

Training Modules Post - Quiz Answer Keys

Module 1: Diabetes Basics Answer Key

- What is diabetes?
 - Body produces too much glucose
 - Body does not make or use insulin properly**
 - Joints are stiff and painful
 - a and b
- Which of the following is/are symptoms of type 1 diabetes?
 - Increased urination
 - Increased thirst
 - Increased hunger
 - All of the above**
- Insulin makes blood glucose go:
 - Down**
 - Up
 - Stay the same
- The need for assistance with diabetes care will vary from student to student.
 - True**
 - False
- What is the name of the written plan that is signed by the student's healthcare provider and sets out diabetes care in the school setting?
 - Section 504 Plan
 - Individualized Health Care Plan
 - Diabetes Medical Management Plan**

Module 2: Diabetes Medical Management Plan Answer Key

- The DMMP should be implemented collaboratively by:
 - School nurse
 - Teachers and/or other school staff
 - Parent/student
 - All the above.**
- Which of the following actions is not usually contained in the DMMP?
 - Frequency of blood glucose monitoring
 - Insulin dosing and frequency
 - Treatment of low and high blood glucose
 - Test taking at alternate times if blood glucose level is outside target range**
- The Section 504 Plan should be based upon and implemented in accordance with the DMMP.
 - True**
 - False
- The Section 504 contains insulin dosage information.
 - True
 - False**
- Which of the following are the types of written plans a student with diabetes might have?
 - Section 504 Plan
 - Diabetes Medical Management Plan
 - Individualized Health Care Plan
 - Emergency/Disaster Plan
 - All the above**

Module 3: Hypoglycemia Answer Key

- What is the most serious immediate danger to the student with diabetes?
 - Running out of diabetes supplies
 - Forgetting a scheduled blood glucose monitoring
 - Hypoglycemia (low blood glucose)**
 - Forgetting to refrigerate insulin
- What causes hypoglycemia?
 - Too much insulin
 - Too little food or delayed meal/snack
 - Unanticipated physical activity
 - All of the above**
- Sweating is a symptom of hypoglycemia.
 - True**
 - False
- If no blood glucose meter is available, treat for hypoglycemia.
 - True**
 - False
- Which of the following is the best treatment for hypoglycemia?
 - Water
 - M&M's
 - 4 oz. of orange juice**
 - Carrot sticks
- What is glucagon?
 - A sugary gel given to treat hypoglycemia
 - A naturally occurring hormone**
 - A blood glucose test
 - None of the above
- When is a glucagon (injection or nasal powder) needed?
 - Shakiness
 - Severe hypoglycemia, unconscious or seizures**
 - Hunger
 - Sweating

Module 4: Hyperglycemia Answer Key

- Hyperglycemia is:
 - Inability to concentrate
 - Low blood glucose
 - High blood glucose**
 - Excess energy
- The symptoms of hyperglycemia include:
 - Increased thirst
 - Frequent urination
 - Blurred vision
 - All of the above**
- If left untreated, hyperglycemia resulting from insufficient insulin can lead to:
 - A rash
 - Seizure
 - ringing in the ears
 - Diabetic ketoacidosis (DKA)**
- Hyperglycemia is sometimes caused by illness, injury, stress, or infection.
 - True**
 - False
- Hyperglycemia is usually treated with:
 - A peanut butter and jelly sandwich
 - Water
 - Glucose tabs
 - Insulin
 - b and d**

Module 5: Blood Glucose Monitoring Answer Key

- Which of the following can affect blood glucose levels?
 - Insulin
 - Food
 - Physical Activity
 - Stress/illness
 - All the above**
- Blood glucose ranges are individualized for each student.
 - True**
 - False
- Students who are able to self-manage should be able to check their blood glucose in the classroom.
 - True**
 - False
- When should blood glucose levels be routinely checked?
 - Every hour
 - Before meals and snacks
 - Every time student comes to the clinic
 - According to the schedule in the student's DMMP**
 - Never at school
- Blood glucose levels are monitored using:
 - Urine test strip
 - Continuous glucose monitor
 - Glucose Meter
 - a and c
 - b and c**

