

Coaching Session Practice Test

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Practice Test

To make the most of your upcoming thirty minute session with Coach Beverly, please fill out the questions below and provide a brief rationale for each answer below the question.

*According to your exam report, please list your scores for the following domains:

Domain 1: Assessment of the Diabetes Continuum (37)

Domain 2: Care & Education Interventions (105)

Domain 3: Standards & Practices (8)

*Please describe your test taking experience including the environment, how you felt during the exam, how you managed your nerves and what you would do differently next time (if anything). Thank you.

*First Name

*Last Name

*Phone

*Email

*1. Developing a diabetes self-management education program, which of the following best reflects the national standards for diabetes self-management education and support?

- Staff should be increased after the educational needs assessment
 - The primary will order the advisory group just to review clinical outcomes
 - Educational needs of the individuals within a target population should be included
 - Type 1 and type 2 diabetes should not be included in the same target group
-

*Add a brief rationale for why you selected your answers for question 1

*2. A 45-year-old man recently diagnosed with diabetes was given Glipizide 5mg to take every morning; he took the pill x 3 days and felt poorly so he stopped taking the pill 2 days ago. A diabetes educator should first ascertain if:

- Followed the prescribed meal plan
 - Is experiencing mild depression
 - Disease process is understood
 - Was experiencing hypoglycemia
-

*Add a brief rationale for why you selected your answers for question 2

*3. JR was just diagnosed with celiac disease. JR asks what types of food they can eat. Which of the following foods should JR avoid?

Quinoa

Rye

Rice

Corn

*Add a brief rationale for why you selected your answers for question 3

*4. A man states to a diabetes educator that he only has borderline diabetes and does not need to worry about complications from diabetes. The educator should assess the person's:

Metabolic goals

Attitudes and beliefs about diabetes

Medical history

Level of self-care on diabetes

*Add a brief rationale for why you selected your answers for question 4

*5. When prescribing an exercise program for a man with diabetes, it is important to:

- Choose an exercise which would most benefit the patient
 - Include physical activities that he previously enjoyed
 - Direct him into a group activity for social support
 - Correct misconceptions of the dangers of exercise and diabetes
-

*Add a brief rationale for why you selected your answers for question 5

*6. KL shows you their ambulatory glucose profile and asks if they are doing okay. Which of the following results indicate that KL is meeting ADA goals?

- Time in range is 63%
 - Very low glucose range is less than 5%
 - Coefficient of variation is less than 36%
 - Glucose management indicator is 8.0% or less
-

*Add a brief rationale for why you selected your answers for question 6

*7. Per the ADA clinical practice recommendations, aspirin therapy is indicated for which of the following patients:

- 58-year-old woman with type 1 diabetes and LDL cholesterol of 90
 - 19 year old man with type 1 diabetes who is a heavy smoker
 - 35 year old woman with type 2 diabetes and active hepatic disease
 - 56 year old man with type 2 diabetes and a history of CVD
-

*Add a brief rationale for why you selected your answers for question 7

*8. In a diabetes treatment regimen, which of the following best describes adherence?

- May be present in one behavior but not in all
 - Improves the longer a person has diabetes
 - Deteriorates with improved with metabolic control
 - Depends upon the level of self-discipline
-

*Add a brief rationale for why you selected your answers for question 8

*9. An 18-year-old with type 1 on an insulin pump can correctly calculate insulin dosages. This is an example:

- Behavioral modification Affecting learning Psychomotor skills
 Cognitive learning
-

*Add a brief rationale for why you selected your answers for question 9

*10. A 16-year-old girl has type 1 diabetes and loves fast food. After eating a bacon cheeseburger and French fries she often experiences high post-prandial blood glucose for extended periods. A possible cause for this is:

- Increased carb content of a fatty meal High fat meals can cause subsequent weight gain Increase intestinal absorption of carbs
 High fat meals can slow the absorption of glucose
-

*Add a brief rationale for why you selected your answers for question 10

*11. What is the most significant barrier to self-monitoring of blood glucose during pregnancy?

- Multiple finger sticks (4 a day) Prolonged bleeding time Inaccurate reading secondary to erythroipoiesis
- Aggravated anemia
-

*Add a brief rationale for why you selected your answers for question 11

*12. An individual with diabetes is most likely to integrate self-management skills when:

- The pathophysiology of diabetes is understood Content to be learned is immediately useful The family members supervise responsibilities
- Completing a diabetes education program
-

*Add a brief rationale for why you selected your answers for question 12

*13. A local hospital is seeking to establish a diabetes education program that meets national standards, except for one person, the advisory committee members are hospital employees, the composition of the advisory committee should:

- Have at least one physician
 - Meet Joint Commission standards
 - Have at least 2 Certified Diabetes Educators
 - Have at least 1 community representative
-

*Add a brief rationale for why you selected your answers for question 13

*14. During nutrition counseling for a person living with obesity and type 2 diabetes, which of the following is most important?

