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. ½ 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