# Diabetes Training Pre-Post Test

To achieve 80% score and passage of this exam, the learner may answer no more than 15 questions incorrectly. If the learner misses all questions in one category, that section of training should be reviewed.

#### **Diabetes in Ohio Schools**

- 1. Ohio law ensures a student with diabetes receives appropriate care at school including:
- a. Providing care according to prescribers orders
- b. Administering diabetes medication
- c. Provides training to employees who volunteer to provide diabetes care
- d. All of the above
- 2. The trained employee is immune from liability.
- a. True
- b. False
- 3. A student with diabetes must go to an area designated by the school to attend to his/her diabetes care needs.
- a. True
- b. False

#### **Diabetes Medical Management Plan**

4. Another term for the Diabetes Medical Management Plan (DMMP) is

- 5. The following people are responsible for developing and signing the DMMP except:
- a. The parent
- b. The prescriber
- c. The school nurse
- d. The student's personal health care team
- 6. DMMP should include:
- a. Emergency contact information
- b. Blood glucose and ketone monitoring
- c. Insulin or medication administration
- d. All of the above

<u>Diabetes Basics</u>
7. "blood sugar"=
8. This type of diabetes is caused when insulin producing cells are destroyed. It is the most
common type of diabetes in children.
a. Type 1
b. Type 2
9. This type of diabetes is when the body does not use insulin properly or does not make
enough insulin. Usually starts in adulthood.
a. Type 1
b. Type 2
Type 2
10. Diabetes management includes:
a. monitoring glucose levels
b. insulin/medication
c. physical activity
d. food and beverage intake
e. all of the above
Universal Precautions
11. The single most important way to prevent the spread of infectious disease is
11. The single most important way to prevent the spread of infectious disease is
12. Used needles and lancets should be disposed of in:
a. trash can
b. sharps container
13 should be worn when assisting student with diabetes care.
a. mask
b. goggles
c. gloves

#### **Individualized Healthcare Plans**

- 14. The document, written by the school nurse, which combines all the student's healthcare needs for managing their health needs at school.
  - a. 504 plan
  - b. IEP
  - c. IHP
  - d. EAP
- 15. Joe is a third grade student with diabetes that you help daily. The fifth grade teacher said to you that she heard Joe has diabetes and began asking you questions about his diabetes. Should you give her this information?
  - a. No
  - b. Yes
- 16. If a student has signs of hypoglycemia, hyperglycemia or DKA which plan should you look at for symptoms and treatment?
  - a. IEP
  - b. EAP
  - c. DMMP

### **Blood Glucose (BG) Monitoring**

- 17. Blood Glucose monitoring is also known as:
  - a. Checking blood sugars
  - b. Glucometer checks
  - c. Both a & b
- 18. Blood glucose should be checked before and possibly 2 hours after meals.
  - a. True
  - b. False
- 19. BG meter must always remain in the clinic office.
  - a. True
  - b. False

#### **Carbohydrate Counting**

- 20. Students with diabetes need a special diet.
  - a. True
  - b. False
- 21. Which of the following foods WOULD NOT contain carbohydrates?
  - a. Bread
  - b. Carrots
  - c. Chicken
  - d. Apple juice
- 22. What 3 things are important to look at when reading a nutrition label when counting carbohydrates?
  - a. Serving size, Total Fat and Protein
  - b. Serving size, Calories, and Carbohydrates
  - c. Serving size, Servings per container and Carbohydrates
- 23. When carb counting without a food label what are resources for finding out the number of carbs in a food item?
  - a. Food service provider
  - b. Parents for food brought from home
  - c. Calorie King book
  - d. All of the above
- 24. Refer to the Nutritional label below. If a student ate 10 crackers how many grams of carbohydrates did they eat?

g	
Calories from fat	10
% Daily Valu	e *
2	2%
g <b>c</b>	)%
mg c	)%
1	1%
drate 12 g 4	1%
9 0	)%
	Calories from fat % Daily Value g  mg  drate 12 g  4

- a. 5 g
- b. 12 g
- c. 24 g
- d. 6 g

25. S	usan, a student with diabetes ate the following lunch. How many carbs did she eat?
Turke	ey sandwich (2 slices of bread)
	e (small)
	ots (1 cup raw)
	on of 2% milk
	=
rotai	
<u>Insul</u>	in Dose Calculation
26. A	Il the following information is needed to calculate a student's insulin dose, except:
а	. How many carbs the student is eating
b	. Blood glucose (BG) taken before eating
C.	. Student's weight
d	. Carb ratio, Correction Target, and Correction Factor
27. C	arbohydrate ratio is how many grams of carbohydrates will be covered by one unit of
insuli	in.
a	. True
b	. False
28. C	orrection Target is the target BG value used for insulin dose calculations when blood
gluco	ose is too low.
a	. True
b	. False
29. C	orrection Factor is how many points (mg/dl) one unit of insulin will lower the BG over
sever	ral hours.
a	. True
b	. False

