

Medical Assistant's Diabetes Survey

Instructions: Circle one answer for each question. Thank-you.

Basic Knowledge

1. Risk factors for developing Type 2 diabetes include:
 - a. Family members with diabetes
 - b. Gestational diabetes
 - c. Stress of an illness or injury
 - d. All of the above

2. Which is NOT a cause of diabetes?
 - a. Use of steroids
 - b. Eating sugar
 - c. Insulin resistance
 - d. Pancreatic gland failure

3. Which is NOT a sign of hyperglycemia?
 - a. Thirst
 - b. Fatigue
 - c. Shakiness
 - d. Frequent urination

4. In Type 1 diabetes, there is not enough:
 - a. Insulin
 - b. Glucose
 - c. Protein
 - d. Fat

5. Patients with Type 1 diabetes:
 - a. Never need insulin injections
 - b. Need 24 hour insulin delivery
 - c. May occasionally need insulin
 - d. Can take oral medication that makes the pancreas secrete insulin

6. Insulin is made in the:
 - a. Liver
 - b. Stomach
 - c. Kidneys
 - d. Pancreas

7. Hyperglycemia means:
- a. Blood glucose is high
 - b. Blood glucose is low
 - c. Blood pressure is high
 - d. Blood pressure is low
8. Symptoms of Hypoglycemia include:
- a. Weakness
 - b. Sweating
 - c. Shakiness
 - d. All of the above

Monitoring

9. ADA recommendations for blood glucose levels before meals is:
- a. 50-70 mg/dL
 - b. 80-120 mg/dL
 - c. 125-160 mg/dL
 - d. 180-240 mg/dL
10. A blood glucose level in diabetes over 180 is:
- a. Normal
 - b. Acceptable
 - c. Unacceptable
 - d. Requires an ER visit
11. The A1c Glycohemoglobin test is:
- a. Best under 7
 - b. Tells how blood has been controlled for 6 months
 - c. Can be tested with urine
 - d. Should be kept from the patient
12. Low blood sugar is considered to need treatment when glucose levels are under 70mg/dL and should be treated with:
- a. Hersey candy bar
 - b. Cheese
 - c. Avocado
 - d. 6-7 small hard candies

13. With intensive insulin therapy, monitoring should be done:
- a. Before meals
 - b. After meals
 - c. After evening snack
 - d. Several times a day
14. Monitoring should be done more often:
- a. On sick days
 - b. When traveling
 - c. When meals and exercise change
 - d. All of the above
15. Nighttime hypoglycemia should be treated with:
- a. Carbohydrate
 - b. Protein
 - c. Fat
 - d. First carbohydrate and then carbohydrate with protein
16. During illness, blood glucose should be monitored every:
- a. $\frac{1}{2}$ hours
 - b. 3-4 hours
 - c. 6-8 hours
 - d. 12 hours

Medications

17. Diabetes pills
- a. lower blood glucose
 - b. increase the release on insulin
 - c. correct insulin resistance
 - d. All of the above
18. The preferred site for an insulin injection is
- a. Abdomen
 - b. Hips
 - c. Buttocks
 - d. Arm
19. Insulin should be injected in the same site:
- a. True
 - b. False
20. When you travel your medication and supplies should:
- a. Be checked with your luggage
 - b. Carried onto the plane with you

- c. Mailed to your destination
 - d. Left at home
21. Lantus is an insulin that will last:
- a. 2 hours
 - b. 6 hours
 - c. 12 hours
 - d. 24 hours
22. After taking a rapid acting insulin, the patient should:
- a. Wait 30 minutes before eating
 - b. Have food present for eating before injecting
 - c. Exercise to maximize the effect of the insulin
 - d. Finish income taxes
23. Oral medications work directly on the areas of the body except:
- a. Heart
 - b. Pancreas
 - c. Cell
 - d. Liver

Meal Planning

24. Which nutrient significantly increases blood sugar?
- a. Fat
 - b. Water
 - c. Sodium
 - d. Carbohydrates
 - e. Vitamin A
25. What following foods contain about 15 grams of carbohydrate?
- a. 2 cups of ice cream
 - b. 1 cups of 1% milk
 - c. 1/3 cup of rice
 - d. 1/4 cup of cottage cheese
 - e. 1 Tbsp. Mayonnaise
26. Saturated fats are found in:
- a. Apples
 - b. Broccoli
 - c. Margarine
 - d. Wheat bread
27. Eating too many carbohydrates can happen when:
- a. Not paying attention to portion sizes
 - b. Eat every 4-6 hours

