MODULE 1: DIABETES BASICS

1. What is diabetes?
   a. Body produces too much glucose
   b. Body does not make or use insulin properly
   c. Joints are stiff and painful
   d. a and b

2. Which of the following is/are symptoms of type 1 diabetes?
   a. Increased urination
   b. Increased thirst
   c. Increased hunger
   d. All of the above

3. Insulin makes blood glucose go:
   a. Down
   b. Up
   c. Stay the same

4. The need for assistance with diabetes care will vary from student to student.
   a. True
   b. False

5. 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?
   a. Section 504 Plan
   b. Individualized Health Care Plan
   c. Diabetes Medical Management Plan

MODULE 2: DIABETES MEDICAL MANAGEMENT PLAN (DMMP)

1. The DMMP should be implemented collaboratively by:
   a. School nurse
   b. Teachers and/or other school staff
   c. Parent/student
   d. All of the above.

2. Which of the following actions is not usually contained in the DMMP?
   a. Frequency of blood glucose monitoring
   b. Insulin dosing and frequency
   c. Treatment of low and high blood glucose
   d. Test taking at alternate times if blood glucose level is outside target range

3. The Section 504 Plan should be based upon and implemented in accordance with the DMMP.
   a. True
   b. False

4. The Section 504 contains insulin dosage information.
   a. True
   b. False

5. Which of the following are the types of written plans a student with diabetes might have?
   a. Section 504 Plan
   b. Diabetes Medical Management Plan
   c. Individualized Healthcare Plan
   d. Emergency/Disaster Plan
   e. All of the above

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MODULE 3: HYPOGLYCEMIA

1. What is the most serious immediate danger to the student with diabetes?
   a. Running out of diabetes supplies
   b. Forgetting a scheduled blood glucose monitoring
   c. Hypoglycemia (low blood glucose)
   d. Forgetting to refrigerate insulin

2. What causes hypoglycemia?
   a. Too much insulin
   b. Too little food or delayed meal/snack
   c. Unanticipated physical activity
   d. All of the above

3. Sweating is a symptom of hypoglycemia.
   a. True
   b. False

4. If no blood glucose meter is available, treat for hypoglycemia.
   a. True
   b. False

5. Which of the following is the best treatment for hypoglycemia?
   a. Water
   b. M & M’s
   c. 4 oz. of orange juice
   d. Carrot sticks

6. What is glucagon?
   a. A sugary gel given to treat hypoglycemia
   b. A naturally occurring hormone
   c. A blood glucose test
   d. None of the above

7. When is a glucagon injection needed?
   a. Shakiness
   b. Inability to swallow
   c. Hunger
   d. Sweating

MODULE 4: HYPERGLYCEMIA

1. Hyperglycemia is:
   a. Inability to concentrate
   b. Low blood glucose
   c. High blood glucose
   d. Excess energy

2. The symptoms of hyperglycemia include:
   a. Increased thirst
   b. Frequent urination
   c. Blurred vision
   d. All of the above

3. If left untreated, hyperglycemia resulting from insufficient insulin can lead to:
   a. A rash
   b. Seizure
   c. Ringing in the ears
   d. Diabetic ketoacidosis (DKA)
4. Hyperglycemia is sometimes caused by illness, injury, stress or infection.
   a. True
   b. False

5. Hyperglycemia is usually treated with:
   a. A peanut butter and jelly sandwich
   b. Water
   c. Glucose tabs
   d. Insulin
   e. b and d

**MODULE 5: BLOOD GLUCOSE MONITORING**

1. Which of the following can affect blood glucose levels:
   a. Insulin
   b. Food
   c. Physical Activity
   d. Stress/illness
   e. All of the above

2. Blood glucose ranges are individualized for each student.
   a. True
   b. False

3. Students who are able to self-manage should be able to check their blood glucose in the classroom.
   a. True
   b. False

4. When should blood glucose levels be routinely checked?
   a. Every hour
   b. Before meals and snacks
   c. Every time student comes to the clinic
   d. According to the schedule in the student’s DMMP
   e. Never at school

5. Blood glucose levels are monitored using:
   a. Urine test strip
   b. Continuous glucose monitor
   c. Meter
   d. a and c
   e. b and c

**MODULE 6: GLUCAGON ADMINISTRATION**

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 safety eat or drink
   d. All of the above

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4. Which of the following sites is not usually used for glucagon injection:
   a. Stomach
   b. Arm
   c. Thigh
   d. Buttocks

5. The student should be positioned on his or her side before glucagon is administered:
   a. True
   b. False

**MODULE 7: INSULIN BASICS**

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 8: INSULIN BY SYRINGE AND VIAL**

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 9: INSULIN BY PEN

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 10: INSULIN BY PUMP

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 of using an insulin pump that have been reported include:
   a. Allows for fine adjustment of insulin dosages
   b. Convenience without multiple daily injections
   c. Monitors "on board" or "active" insulin
   d. Calculates insulin dosage
   e. All of 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 11: KETONES

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 can develop more quickly in children who wear insulin pumps.
   a. True
   b. False

5. Ketones are checked by using:
   a. Saliva
   b. Urine
   c. Blood
   d. Body temperature
   e. a and b
   f. b and c

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**MODULE 12: NUTRITION AND PHYSICAL ACTIVITY**

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

**MODULE 13: LEGAL CONSIDERATIONS**

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