



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 1: DIABETES BASICS

*This tool may be freely duplicated and distributed for training purposes*

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





## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 2: DIABETES MEDICAL MANAGEMENT PLAN (DMMP)

*This tool may be freely duplicated and distributed for training purposes*

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



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 3: HYPOGLYCEMIA

*This tool may be freely duplicated and distributed for training purposes*

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



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 4: HYPERGLYCEMIA

*This tool may be freely duplicated and distributed for training purposes*

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)



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 5: BLOOD GLUCOSE MONITORING

*This tool may be freely duplicated and distributed for training purposes*

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



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 6: GLUCAGON ADMINISTRATION

*This tool may be freely duplicated and distributed for training purposes*

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 of the above
  
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



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 7: INSULIN BASICS

*This tool may be freely duplicated and distributed for training purposes*

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



PRE-AND POST -TESTS FOR  
SCHOOL TRAINING MODULES

## MODULE 8: INSULIN BY SYRINGE AND VIAL

*This tool may be freely duplicated and distributed for training purposes*

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





## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

### MODULE 9: INSULIN BY PEN

*This tool may be freely duplicated and distributed for training purposes*

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



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 10: INSULIN BY PUMP

*This tool may be freely duplicated and distributed for training purposes*

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



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

### MODULE 11: KETONES

*This tool may be freely duplicated and distributed for training purposes*

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



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 12: NUTRITION AND PHYSICAL ACTIVITY

*This tool may be freely duplicated and distributed for training purposes*

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



## PRE-AND POST -TESTS FOR SCHOOL TRAINING MODULES

# MODULE 13: LEGAL CONSIDERATIONS

*This tool may be freely duplicated and distributed for training purposes*

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