

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)

40/59

My score

Domain 2: Care & Education Interventions (105)

54/88

(63/70)

Domain 3: Standards & Practices (8)

Disease Management

19/28

* 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.

This last time I took the test, it was at a different facility. The room was small & extremely hot, too many people & very small space. I have always been nervous before taking this test. I'm nervous and anxious - this affects me a lot on how I comprehend the questions.

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*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

Always looking at the individual and the needs.

*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

The side effect of Glipizide is hypoglycemia

* 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 ✓
 Corn ✓

Rye

Rice ✓

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

celiac disease pts are put on a gluten free diet

* 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

It is always person-centered.

*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

It is very important to see what the patient likes to do and that way they will be more willing to do the PA & not stop.

*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%
time in range 77%

Very low glucose range is less than 5%
very low <1%

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

Based on the ADA 2025 standards.

*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

Based on ADA standards. Aspirin use for people w/ ASCVD over the age of 50 - can be secondary prevention

*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

Adherence basically refers to the extent a pt. will follow a given recommendation.

*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

→ more w/ coordination speed & dexterity

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

Cognitive learning focuses more on mental processes - understanding & applying knowledge.

*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

The carbs in the cheeseburger and the French fries carb rich foods, can cause the postprandial BG to elevate.

*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 erythropoiesis
- Aggravated anemia

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

often times checking 4x times can exhaust the individual

*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

Adults learn better when what they are learning can be applied to everyday circumstances.

*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

This is one of the goals of Nutrition Therapy in the ADA standards. Losing weight can help lowering A1C and ↓ BG levels and ↓ CVD risk.

* 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

The Approach is always person centered. Helping the pt w/ any barriers.

* 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

Tip: should test for ketones to make sure they are not in ketosis when BG levels are high.

*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

with LADA the loss of insulin is slower.
↳ gradual loss of beta-cell function

* 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

she has a lot of stress w/ her daughter being pregnant.

* 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

*Add a brief rationale for why you selected your answers for question 22

SGLT-2 can be used for CV-renal & DM as a ~~one~~ line of medication.

*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

Answer: person centered approach.

*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

Based on the ADA standards - you can use insulin pumps - can lower Basal rates or suspend 1-2 HR during exercise.

*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

*Add a brief rationale for why you selected your answers for question 25

Empowerment model - helps individuals gain personal insight on how to improve their lives.