

DiabetesEd Services ONLINE UNIVERSITY

Test Taking Coaching Session

April 2026

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Pronouns: She, her, hers

www.DiabetesEd.net

We are Here to Help!



Bryanna Sabourin
Director of Operations

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Take a Practice Test – Learn how to “work” test questions

- ▶ Weed through the details
- ▶ Make sure you REALLY understand key intent of question
- ▶ Find the stem
 - ▶ Identifies key intent of the question
- ▶ Read all the options or answers
- ▶ Eliminate obvious wrong answers
- ▶ Select **BEST** option



Look for Clues in The Answers

- ▶ Answers with the following words are usually **incorrect**: always, never, all, none, only, must, and completely
- ▶ Answers with the following words are usually **correct**: seldom, most, generally, tend to, probably, usually



Getting to the Right Answers

- ▶ Do not leave any answers blank
- ▶ Look for clues in the question
- ▶ Don't get lured in by juicy answers
- ▶ Avoid imposing your life experience into the question/answer
- ▶ Keep breathing – Get up and move
- ▶ Even simple math problem should be worked out on scratch paper



Almost to the Finish Line

- Listen to Preparing for CDCES or BC-ADM FREE Webinars
 - CDCES
 - BC-ADM
- Dive Deep into Standards of Care with Level 2 Online Courses
- ADA Standards
- Imagine your self calm but energized
- Keep breathing, stand up and stretch, write it down



Poll Question 1

- ▶ AT is a 43-year old newly started on insulin in the hospital. What survival topic that is essential for AT to know before discharge?
- managing insulin doses when traveling across time zones
 - how to adjust his insulin dose before exercise
 - signs of hypoglycemia
 - how to adjust insulin dose based on carbohydrates consumed



Level 2 – Hospitals and Hyperglycemia

Poll Question 2

- ▶ What best describes the ADA recommended fat guidelines for people with diabetes?
- Limit saturated fat to less than 7%
 - Fat quality is more important than quantity.
 - Avoid 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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PharmD, BCPS, BCACP, CDEES, BC-ADM, FAACDE, FCCP

Beverly Thomassin
RN, MPH, CDCES, BC-ADM

Christine Craig
MS, RDN, CDEES

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Poll Question 3

▶ TR is taking 15 units of NPH 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?

- decrease the NPH dose by 2 units
- decrease the humalog before breakfast
- ask TR to monitor 2 hour post-prandial glucose levels
- ask TR to increase carbohydrate intake by 15 gms at breakfast

Level 3 | Class 4.5 & Virtual Conference

Poll Question 4

▶ JR is 47 years old and who just got lab results from their annual physical. Their fasting plasma glucose result was 129 mg/dL. The provider is worried that JR might have diabetes and sent them to back to the lab to check their A1C, which came back 6.4%.

▶ According to the ADA Standards, to most accurately assess if JR has diabetes, which of the following follow-up actions is recommended?

- Recheck the A1C in 3 months.
- Order a meter for JR, so they can check fasting and post-prandial glucose for one month.
- Evaluate JR for immune mediated diabetes antibodies.
- Recheck the fasting blood glucose.

Level 3 | Class 2 & Virtual Conference

Poll Question 5

- ▶ 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:
 - a. ability to check urine ketones
 - b. ability to accurately inject insulin
 - c. level of activity
 - d. level of social support

Level 3 | Class 4, 5 & Virtual Conference

Poll Question 6

- ▶ The ADA Standards of Care includes expanded content on the prevention and treatment of hypoglycemia.
- ▶ **Based on the updated guidelines for the treatment of hypoglycemia, which of the following is true?**
 - ▶ If individual has one or more episode of clinically significant hypoglycemia, consider short-term relaxation of glucose goals.
 - ▶ If blood glucose is less than 70 mg/dL, treat with a combination of fast acting glucose and protein to sustain blood glucose levels.
 - ▶ Avoid use of glucagon emergency treatment for those with type 2 diabetes to prevent rebound hyperglycemia.
 - ▶ In community settings, check blood sugar to verify hypoglycemia before providing glucagon emergency treatment.



