



Diabetes Education SERVICES

15 years

Big Test Questions

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Poll Question 1

▶ AT is a 43-year old newly started on insulin. Circle the survival topic that is essential for AT to know before discharge.

- a. managing insulin doses when traveling across time zones
- b. how to adjust his insulin dose before exercise
- c. signs of hypoglycemia
- d. how to adjust insulin dose based on carbohydrates consumed



Poll Question 2

▶ Which of the following are characteristics of peripheral arterial disease?

- a. Ingrown toenails
- b. Pulses difficult to palpate due to edema
- c. Callus formation on the ball on the foot
- d. Intermittent claudication



Poll Question 3

- ▶ In the process of providing medical nutrition therapy for a person with diabetes, the goal is to improve overall diabetes control by
- Providing a written meal plan
 - Emphasizing portion control
 - Assisting the person to make self-directed behavior changes
 - Using carbohydrate counting



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Poll Question 4

- ▶ For a person with type 1 diabetes who is using intensive diabetes therapy, meals and snacks can be scheduled according to
- Usual eating habits
 - Insulin action times
 - The calorie content
 - Meal spacing



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Poll Question 5

- ▶ JJ is 45 years old and has had type 2 diabetes for 5 years. He would like to begin an exercise program, which includes jogging 3 times a week with a friend for 2 miles, which takes about 30 minutes. He takes a sulfonylurea to control his diabetes. If his blood glucose 80 before exercise, how much carbohydrate will he need to consume to prevent hypoglycemia?
- None
 - 15 g CHO
 - 30 g CHO
 - 45 g CHO



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Poll Question 6

- ▶ MJ is a 78-year-old with type 2 diabetes taking 2 daily insulin injections. Since MJ lives alone, which of the following is MOST important to assess:
- ability to check urine ketones
 - level of activity
 - level of social support
 - ability to accurately draw up and inject his insulin



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Poll Question 7

- ▶ What are symptoms of angina for people with diabetes and cardiac autonomic neuropathy?
- Fatigue, dyspnea, and diaphoresis
 - Crushing chest pain
 - Pain radiating to the jaw
 - Burning pain in legs



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Poll Question 8

- ▶ Hyperglycemia during hospitalization is associated with poor outcomes due to
- Decreased insulin resistance, increased insulin secretion and increased counterregulatory hormones.
 - Increased free fatty acids, ketones, lactate, inflammatory cytokines.
 - Increased nitric oxide levels
 - Increased risk of alkalosis



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Poll Question 9

- ▶ Which of the following statements best reflect the goal of glucose management in the hospital setting.
- Better to let blood sugars run too high rather than too low.
 - Oral medications are the therapy of choice to manage inpatient hyperglycemia.
 - All patients admitted with a blood glucose greater than 126 mg/dl, should be started on an insulin drip.
 - Insulin therapy is the treatment of choice to manage inpatient hyperglycemia.



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Poll Question 10

- ▶ Under Medicare guidelines, which of the following statements is most accurate?
- Patients with type 2 diabetes are covered for 100 strips every 3 months.
 - Patients with diabetes can re-take the group classes every calendar year with approval from their referring MD
 - Medicare Part A will cover the costs of Diabetes Self Management Program
 - Under Medicare, only group classes are reimbursed.



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Poll Question 11

- ▶ What professional instructional staff are required to establish a recognized diabetes program?
- At least one health care professional with a CDE
 - A RN and a RD, one of which has a CDE
 - Either a RN, RD or PharmD with recent education in diabetes
 - A health care professional with chronic disease management experience



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Poll Question 12

- ▶ A patient arrives at the educator's office for his individual assessment and states that he only wants to learn how to use his new glucose meter. What is the best approach in this situation?
- The educator should gently inform the patient that they are required to cover 7 different content areas
 - Focus on the areas where the educator has the most knowledge and skills to impart
 - Acknowledge the patient's request and frame the response based on the educator's desired program outcomes.
 - Base the education on the needs of the individual patient



Poll Question 13

- ▶ Which of the following statements is true regarding preconception care for women with existing diabetes:
- spontaneous abortion rates have been found to correlate with A1c values during the first trimester.
 - preconception glucose control can eliminate the risk of congenital anomalies and spontaneous abortion.
 - most women in the United States with type 1 and type 2 diabetes achieve optimal glycemic control prior to pregnancy.
 - major malformations occur after 8 weeks gestation.



