



## The Legal Right to Medical Care in Detention Facilities: Self-Assessment

*These questions may help you determine whether you are receiving adequate care. They can help you focus on your most serious problems. For example, is your blood glucose (blood sugar) constantly high? Are you experiencing seizures because of hypoglycemia (low blood glucose)?*

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### A. **Hypoglycemia** (low blood glucose):

1. What have been your lowest blood glucose readings (any reading below 70 mg/dl may be cause for concern)?
2. Did you every lose consciousness, experience a seizure, or become unaware of your surroundings?
3. What were the dates of these events (if you have this information available)?
4. Are you receiving the right amount of insulin?
5. Is it properly timed with your food?
6. What medical treatment did you receive when you experienced hypoglycemia or insulin was not given correctly?

### B. **Hyperglycemia** (high blood glucose):

1. What have been some of your highest blood glucose readings (any reading above 240 mg/dl may be cause for concern)?
2. What is your most recent A1C reading (any reading above 7% may be cause for concern)?
3. What were your symptoms?
4. When were the dates (if you have this information available)?
5. What medical treatment did you receive?

**C. What diabetes-related complications do you have?**

- Vision loss (diabetic retinopathy)
- Nerve damage (diabetic neuropathy)
- Kidney problems
- Other \_\_\_\_\_
- None of the above
- Have these begun or worsened since being at this facility?

**D. Who knows about your condition?**

1. Which prison officials?
2. Which prison medical staff?
3. Grievance?
4. Other?
5. What responses have you received?

**Additional Comments:**