglycemia episodes? (episodes where you might feel confused, disoriented, or lethargic and were unable to treat yourself) <input type="checkbox"/> Never (A) <input type="checkbox"/> Once or twice (R) <input type="checkbox"/> Every other month (R) <input type="checkbox"/> Once a month (R) <input type="checkbox"/> More than once a month (R)	
4. In the past <b>year</b> , how often have you had severe hypoglycemic episodes? (episodes where you were unconscious or had a seizure and needed glucagon or intravenous glucose) _____ (A if never; R if one or more. If $\geq 12$ , conclude impaired awareness irrespective of other answers)	
5. How often in the last month have you had blood sugar readings under 3.9 mmol/L <b>with symptoms</b> ? <input type="checkbox"/> Never <input type="checkbox"/> 1–3 times <input type="checkbox"/> 1 per week <input type="checkbox"/> 2–3 per week <input type="checkbox"/> >4–5 per week <input type="checkbox"/> >Almost daily (see question 6 for scoring)	
6. How often in the last month have you had blood sugar readings under 3.9 mmol/L <b>without symptoms</b> ? <input type="checkbox"/> Never <input type="checkbox"/> 1–3 times <input type="checkbox"/> 1 per week <input type="checkbox"/> 2–3 per week <input type="checkbox"/> >4–5 per week <input type="checkbox"/> >Almost daily (R = answer to Q5 < answer to Q6. A = answer to Q6 < answer to Q5)	
7. How low does your blood sugar need to go before you feel symptoms? <input type="checkbox"/> 3.4–3.8 mmol/L (A) <input type="checkbox"/> 2.8–3.3 mmol/L (A) <input type="checkbox"/> 2.2–2.7 mmol/L (R) <input type="checkbox"/> Under 2.2 mmol/L (R)	
8. To what extent can you tell by your symptoms that your blood sugar is low? <input type="checkbox"/> Never (R) <input type="checkbox"/> Rarely (R) <input type="checkbox"/> Sometimes (R) <input type="checkbox"/> Often (A) <input type="checkbox"/> Always (A)	