Diabetes Knowledge Review

This review is a tool that can be used to decide which diabetes topics you feel comfortable with and which topics need more explanation. The following questions cover the information that has been discussed during your hospital stay.

Some of the following questions may have more than one right answer. For these questions, select the one answer you think is best.

This review is not a test and will not delay discharge. Please use any resources you need to answer the questions to the best of your ability.

1. A person with diabetes needs to take rapid-acting insulin (for example, Novolog):
   a) At breakfast, lunch, and dinner
   b) Any time they eat or drink something that contains carbohydrate
   c) When blood sugar is above goal and it has been more than 3 hours since the last correction dose
   d) All of the above

2. A person with diabetes should check urine for ketones if they:
   a) Are sick with a cold or flu
   b) Miss a dose of basal (24-hour) insulin
   c) Have a blood sugar over 350 mg/dL
   d) All of the above

3. Low blood sugar can be caused by:
   a) Exercise
   b) Too much insulin for the amount of carbohydrate eaten
   c) A and B

4. A person needs Glucagon when they are having a severely low blood sugar AND they are:
   a) Unresponsive or unconscious
   b) Having a seizure
   c) Unable to take juice, sugar, icing or honey by mouth
   d) All of the above are reasons to give Glucagon
5. Are the following statements true (T) or false (F)?

- Food or drink left on a finger before testing can cause a falsely high glucose reading. T F
- A slightly wet finger can cause a falsely low sugar reading. T F
- You should completely clean and dry a finger before testing. T F
- Too much blood on the test strip can cause a falsely high reading. T F

6. Jeremy took his insulin with lunch at a birthday party. One hour later, he wants to eat a slice of cake. The best plan would be to:
   a) Give insulin for the carbohydrate in the cake only.
   b) Give insulin for the carbohydrate in the cake plus an extra dose if blood sugar is high.
   c) Eat the cake without giving insulin, and give extra insulin at the next meal if needed.
   d) Avoid eating the cake.

7. Jayden is watching a movie in the evening and falls asleep before giving his basal (24-hour) insulin. He sleeps late the next morning and wakes up with stomach pain and nausea. His blood sugar is 438 mg/dL. What should he do?
   a) Test for ketones.
   b) Call the doctor.
   c) Both A and B.

8. Ellen uses the following insulin doses:
   a) Insulin to carbohydrate ratio of 1 unit for every 15 grams carbohydrate.
   b) Correction dose of 1 unit for every 50 mg/dL above 150 mg/dL – see table below:
      - 151-200 mg/dL: add 1 unit
      - 201-250 mg/dL: add 2 units
      - 251-300 mg/dL: add 3 units
      - 301-350 mg/dL: add 4 units
      - >350 mg/dL: add 5 units
   Ellen is planning to eat a sandwich with 2 slices of bread (30 grams carb), a small apple (15 grams carb), and a cup of milk (15 grams carb). Her blood sugar is 126 mg/dL. How much insulin should Ellen take? __________ units

9. Children with a new diagnosis of diabetes often react with:
   a) Anger
   b) Sadness
   c) Early acceptance followed by weeks or months of anger and sadness
   d) A bad temper and getting upset about things they normally would not
   e) Delayed acceptance and integration of diabetes into normal life
   f) Any or all of the above
Use the nutrition label to answer questions 10 and 11.

10. How many total grams of carbohydrate are in one container?
   a) 28 grams
   b) 31 grams
   c) 39 grams
   d) 62 grams

11. If your insulin to carbohydrate ratio is 1:10, how much insulin would you give for one serving of this food?
   a) 1 unit
   b) 2 units
   c) 3 units

Congratulations! You’ve completed the diabetes knowledge review.

Are there any diabetes care topics you want more information on?
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Is there any diabetes care you feel uncomfortable providing?
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