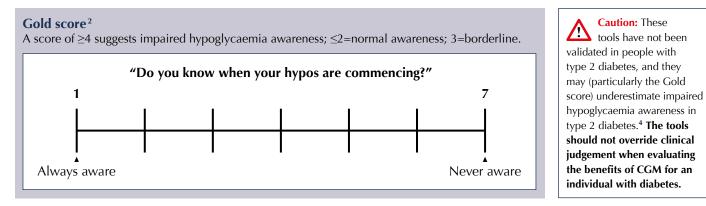
Quick guide: Assessing hypoglycaemia awareness

Citation: Quick guide: Assessing hypoglycaemia awareness. *Journal of Diabetes Nursing* **26**: JDN263

References

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

The March 2022 update to the NICE NG28 guideline¹ 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.



Clarke score³

Answers provide a rating of either A (aware) or R (reduced). Four or more R ratings suggests impaired hypoglycaemia awareness; ≤ 2 =normal awareness; ≥ 2 =normal awareness

Question	Rating (A or R)
 1. Check the category that best describes you (check one only): I always have symptoms when my blood sugar is low (A) I sometimes have symptoms when my blood sugar is low (R) 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? □ Yes (R) □ No (A)	
 3. In the past six months, how often have you had moderate hypoglycemia episodes? (episodes where you might feel confused, disoriented, or lethargic and were unable to treat yourself) Never (A) Once or twice (R) Every other month (R) Once a month (R) More than once a month (R) 	
4. In the past year , 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 ≥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 with symptoms? Never 1-3 times 1 per week 2-3 per week >4-5 per week >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 without symptoms ? □ Never □ 1–3 times □ 1 per week □ 2–3 per week □ >4–5 per week □ >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? 3.4–3.8 mmol/L (A) 2.8–3.3 mmol/L (A) 2.2–2.7 mmol/L (R) Under 2.2 mmol/L (R)	
8. To what extent can you tell by your symptoms that your blood sugar is low? Never (R) Rarely (R) Sometimes (R) Often (A) Always (A)	

