

Clarke score

Answers provide a rating of either A (aware) or R (reduced). Four or more R ratings suggests impaired hypoglycaemia awareness; ≤ 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 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) <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 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 ? <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 without symptoms ? <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)	