

Diabetes Canada Preconference workshop: November 1, 2017 Edmonton

Disclaimer: Sample questions in this workshop and on the pre/post- test have not gone through validity or reliability testing. Answering these questions correctly and participating in any educational sessions does not guarantee a passing mark on the CDE exam.

Workshop Test

1. A 43 year old man with type 2 diabetes wants to begin an exercise program. He has had diabetes for 10 years, takes no medication, checks blood sugars twice a day, has no complications from diabetes, BMI=28 and follows a 1500 calorie diet. What adjustments to food intake, if any, should be suggested to him?
 - a) He should carry a fast acting carbohydrate with him.
 - b) He should increase his diet by 300 calories to prevent hunger during exercise.
 - c) He should increase CHO intake before exercising.
 - d) There should be no change in diet.
2. JI is a 35-year-old female with new –onset type 2 diabetes. JI has cognitive limitations but is able to live alone, and she prepares her own meals. A kind neighbour helps her with her medications and self-monitoring of blood glucose. Which meal planning approach would be most appropriate for JI?
 - a) The DASH diet
 - b) Exchange list
 - c) The plate method
 - d) Carbohydrate counting
3. Pyira has type 2 diabetes and is currently taking a premixed insulin analogue: 55 units with breakfast and 35 units with dinner. She worries overnight hypoglycemia. Using the table below what would you recommend?

Day	Before Bfast	Before Lunch	Before Dinner	Before Bed
1				6.5
2	12.3		5.1	8.1
3	7.7		5.9	9.8
4	9.0			5.6
5	13.6			

- a) Increase her activity after dinner.
- b) Assess if she is consuming a snack at bedtime.
- c) Assess if she is willing to increase the testing time.
- d) Increase the dinner dose of insulin.

4. The empowerment approach to education
 - a) Is prescriptive in nature.
 - b) Promotes active client participation.
 - c) Assumes the health care professional is the expert.
 - d) Is based on the medical model.

5. Ms. Ellis chooses most of her carbohydrates from high fiber and low glycemic index (GI) foods. What percentage of carbohydrate may contribute to total energy?
 - a) 40-50%
 - b) 45-60%
 - c) 50-55%
 - d) 30-50%

6. Identify the 3 domains of learning;
 - a) cognitive, affective, psychobehavioural
 - b) cognitive, affective, psychological
 - c) cognitive, affective, psychosocial
 - d) cognitive, affective, psychomotor

7. Food labels provide valuable information for those who count carbohydrates. When providing tips on reading total carbohydrate on a food label include the following advice:
 - a) Do not subtract sugar alcohols from total carbohydrate.
 - b) Subtract 50% fibre from total carbohydrate
 - c) Fibre should be subtracted from total carbohydrate
 - d) Total amount of carbohydrate, in grams, includes starch and fibre.

8. Sanjay has type 1 diabetes. He is going for his usual hour long run after breakfast. His carbohydrate to insulin ratio is 11:1. He is on an insulin pump. What should he do?
 - a) Disconnect for the pump for an hour.
 - b) Reduce his meal bolus by 20-50%.
 - c) Consume 11 grams of carbohydrate.
 - d) Suspend the pump. Give a small bolus equaling the hour basal missed.

9. Identify 4 basic modes of learning:

- a) remedial, slow, moderate, quick
- b) individual, pairs, groups, classes
- c) visual, auditory, kinesthetic, tactual
- d) survival, basic, intermediate, advanced

10. Inder has type 2 diabetes and is on 40 units of basal analogue at bedtime and oral antihyperglycemic agents during the day. He reports no episodes of hyperglycemia. Using the table below what do you recommend?

hypo

Day	Before Bfast	Before Lunch	Before Dinner	Before Bed
1	9.9			
2	13.8			
3	10.2			
4	8.9			
5	11.1			

- a) Increase the basal analogue
- b) Increase the frequency of monitoring to include an bedtime reading
- c) Add a 3am blood sugar check to assess overnight control
- d) Avoid having a bedtime snack

11. Jason has had type 1 diabetes for 20 years. He is on basal bolus insulin regimen of rapid-acting insulin before meals and long-acting basal analogue at bedtime. His doses rapid-acting insulin are: 10 units ac breakfast, 6 units ac lunch, 12 units ac dinner and 20 units of basal analogue at bedtime. Using the table below, what would your first response be?

Day	Before Bfast	Before Lunch	Before Dinner	Before Bed
1	4.0	6.5	7.6	9.8
2	4.1	8.6	12.1	11.2
3	5.3	7.0	8.1	7.8
4	3.0	9.2	7.8	6.5
5	2.4	11.7		

- a) Lower the basal analogue at bedtime to 16 units
- b) Request a 3 am blood sugar check
- c) Assess injection sites for areas of lipohypertrophy
- d) Enquire about symptom awareness of hypoglycemia

12. Henry is a 22 year old newly graduated university student living with Type 1 diabetes and admits that he did not take care of his diabetes during that time. He is frustrated that he has not gained weight and may have lost some since high school. He is not carbohydrate counting, describes limited cooking skills and has a very active lifestyle. He states he is 185cm tall and weighs 62kg. What is his Body Mass Index?

- a) 29.8
- b) 18.1
- c) 22.0
- d) 20.8

13. Jennifer has joined a running group and plans to run a marathon in the fall. She has type 1 diabetes. She runs on Day 1 x 30 minutes, Day 2x 45minutes and Day 3 x 60 minutes before breakfast. She does yoga and weight training on days 4 & 5 after dinner. Using the table below, what is your assessment?

Day	Before Bfast	Before Lunch	Before Dinner	Before Bed
1	8.0	4.5	3.6	12.9
2	10.3	4.9	3.2	11.2
3	11.2	2.9	4.2	15.0
4	7.9	8.6	9.2	6.5
5	8.1	11.7		

- a) She isn't eating enough carbohydrates on her run days
- b) She should reduce the dose of insulin at breakfast on her run days
- c) She should reduce the dose of insulin at breakfast and lunch on her run days
- d) She should increase the dose of insulin at dinner on her run days

14. Which of the following statements reflect an Outcome Standard?

- a) Individuals demonstrate adaptive problem solving in their decisions for living with diabetes.
- b) Interprofessional team members function as resources and facilitators for learning
- c) Personnel involved in diabetes education have clinical expertise within a recognized profession
- d) Appropriate cultural resources are available in a language that is understood

15. Kate is currently treated with maximum doses of oral agents. Her A1c is 8.7%. In November, she is referred to you to switch to basal bolus insulin regimen. Your assessment reveals she is leaving next week to move her elderly mother into a nursing home and will be gone for 4 weeks. She also states over Christmas her job requires home visits where food is offered. She states she knows she needs to switch to insulin, and is will to do so, but not do it until the New Year, sometime in January. According to the Transtheoretical Model of Change, in which stage is Kate?

- e) Pre contemplation
- f) Contemplation
- g) Action
- h) Relapse

END OF EXAM