Poll Question 14

- ▶ Which of the following medications are approved for use in pregnancy?
- HMG-CoA reductase inhibitors (Statins)
 - ACE Inhibitors
 - Human insulin
 - Thiazolidinediones



Poll Question 15

- ▶ Mrs. S is 25 pounds overweight, has type 2 diabetes and a normal A1c. She takes canagliflozin (Invokana) and follows her meal plan. In discussing preconception care, the educator will suggest which of the following?
- delay conception until she achieves a 25 pound weight loss
 - discontinue Invokana and start patient on insulin
 - start patient on prenatal vitamins
 - discontinue metformin and start glyburide



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Poll Question 16

- ▶ Which of the following is a correct retinopathy screening guideline according to the American Diabetes Association.
- For both Type 1 and Type 2 diabetes, a dilated eye exam should be done upon diagnosis.
 - Eye examinations must be provided in-person by an experienced Ophthalmologist or Optometrist.
 - Laser photocoagulation should be provided to patients with non-proliferative retinopathy.
 - Patients with new onset type 2 diabetes require a dilated eye exam upon diagnosis.



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Poll Question 17

- ▶ Which of the following is a true statement about microvascular disease.
- Erectile dysfunction is an indicator of nephropathy,
 - Cigarette smoking increases risk of nephropathy.
 - Alcohol consumption decreases neuropathic pain.
 - Proteinuria is an early indicator of retinopathy.



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Poll Question 18

- ▶ Mr. J is an 89 year old, who lives alone and has mild retinopathy. His A1c is 9.7% and the MD is written a prescription to start him on intensive insulin therapy. The prescription reads - 3 units of Humalog before each meal and 10 units of Lantus at bedtime. Pt to add 1 unit of Humalog to mealtime dose for every 50 points BG above 150. What would be the best first response to this situation?
- Contact the prescribing doctor and ask to change the patient's regimen to 10 units of 70/30 BID.
 - Start by instructing the patient on how to safely withdrawal and inject insulin.
 - Assess the patient's ability to inject 4 times a day and calculate insulin dose based on blood glucose.
 - Assess the patient's knowledge of hypoglycemia identification and treatment.



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Poll Question 19

- ▶ Mrs. S is having trouble sleeping and complains of waking up with frequent nightmares. Her insulin dose includes 5-8 units of Novolog at breakfast and dinner and 12 units of NPH bedtime. She complains that her before bed blood sugar is often greater than 300, so she takes extra insulin before going to bed to bring it down. What is your best response?
- Instruct patient to decrease the NPH insulin by 2 units to prevent nocturnal hypoglycemia.
 - Contact provider and request to discontinue NPH and start Lantus instead.
 - Assess if the patient is having a snack before checking her bedtime blood glucose level.
 - Encourage pt to adjust her dinner time Novolog to prevent hyperglycemia at bedtime.



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Poll Question 20

- ▶ Mr. C is 47 year old firefighter who injects 15 units of Detemir at night and 10 units 70/30 in the morning. He also injects Byetta 10mcg BID. His A1c is 7.3% and his goal is to lower his A1c below 7%. His blood glucose levels are in the low 100s in the morning, but frequently above 130 before lunch and above 180 pre dinner. What is the best action?
- Encourage him to eat an additional 15 gms of carbohydrate at breakfast.
 - Hold the 70/30 insulin for a few days to determine his baseline blood glucose during the day and recalibrate his am insulin dose.
 - Increase the am 70/30 insulin to 12 units.
 - Switch the 70/30 insulin to 50/50 insulin.



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Poll Question 21

- ▶ Which factor is often associated with insulin resistance?
- Hypergonadism
 - Acanthosis Nigricans
 - Excessive hunger
 - Waist line less than 35 inches



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Poll Question 22

- ▶ According to the American Diabetes Association Standards of Care, who should be screened for type 1 diabetes?
- High risk individuals, based on family history of autoimmune diseases.
 - All teenagers at puberty.
 - High risk ethnic groups
 - All individuals starting at the age of 45



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Poll Question 23

- ▶ Which of the following is the correct glucose goal for a 6-12 year old child with type 1 diabetes?
- Pre meal blood glucose 70-130 mg/dl
 - Post meal blood glucose less than 200 mg/dl
 - A1c less than 7%
 - Pre meal blood glucose between 90- 130 mg/dl



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Poll Question 24

- ▶ Choose the correct inpatient glucose goal(s) for non-critical patients.
- Fasting blood glucose less than 126 mg/dl
 - Post meal blood glucose less than 200 mg/dl
 - Pre meal blood glucose less than 110 mg/dl
 - Pre meal blood glucose less than 140 mg/dl