- c. Add non-starchy vegetables to meals
 - d. Add 1 glass of wine to a meal
28. Carbohydrates should make up what percent of daily calories?
- a. 5-10%
 - b. 15%
 - c. 25%
 - d. 55-65%
29. One serving of a carbohydrate equals 15 grams of carbohydrate and will raise the blood sugar:
- a. 0-5 mg/dL
 - b. 5-10 mg/dL
 - c. 10-15 mg/dL
 - d. 20-40 mg/dL
30. A good source of complex carbohydrates is:
- a. Eggs
 - b. Juice
 - c. Whole-grain bread
 - d. Hamburger
31. How much cholesterol should a person have per day?
- a. 1,200 mg
 - b. 750 mg
 - c. 500 mg
 - d. no more than 300 mg
32. The maximum daily amount of salt in a diet should be:
- a. less than 3 grams
 - b. 5 grams
 - c. 10 grams
 - d. 12 grams
33. One serving of alcohol equals
- a. 12 ounces of beer
 - b. 2 ounces of wine
 - c. 1.5 ounces of scotch
 - d. All of the above
34. If alcohol is allowed you should drink it:
- a. On an empty stomach
 - b. Along with food

35. A “free food”:
- a. Has no sugar
 - b. Has fewer than 20 calories
 - c. Has no salt
 - d. Can be eaten in unlimited quantities
36. The amount of carbohydrate should be eaten:
- a. Greatest at breakfast
 - b. Greatest at lunch
 - c. Greatest at dinner
 - d. Evenly distributed throughout the meals

Exercise

37. blood sugar can be accurately tested by:
- a. Urine
 - b. Blood
 - c. Saliva
 - d. All of the above
38. Regular exercise may
- a. Lower blood glucose
 - b. Reduce the amount of insulin needed
 - c. Reduce the amount of oral diabetes medication needed
 - d. All of the above
39. Which exercise is best for patients with insensitive feet?
- a. Swimming
 - b. Jogging
 - c. Tap dancing
 - d. Soccer
40. Fit patients with diabetes should exercise for:
- a. 15 minutes once a week
 - b. 1 hour once a week
 - c. 20-30 minutes 3 times a week
 - d. 1 hour every day
41. If blood glucose is less than 80mg/dL during exercise, the patient should:
- a. Lie down
 - b. Eat a snack
 - c. Call the doctor
 - d. Ignore it and keep exercising
42. If blood glucose is over 250 mg/dL, exercise should be delayed.
- a. True

- b. False

General Care Considerations

- 43. Any sore on the foot should be reported in:
 - a. One day
 - b. One week
 - c. At the next scheduled appointment

- 44. Feet should be inspected:
 - a. Everyday by patient or caregiver
 - b. Only when there is pain or pressure
 - c. After going barefoot

- 45. Diabetes patients are more at risk for infections or illness because:
 - a. The immune system may be impaired
 - b. Bacteria thrive on higher glucose levels
 - c. Blood vessels may be damaged
 - d. Neuropathy may prevent detection of a problem
 - e. All of the above

- 46. Patients with diabetes have greater risks for all of the complications except:
 - a. Heart Attacks
 - b. Strokes
 - c. Fractures
 - d. Blindness

- 47: Impotence can be caused by:
 - a. Chronically high blood sugars
 - b. Stress and depression
 - c. Medications and alcohol
 - d. All of the above

- 48. Routine eye exams are done because:
 - a. Styles in eyewear change all the time
 - b. Early treatment may prevent progression of eye disease
 - c. Only needed when there is trouble

- 49. Woman with diabetes may have more:
 - a. Pregnancies
 - b. Vaginal and bladder infections
 - c. Blindness
 - d. Headaches

- 50. Ketoacidosis may be caused by:
 - a. Too little insulin

- b. Too much food
- c. Too much insulin
- d. Too little food

51. If blood glucose levels are greater than 250mg/dL and there are large ketones in the blood, the patient should:

- a. Take a nap
- b. Take extra insulin and water
- c. Eat a large meal
- d. Exercise