

DISCHARGE TEST OF BASIC DIABETES KNOWLEDGE

Monitoring

1. We need to check our child's blood sugar each day at the following times:
 - a. Before and after each meal
 - b. At a minimum, before breakfast, lunch, dinner and bedtime
 - c. Only when they feel "low" or sick
 - d. Every 2 hours

Nutrition/Carbohydrate Counting

2. Read this food label. How many carbs are in the entire bag of pretzels?
 - a. 30 grams
 - b. 25 grams
 - c. 20 grams
 - d. 50 grams
3. Which of the following foods will raise the blood sugar?
 - a. Cheese
 - b. Milk
 - c. Sugar-free jello
 - d. Celery

Insulin Administration

4. Insulin vials currently in use may be:
 - a. Kept at room temperature for 28 days (not above 86 degrees)
 - b. In a cool place away, kept away from sunlight
 - c. Must be kept in the refrigerator
 - d. A and B
5. The best places to give insulin are:
 - a. Arm, thigh, buttocks, stomach
 - b. Fingertips, calf, buttocks, stomach
 - c. Arms only
6. You accidentally give too much rapid acting insulin (Novolog/Humalog) insulin to your child. What can you expect to happen to her blood sugar?
 - a. The blood sugar will be too high for approximately 4 hours
 - b. The blood sugar will be too low for approximately 4 hours
 - c. The blood sugar will be too low for approximately 18-24 hours

Nutrition Facts		
Serving Size	20 mini pretzels (30 g)	
Servings per container	2	
Amount/serving %DV		
Calories 110		
Total Fat 0 g	0%	
Cholesterol 0 mg	0%	
Sodium 250 mg	10%	
Total Carb 25 g	8%	
Fiber <1 g	3%	
Sugars 3 g		
Protein 3 g		

Hypoglycemia

7. The blood sugar is 56 mg/dl. What should you do?
 - a. Give 10-15 grams of fast-acting carbs such as juice. Re-check the blood sugar in 15 minutes.
 - b. Give insulin
 - c. Check for ketones
 - d. Call the emergency line

8. What is the name of the medication that is injected into muscle or fat to treat a severe low blood sugar?
 - a. Glucagon
 - b. Insulin
 - c. Metformin

Hyperglycemia

9. When should you check for ketones?
 - a. Every morning
 - b. At bedtime daily
 - c. With every meal
 - d. When the child is ill and/or the blood sugar is more than 300 twice in a row

10. Your child is vomiting. His blood sugar is 104 mg/dl with no ketones. What should you do?
 - a. Give additional rapid-acting insulin
 - b. Call the diabetes emergency line if your child is vomiting
 - c. Do not give any insulin if your child is sick
 - d. Have the child exercise until they feel better

Insulin to Carb Ratio / Sliding Scale

Examples

11. Your child's blood sugar is 183 before lunch. How much additional insulin would you give?
 - a. None
 - b. 1 unit
 - c. 2 units
 - d. 3 units

12. Your insulin to carb ratio is _____. Your child is about to eat 37 grams of carbohydrates for lunch. How much insulin will you give?

13. How much total insulin would you give for lunch time?