

INSTRUCTORS USE ONLY:

Instructor name: _____ Date: _____

Class: Diabetes Training Training Location: _____



CLASS SIGN IN SHEET: (use separate piece of paper for additional names)

| | Student Name (Please print) | Facility |
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Name: _____

Date: _____

DIABETES QUIZ

1. Diabetes Mellitus is a disease that makes a person not have enough glucose in their blood.
T F
2. Insulin is the hormone secreted by the pancreas that helps cells use sugar in the blood.
T F
3. Type I Diabetes is best controlled with oral medications and does not respond to insulin.
T F
4. Diabetes can be cured.
T F
5. Diabetic diet choices include: smaller portions; choices that are low fat, low salt and low sugar; a variety of fruits and vegetables; and foods high in fiber.
T F
6. Symptoms of hyperglycemia include (select all that apply):
 - a) Increased thirst and hunger
 - b) Frequent urination
 - c) Weight gain
 - d) Poor healing in extremities
7. Symptoms of hypoglycemia include (select all that apply):
 - a) Dry, itchy skin
 - b) Slow heart beat
 - c) Feeling lightheaded
 - d) Sweating
8. If blood sugar level is less than 70 and the individual is awake:
 - a) Give some form of sugar such as fruit juice, glucose tabs etc.
 - b) Call 911 immediately.
 - c) Assist the individual to lie down and begin CPR.
 - d) Administer insulin as ordered by physician.
9. Uncontrolled Diabetes can lead to damage to (select all that apply):
 - a) Eyes
 - b) Kidneys
 - c) Nerves
 - d) Skin
10. Diabetic foot care includes (select all that apply):
 - a) Frequent foot checks
 - b) Keeping feet clean and dry
 - c) Trimming toe nails