- Strive for and maintain reasonable body weight
 - Eliminate simple carbs from diet
 - Choose 50-60% of total calories as complex carbs
 - Increase protein in the diet
-

*Add a brief rationale for why you selected your answers for question 14

*15. A person with type 2 diabetes has been referred to the diabetes self-management program for insulin initiation. During the intake session, she stated: "I don't want to go on insulin because I don't want to gain weight." Which of the following should the diabetes educator do first?:

- Discuss meal plan replacement that slightly reduce total daily caloric intake
 - Work with her to identify coping strategies to help her accept weight gain
 - Tell her that weight gain is normal and should not be a cause of concern
 - Inform the physician that the person does not want to use insulin
-

*Add a brief rationale for why you selected your answers for question 15

*16. During an assessment interview, a diabetes educator identifies a person with diabetes is in the contemplation phase of change, which of the following is the best approach to facilitate self-management:

- Provide encouragement for his ability to make changes
 - Encourage him set specific achievable goals
 - Advise him about advances in medical technology
 - Inform him of the implications of the DCCT and UKPDS
-

*Add a brief rationale for why you selected your answers for question 16

*17. Besides normoglycemia the main goal for Medical Nutrition Therapy in gestational diabetes includes adequate:

- Weight gain and absence of ketones
 - Carbohydrates and decreased proteins
 - Proteins intake and absence of proteinuria
 - Fat intake and consistent protein
-

*Add a brief rationale for why you selected your answers for question 17

*18. Prior to exercise, a person with type 1 diabetes has a blood glucose level of 289. Which of the following should be done first?

- Test urine for ketones
 - Omit pre exercise snack
 - Take additional insulin
 - Skip exercise for the day
-

*Add a brief rationale for why you selected your answers for question 18

*19. Which of the following is a characteristic of Latent Autoimmune Diabetes in Adults (LADA) or type 1.5 diabetes?

- Diminished insulin production
 - Mild obesity less than 5-year duration
 - High triglycerides and low HDL cholesterol levels
 - Elevated C-Peptide levels
-

*Add a brief rationale for why you selected your answers for question 19

*20. A woman comes in for an appointment without her meter and log book and admits she is not checking. Her 14-year-old daughter is pregnant. Which of the following could the diabetes educator conclude first?

- The woman is unable to devote her attention to diabetes self-care
 - The woman does not want to take care of her diabetes
 - Diabetes education should be delayed until after the baby is born
 - Diabetes education should include gestational diabetes
-

*Add a brief rationale for why you selected your answers for question 20

*21. The primary goal of diabetes education should be to:

- Help people maintain health within the limits of their abilities
 - Impart as much knowledge about diabetes as possible
 - Stress the importance of multidisciplinary team approach
 - Reduce diabetes complications
-

*Add a brief rationale for why you selected your answers for question 21

*22. A person with type 2 diabetes has a UACR of 32 and GFR of 54 and the beginnings of heart failure. A1c is 8.6%. They are taking metformin 1000mg twice a day and the provider asks the diabetes specialist about what the next step should be. Based on the ADA Standards, what is the best answer?

- Stop the metformin and start a GLP-1 Receptor Agonist
 - Continue with current treatment and focus on improving nutrition therapy
 - Start basal insulin therapy, 10 units at bedtime
 - Add a SGLT-2 Inhibitor and continue the metformin therapy
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*Add a brief rationale for why you selected your answers for question 22

*23. RL has type 2 diabetes on metformin (Glucophage) and is struggling to lose weight. RL has tried many different diets without success. However, RL arrives to the appointment excited about a new low carbohydrate “ketogenic” diet they are on and states they have lost 4 pounds in the last month. What is the diabetes educator’s best response?

- Please check your urine ketones at least once a week.
- It seems like this approach is working for you?
- Good job, however, the recommended daily intake of carbohydrates is 140 gms per day.
- Even though you are losing weight, there can be issues with kidney function.

*Add a brief rationale for why you selected your answers for question 23

*24. AR is a 14-year-old with type 1 diabetes on an insulin pump and spends 2-3 hours a day playing video games. AR states that they want to get more active and join the track team at school. Which of the following is the best recommendation?

- Put your insulin pump on suspend when running
 - Monitor your blood glucose before and after running
 - Consume 15 gms of carbohydrate for each 30 minutes of running
 - Initiate CGM before joining the track team
-

*Add a brief rationale for why you selected your answers for question 24

*25. JL is a 17-year-old with type 1 diabetes and takes insulin via syringe 4 times a day. JL lives with his uncle who has a history of intravenous drug usage. JL tells you he is worried that his uncle will use his insulin needles. Considering the empowerment model, what is the educator's best response?

- Explore possible solutions to situation with JL
 - Educator mindfully volunteers to contact the uncle to evaluate situation
 - Strongly encourage JL to move out of his uncle's house.
 - Suggest JL clean his needles with alcohol wipes before using
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*Add a brief rationale for why you selected your answers for question 25