Level 3 | Class 2 & Virtual Conference

Poll Question 7

- ▶ **Which of the following is an accurate ADA Standard of Care?**
- ▶ Evaluate B12 levels for Individuals on long-term metformin therapy at least yearly.
- ▶ Screen people with diabetes, caregivers, and family for diabetes distress at least annually.
- ▶ Provide COVID 19 immunizations annually to people with diabetes starting at age 18.
- ▶ Test for type 1 autoimmunity annually starting at age 5 for those with family history of autoimmune conditions.

Level 3 | Class 8 & Virtual Conference

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Poll Question 8

► Hyperglycemia during hospitalization is associated with poor outcomes due to

- Increased counterregulatory hormones and decreased insulin.
- Increased nitric oxide levels
- Increased risk of alkalosis
- Decreased insulin resistance and increased counterregulatory hormones.



Level 2 – Hospitals & Hyperglycemia

Poll Question 9

► MR weighs 100kg. According to the 50/50 Basal Bolus formula, what would be their basal dose and per meal bolus?

- 50 units basal, 16 units bolus per meal
- 25 units basal, 8 units bolus per meal
- 50 units basal, 8 units bolus per meal
- 25 units basal, 18 units bolus per meal

Level 3 | Class 5,6 & Virtual Conference

Poll Question 10

- ▶ Which of the following statements best reflect the goal of glucose management in the hospital setting.
 - a. Avoid use of basal insulin to prevent hypoglycemia.
 - b. Oral medications are never recommended.
 - c. Patients admitted with a blood glucose greater than 126 mg/dL, need basal bolus therapy.
 - d. Start Insulin therapy if BG is greater than 180 x 2.

Level 3 | Class 2 & Virtual Conference

Poll Question 11

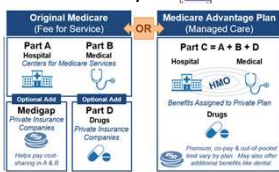
- ▶ Under Medicare guidelines, which of the following statements is most accurate?
 - a. People with diabetes can re-take the group classes every calendar year with approval from their referring provider.
 - b. Medicare Part A will cover the costs of Diabetes Self Management Program
 - c. People with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

Level 2 – Setting Up Successful DSME

ADA or ADCES Recognized Program

DSME & Medical Nutrition Therapy – Medicare **Part B** Covers 80%

- ▶ MNT
 - ▶ 3 hours initial benefit in first calendar year
 - ▶ 2 hours follow-up annually
- ▶ DSME
 - ▶ 1 hour individual assess
 - ▶ 9 hours group (once in a lifetime)
 - ▶ 2 hours follow-up annually (starts on Month 13 after first DSME Bill)
- ▶ Billing Codes
 - ▶ G0108- 1:1
 - ▶ G0109 – Group (2-20 people)



Poll Question 12

- ▶ 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



Level 3 | Class 2 – Cheat Sheets

Cheat Sheets & Stretch

Landmark Studies
A short cheat sheet that highlights the major diabetes trials and the significant findings.



Poll Question 13

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

Level 3 | Class 5,6 & Virtual Conference

Poll Question 14

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

Level 2 – Setting Up Successful DSME & ADCES Article

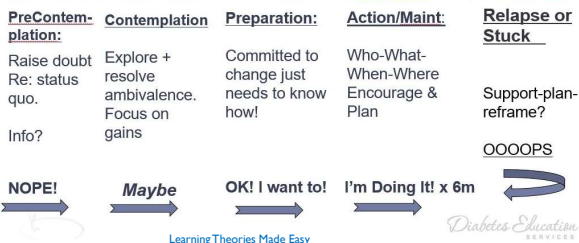
Poll Question 15

- ▶ AJ arrives at the educator's office for individual assessment with new glucose meter and says, "I'm not sure if I am ready to start checking". Using the transtheoretical model, what stage of change is AJ in?
 - a. Denial
 - b. Contemplation
 - c. Precontemplation
 - d. Readiness




Level 3 | Class 8 & Learning Theories Made Easy

Transtheoretical Model - Readiness determines Approach



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Poll Question 16

▶ 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 levels can eliminate the risk of congenital anomalies and spontaneous abortion.
- most people with type 1 and type 2 diabetes achieve optimal glycemic levels prior to pregnancy.
- major malformations occur after 12 weeks gestation.