Module 6: Continuous Glucose Monitoring Answer Key

- Which CGM alarm cannot be turned off?
 - Out of insulin
 - Hyperglycemia (high blood glucose)
 - Severe hypoglycemia (low blood glucose)**
 - CGM alarms should always be on the vibrate mode
- All CGMs are indicated for treatment decisions.
 - True
 - False**
- Which item below is NOT part of CGM's equipment?
 - Receiver
 - Lancet**
 - Transmitter
 - Sensors

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Module 7: Glucagon Answer Key

1. Glucagon is used to treat:
 - a. Hyperglycemia
 - b. Hypoglycemia**
2. Glucagon is a naturally occurring hormone made by the pancreas.
 - a. True**
 - b. False
3. Glucagon is given when:
 - a. Unconsciousness/unresponsiveness
 - b. Convulsion/seizure
 - c. Inability to safely eat or drink
 - d. All the above**
4. Glucagon is administered through a:
 - a. Mouth
 - b. Injection
 - c. Nasal powder
 - d. Pen or auto-injector
 - e. b, c, d**
 - f. All of the above
5. The student should be positioned on his or her side before glucagon is administered:
 - a. True**
 - b. False

Module 8: Insulin Basics Answer Key

1. Insulin is _____ that moves glucose from the blood into the cells for energy.
 - a. A steroid
 - b. A hormone**
 - c. A pain killer
 - d. An oral medication
2. Bolus insulin is given to cover meals/snacks and:
 - a. Increased physical activity
 - b. To make the student more alert
 - c. To correct hyperglycemia**
 - d. None of the above
3. Insulin is administered through a:
 - a. Mouth
 - b. Syringe
 - c. Pump or pod
 - d. Meter
 - e. Pen
 - f. b, c, e**
 - g. None of the above
4. Basal insulin is a slow steady stream of insulin.
 - a. True**
 - b. False

Module 9: Insulin by Syringe and Vial Answer Key

1. Rotating injection sites is important.
 - a. True**
 - b. False
2. Insulin syringes should be recapped.
 - a. True
 - b. False**
3. Which site is not an injection site:
 - a. Upper arm
 - b. Stomach
 - c. Calf**
 - d. Thigh
 - e. Buttocks

Module 10: Insulin by Pen Answer Key

1. Many pens contain a built-in insulin cartridge.
 - a. True**
 - b. False
2. Which is not a step to consider when administering insulin with a pen?
 - a. Needle is screwed onto pen
 - b. Insulin is drawn from vial**
 - c. Pen is primed
 - d. Pen is dialed to appropriate dose
 - e. Plunger injection button is pressed

Module 11: Insulin by Pump Answer Key

1. Pumps deliver insulin through:
 - a. A tube inserted under skin
 - b. A pod attached to body
 - c. a and b**
2. Most pumps can calculate insulin dosages based on carbohydrate intake and blood glucose levels entered into the device.
 - a. True**
 - b. False
3. Advantage(s) of using an insulin pump that have been reported include:
 - a. Allows for finer adjustment of insulin dosages
 - b. Convenience without multiple daily injections
 - c. Monitors "on board" or "active" insulin
 - d. Calculates insulin dosage
 - e. All the above**
4. A back-up plan for giving insulin should be in place for any problems with the pump.
 - a. True**
 - b. False

Module 12: Ketones Answer Key

1. Ketones are:
 - a. Acids that result when the body does not have enough insulin**
 - b. Caused by alcohol consumption
 - c. Caused by eating too much sugar
2. Untreated ketones can build up in the blood and result in
 - a. Insomnia
 - b. Nervousness
 - c. Diabetic ketoacidosis (DKA)**
3. DKA is the number one reason children with diabetes are hospitalized.
 - a. True**
 - b. False
4. Ketones are checked by using:
 - a. Saliva
 - b. Urine
 - c. Blood
 - d. Body temperature
 - e. a and b
 - f. b and c**