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Poll Question 25

- ▶ A patient received 3 units of regular insulin before dinner, but couldn't eat due to nausea and vomiting. His blood glucose 2 hours after his insulin injection is 82 mg/dl. Which of the following is the BEST action to prevent hypoglycemia?
- Give the patient a Glucagon injection
 - Give the patient D50 IV push
 - Have the patient eat 7 lifesavers
 - Start an IV of D5W



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Poll Question 26

- ▶ What best describes the ADA recommended fat intake for people with diabetes?
- Limit saturated fat to less than 7%
 - Limit trans fats, saturated fat to less than 10%, cholesterol to less than 300 mg a day.
 - Limit trans fats, saturated fat to less than 7%, cholesterol to less than 300 mg a day.
 - Avoid all deep fried foods.



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Poll Question 27

- ▶ Circle the statement that reflects the action of glucagon.
- enhances lipogenesis
 - inhibits glycogenolysis
 - promotes protein synthesis
 - enhances glycogenolysis



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Poll Question 28

- ▶ John is 59 years old with type 2 diabetes for 16 years and a history of heart disease.
- ▶ Which of the following classes of medications should he be on based on ADA guidelines?
- Blood pressure medication and Vitamin D
 - Statin and B12 replacement
 - Aspirin and alpha lipoic acid
 - Statin and Blood pressure meds



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Poll Question 29

- ▶ Which of the following studies demonstrated that keeping A1c less than 7% decreased risk of complications for type 2?
- United Kingdom Prospective Diabetes Study
 - Diabetes Control and Complications Trial
 - Diabetes Prevention Program
 - Trial for Diabetes in Youth



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Poll Question 30

▶ Which of the following class diabetes medication can cause weight gain?

- a. SGLT-2 Inhibitors
- b. GLP-1 Agonists
- c. .DPP-IV Inhibitors
- d. Thiazolidinediones



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Poll Question 31

▶ AJ has been instructed to take glyburide 5 mg twice a day. AJ frequently skips breakfast and has first meal at noon. What would be the best recommendation for AJ?:

- a. Test blood glucose and take glyburide in morning if BG is greater than 130 mg/dl.
- b. Take am glyburide before first meal at noon
- c. Hold morning glyburide and only take before dinner glyburide
- d. Insist that AJ eat breakfast and take am glyburide



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Poll Question 32

▶ TR is taking 15 units of glargine at bedtime and 4 units of humalog before each meal. TR is experiencing about 3 episodes of hypoglycemia a week, usually before lunch. What initial change in self-management would you recommend?

- a. decrease the glargine dose by 2 units
- b. decrease the humalog before breakfast
- c. ask TR to monitor 2 hour post-prandial glucose levels
- d. ask TR to increase carbohydrate intake by 15 gms at breakfast



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Poll Question 33

- ▶ KL is a 24 year is being treated DKA. What is the most important action to take before the insulin drip is stopped?
- Start IV drip of 5% dextrose
 - Monitor for hypokalemia
 - Make sure there is a glucagon emergency kit in the room
 - Give sub-q insulin



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Poll Question 34

- ▶ Mr. Pasteur is started on the following insulin regimen: 22uNPH/10uReg before breakfast, 5u Reg before dinner and 10uNPH before bedtime. His BMI is 33. His evening blood glucose levels are running 180-210 mg/dl. Which of the following changes would best help get his bedtime glucose levels to goal?
- Increase before dinner NPH insulin
 - Increase am NPH insulin
 - Increase the dose of regular insulin before dinner by 30%
 - Evaluate carbohydrate intake at dinner



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Poll Question 35

- ▶ Of the following, which risk factor combination is most predictive of retinopathy?
- hypertension and prolonged hypoglycemia
 - hypertension and hyperglycemia
 - history of stroke and hyperglycemia
 - history of previous foot ulceration or amputation



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Poll Question 36

- ▶ You suspect your 16 year old client, may have disordered eating. Which behavior maybe an indication that MZ has disordered eating?
 - a. She avoids all junk foods
 - b. Her blood glucose log book has BG levels at target, but her A1c is 11.2%
 - c. She cuts down on calories when clothes start getting tight
 - d. She exercises for 30-60 minutes each day



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Poll Question 37

- ▶ During a diabetes education session, you notice your patient on insulin is beginning to sweat profusely and is having difficulty speaking. What is the best action?
 - a. Get a meter to check her BG levels
 - b. Give her Glutose gel
 - c. Call the doctor for orders
 - d. Give half a glucagon injection



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Thank You



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