Level 2 – Diabetes In Pregnancy

Poll Question 17

▶ MS has type 2 diabetes and A1c of 6.3%. Takes canagliflozin (Invokana) and follows a meal plan. In discussing preconception care, the specialist will suggest which of the following?

- Delay conception until achieves a 25 pound weight loss
- Discontinue canagliflozin and start on insulin
- Start on prenatal vitamins
- Discontinue canagliflozin and start glyburide

Level 2 – Diabetes In Pregnancy

Poll Question 18

- ▶ Which of the following is a correct retinopathy screening guideline according to the American Diabetes Association.
 - a. For both Type 1 and Type 2 diabetes, a dilated eye exam needs to be done upon diagnosis.
 - b. Eye screenings must be provided in-person by an experienced Ophthalmologist or Optometrist.
 - c. Laser photocoagulation is needed for those with non-proliferative retinopathy.
 - d. New onset type 2 diabetes requires a dilated eye exam upon diagnosis.

Level 3 | Class 7 & Level 2 Microvascular Disease

Poll Question 19

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

Level 3 | Class 5 & Level 2 Older Adults

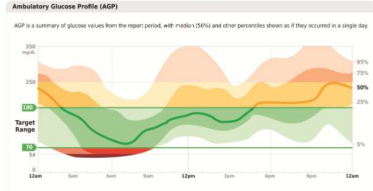
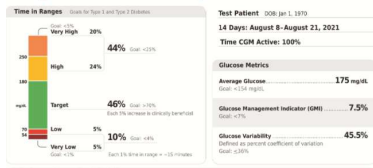
Poll Question 20 – type answer

- ▶ MS is on an insulin pump. Insulin-carb ratio at breakfast is 1:12 and at lunch and dinner 1:15. For breakfast she plans to eat 2 slices of bacon, 3/4 cup of berries, 1 slice of bread with a little butter and some yogurt (12gms carb). How much insulin is needed to cover the carbs?
 - a. 3.5 units
 - b. 3 units
 - c. 3.75 units
 - d. 4.0 units

Level 3 | Class 6 & Virtual Conference

Bonus Question

AGP Report: Continuous Glucose Monitoring



Based on this report, which of the following is an accurate statement?

- A. Individual is on target for very low blood sugars.
- B. Glucose variability is above target range.
- C. Glucose management indicator reflects how many standard deviations from target.
- D. Person is not wearing CGM for enough time to get accurate readings.

Level 3 | Class 2 & Virtual Conference

Poll Question 21 – type answer

▶ KL is a 24 year is being treated for DKA. What is the most important action to take before the insulin drip is stopped?

- a. Start IV drip of 5% dextrose
- b. Monitor for hypokalemia
- c. Make sure there is a glucagon emergency kit in the room
- d. Give sub-q insulin



Level 2 – Hyperglycemic Crisis

Poll Question 24 – type answer

▶ JR wants to lose weight in the next 30 days by drinking less juice. There are 100 calories per glass of juice and JR usually drinks 3 glasses a day. How much weight would JR lose by only drinking 1 glass a day?

- a. 0.85 pounds
- b. It depends on the type of juice
- c. 1.7 pounds
- d. 3000 calories

Level 3 | Class 6 & Virtual Conference

Last Note – Facts to Know (Class 6)

- ▶ Fat - 9 cal per gm
- ▶ Carb – 4 cal per gm
- ▶ Protein – 4 cal per gm
- ▶ Alcohol - 7 cal per gm
- ▶ Common food carb count
- ▶ Milk is 12 gms of carb
- ▶ Alcohol serving sizes
- ▶ 1 lb = 3,500 cal



- ▶ 7,500 to 10,000 steps recommended a day
- ▶ 2000 steps = 1 mile

Note from Bev, Bryanna & Team

- ▶ We love and value your participation
- ▶ Remember you have a whole community of educators cheering you on during the exam and beyond.
- ▶ WonderPerson pose
- ▶ You have an important message to share
- ▶ Keep in touch!





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