

Care CEUs

Diabetes Mellitus (DM)

1. Which type of diabetes is most commonly associated with an autoimmune condition that destroys insulin-producing cells in the pancreas?

- A. Type 1 Diabetes
- B. Type 2 Diabetes
- C. Gestational Diabetes
- D. Type 3c Diabetes

2. When diagnosing diabetes, an A1C test result indicating what percentage range suggests prediabetes?

- A. Below 5.7%
- B. 5.7% to 6.4%
- C. 6.5% and above
- D. 4.5% to 5.6%

3. What is a significant risk factor uniquely associated with gestational diabetes not commonly associated with Type 1 or Type 2 diabetes?

- A. Family history of diabetes
- B. Previous large baby delivery
- C. Sedentary lifestyle
- D. Obesity

4. Which statement best describes how Type 1 diabetes differs from Type 2 diabetes in terms of insulin production?

- A. Type 1 diabetes involves insufficient insulin due to obesity, whereas Type 2 diabetes results from autoimmune destruction.
- B. Type 1 diabetes involves autoimmune destruction of insulin-producing cells, whereas Type 2 diabetes involves insulin resistance.
- C. Type 1 diabetes results from insulin resistance, whereas Type 2 diabetes involves insufficient insulin from autoimmune destruction.
- D. Type 1 diabetes occurs due to excess insulin production, whereas Type 2 diabetes involves insulin resistance.

5. Which diagnostic test provides a long-term picture of a patient's glucose level management?

- A. Random Blood Glucose Test

- B. Fasting Plasma Glucose Test
- C. A1C Test
- D. Oral Glucose Tolerance Test

6. Which test can diagnose type 1, type 2, or gestational diabetes and requires the patient to fast for eight hours prior to taking it?

- A. Random plasma glucose test
- B. Glucose challenge test
- C. Oral glucose tolerance test
- D. Hemoglobin A1C test

7. When diagnosing diabetes, why is it important to confirm initial test results with additional testing?

- A. To confirm consistent results and avoid false negatives
- B. To determine insulin levels in the bloodstream
- C. To assess patient's ketone levels in urine
- D. To measure carbohydrate intake over several days

8. Which of the following can contribute as a preventive measure for prediabetes and type 2 diabetes?

- A. Smoking cessation and stress management
- B. Increased intake of refined sugars and red meat
- C. Incorporating sedentary activities into the routine
- D. Adding inhaled insulin to daily medication

9. What is a potential danger of hypoglycemia unawareness in diabetic patients?

- A. Increased risk of blood glucose becoming too high
- B. Hospitalization due to dehydration from lack of glucose
- C. Reduced ability to detect dangerously low blood glucose levels
- D. Likely development of ketones in the blood

10. How do glucagon-like peptide-1 receptor agonists, like semaglutide, contribute to diabetes management?

- A. By directly increasing insulin production in the pancreas
- B. By aiding in weight loss and improving glycemic control
- C. By reducing the necessity for carbohydrate consumption
- D. By preventing autoimmune reactions that can lead to type 1 diabetes

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