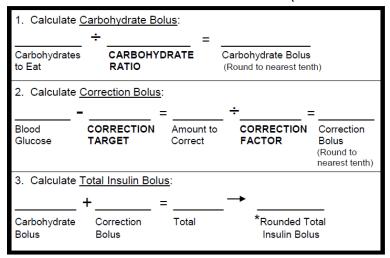
30. Joe, a student with diabetes, blood sugar before lunch was 220mg/dl. He is about to eat 62 grams of carbohydrates for lunch. He uses whole unit insulin syringes.

Carb Ratio =15

Correction Target=120

Correction Factor=50

How much total insulin should he receive? (Use chart below to calculate)



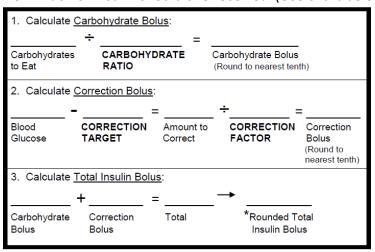
31. Susan, a student with diabetes, blood sugar before lunch was 100 mg/dl. She is about to eat 75gm of carbohydrates for lunch. She uses half dose insulin syringes.

Carb Ratio=10

Correction target=120

Correction factor=3

How much of insulin should she receive? (Use chart below to calculate)



## **Insulin Administration**

32. Which insulin is sometimes called "background insulin" works steadily throughout the day?
a. Basal
b. Bolus
22 Which insulin is given in single doses, when sarbehydrates are consumed and to correct
33. Which insulin is given in single doses, when carbohydrates are consumed and to correct
high blood sugar readings?
a. Basal
b. Bolus
34. With what delivery devices can insulin be given?
a. Syringe
b. Pump
·
c. Pen
d. All of the above
35. Name three common sites, on the body, where insulin can be given at school?
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36. Insulin syringes and needles can be reused.
36. Insulin syringes and needles can be reused.  a. True
36. Insulin syringes and needles can be reused.
36. Insulin syringes and needles can be reused.  a. True  b. False
36. Insulin syringes and needles can be reused.  a. True  b. False  37. Students can share diabetes equipment and supplies.
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## **Hypoglycemia**

38. Hypoglycemia means	38.	Hypog	lycemia	means
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- a. High blood sugar
- b. Normal blood sugar
- c. Low blood sugar

	39.	List the	5	common	sym	ptoms	of	low	hypog	lycemi	a:
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- 1.
- 2.
- 3.
- 4.
- 5.

40. Hypoglycemia is an emergency and should be treated immediately.

- a. True
- b. False
- 41. The "Rule of 15" for treating hypoglycemia means:
  - a. Eat 15 grams of carbohydrates, Wait 15 minutes, Retest blood glucose
  - b. Eat 15 grams of carbohydrates, Wait 5 minutes, Retest blood glucose
  - c. Give 15 units of insulin, wait 15 minutes, Retest blood glucose

### **Glucagon Administration**

- 42. How is glucagon administered?
  - a. Pill
  - b. Injected
  - c. Drink
- 43. Glucagon is an emergency drug and should be given when
  - a. Student can eat or drink
  - b. Student is alert and talking
  - c. Student has signs of severe low blood sugar
  - d. Student has signs of severe high blood sugar

44. Glucagon can be administered in all the following except
a. Thigh
b. Upper Arm
c. Buttock
d. Abdomen
<u>Hyperglycemia</u>
45. Hyperglycemia means
a. High blood sugar
b. Normal blood sugar
c. Low blood sugar
46. List 5 common symptoms of hyperglycemia
1.
2.
3.
4.
5.
47. Hyperglycemia alone is not an emergency.
a. True
b. False
48. The goal of treating hyperglycemia is to the blood sugar.
a. Increase
b. Decrease
<u>Ketones</u>
49. When should ketones be checked?
a. Daily
b. When glucose remains high
c. If student is ill, vomiting or fever
d. b & c only
EQ. If ketanes are high this is called
50. If ketones are high this is called

51.	What	two	ways	can	ketoi	nes b	e te	sted?

# **Storage and Disposal of Medical Supplies**

- 52. Who is responsible for providing supplies for student's with diabetes?
  - a. School nurse
  - b. Parent
  - c. Principal
  - d. Student's Healthcare Provider
- 53. Unopened insulin should be stored in
  - a. refrigerator
  - b. storage cabinet
  - c. student's locker
- 54. Food supplies must be available to students with diabetes
  - a. at meals only
  - b. at all times during the school day
  - c. during extra-curricular activities
  - d. b&c