Module 13: Nutrition and Physical Activity Answer Key

1. There are no forbidden foods for children with diabetes.
 - a. True**
 - b. False
2. Food consumption should be balanced with physical activity and insulin.
 - a. True**
 - b. False
3. An insulin to carbohydrate ratio is determined by the student's provider and is used to calculate meal/snack insulin.
 - a. True**
 - b. False
4. Which variable is important for determining insulin dose and can be provided by the school food service manager?
 - a. Fat content
 - b. Wheat content
 - c. Sugar content
 - d. Carbohydrate content**
5. Physical activity usually lowers blood glucose.
 - a. True**
 - b. False

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Module 14: Psychosocial Answer Key

1. The age at which students should be able to self-manage their diabetes varies for each child.
a. True
b. False
2. Preschoolers and toddlers are usually able to choose their injection sites.
a. True
b. False
3. Diabetes should be the first thing that is discussed with the child.
a. True
b. False

Module 15: Before and After School Care Answer Key

1. What might a child with diabetes need before they eat breakfast at school?
a. Whole grain toast
b. Insulin
c. Sugar-free beverage
d. None of the above
2. Which actions may after-school staff have to perform for a child with diabetes attending an after-school program?
a. A ride home
b. Insulin administration
c. Count carbohydrates
d. B and C
3. What information should be recorded and reported by the caregiver and parent/guardian:
a. Blood glucose readings
b. Any insulin doses given
c. Failure to complete prescribed meal plan
d. Symptoms and treatment provided for hypoglycemia or hyperglycemia
e. All the above

Module 16: After School Programs Sports/Camps Answer Key

1. Which of the following tasks are necessary for appropriate diabetes care?
a. Insulin administration
b. Blood glucose administration
c. Carbohydrate counting
d. Recognition and treatment of hypoglycemia (low blood glucose)
e. All the above
2. Parental attendance cannot be required in order for the student to receive diabetes care at after-school activities.
a. True
b. False
3. What should children with diabetes be allowed to do if they are playing sports?
a. Children with diabetes should not be allowed to play sports
b. Have access to water and snacks
c. Self-manage their diabetes if they are capable of doing so
d. B and C
e. None of the above

Module 17: Legal Considerations Answer Key

1. Which of the laws below does not provide protection children with diabetes in the school setting?
a. Section 504
b. Affordable Care Act
c. Americans with Disabilities Act
d. Individuals with Disabilities Education Act
2. Which of the following is a reasonable accommodation for a student with diabetes?
a. Send student to a school with other students with diabetes in order to receive care
b. Require another student to walk student to the clinic when experiencing hypoglycemia
c. Require a self-managing student going to clinic to do blood glucose monitoring
d. Providing a school nurse or other trained school staff member to accompany student on a field trip
3. Regardless of state law, the requirements of federal laws must be met.
a. True
b. False

Module 18: Child Care Answer Key

1. Younger children with diabetes are usually completely dependent upon their care giver for diabetes care.
a. True
b. False
2. Which diabetes care task can be performed by trained childcare staff?
a. Insulin administration
b. Blood glucose monitoring
c. Glucagon administration
d. Carbohydrate counting
e. All the above
3. Under which circumstances should a parent/guardian be notified?
a. Severe low blood glucose
b. Vomiting, positive ketones
c. Refusing to eat
d. Refusing to check blood glucose
e. Refusing to take insulin
f. High blood glucose has been treated, but is not down
g. Low blood glucose has been treated but is not going up.
h. All the above

Module 19: Type 2 Diabetes Answer Key

1. Type 2 diabetes is only found in adults.
a. True
b. False
2. Students who have type 2 diabetes may need to take insulin.
a. True
b. False
3. Healthy eating should be encouraged for all students regardless if they have diabetes.
a. True
b. False