DATE _____ NAME _____

AFFILIATION _____

Evaluation Tool

(Open book – you may use your class notes)

1. Diabetes is caused when the pancreas does not make enough:

   a. water
   b. insulin
   c. sugar

2. Insulin helps glucose enter into the cells of the body to be used for energy.

   _____ True _____ False

3. Choose the primary "emergency" situation that can occur with blood sugar control for people with diabetes.

   ____ Hypoglycemia (low blood sugar)
   ____ Hyperglycemia (high blood sugar)

4. Hypoglycemia or low blood glucose usually develops slowly over a period of hours or days.

   _____ True _____ False

5. The most common causes of low blood sugar are (circle all that apply):

   a. Skipping or not finishing meals or snacks.
   b. Taking too much diabetes medication (insulin).
   c. Change in meal or snack times or not enough food.
   d. Getting more physical activity or exercise than usual.
   e. All of the above.

6. Symptoms of hypoglycemia or low blood sugar can range from mild to severe. Place the following symptoms under the right category.

Headache, hunger, unresponsiveness, drowsiness, weakness, feeling nervous, difficulty talking, feeling shaky, loss of consciousness, behavior changes, sweating, convulsions (seizures), blurred, impaired or double vision, crabbiness or confusion

Mild Symptoms	**Moderate Symptoms**	**Severe Symptoms**

7. Hypoglycemia or low blood sugar should be treated promptly. For symptoms of mild or moderate symptoms, which of the following foods could be provided as one fast-acting treatment? (Circle all that apply.)

   a) 4-8 ounces of fruit juice
   b) 3-4 chewable glucose tablets
   c) 6 ounces of diet soda
   d) 3 packets or 1 tablespoon of sugar dissolved in small amount of water
   e) 2-4 pieces of hard candy containing sugar
   f) a hamburger patty
   g) 1 tablespoon of honey
   h) sugar-free candy

8. After providing one fast-acting treatment for mild or moderate hypoglycemia, several actions should be taken. Place the following actions in the proper order (#1-4) for mild or moderate hypoglycemia that did not improve after providing one fast-acting treatment:

_____ Monitor for 15 minutes

_____ Call the caregiver

_____ Retest blood glucose

_____ Symptoms did not improve, give a second fast-acting treatment.

9. Following treatment of a low, if the next meal is more than an hour away, provide an extra snack.

_____ True _____ False

10. If a person experiencing severe hypoglycemia is unconscious, it is best to put sugar cubes in her/her mouth.

_____ True _____ False

11. What is glucagon and how does it act on the body?

_____

_____

_____

12. The usual recommended doses for injected glucagon are: (circle appropriate choice):

Adults or Children (over 44 lbs): 1 mg or 0.5mg

Smaller Children (under 44 lbs) 1 mg or 0.5 mg

13. If a person with diabetes is unable to swallow or respond when spoken to, glucagon should be promptly injected into the tissue of the arm or thigh.

_____ True _____ False

14. Glucagon is stable and should always be mixed ahead of time before a hypoglycemic emergency occurs.

_____ True _____ False

15. After administering glucagon, which of the following should you do (choose all that apply):

a) Turn the person on his/her side in case vomiting occurs.
b) Continue to observe the person for signs of absent pulse/breathing or seizure activity.
c) Cover the person with a blanket and allow to sleep without being disturbed.
d) When the person responds, don't give any more food or liquids because the person may vomit.
e) Seek consultation with person's health care provider.
f) If a child, relinquish care to emergency responders or parent.

16. Place the following actions in order, when responding to an individual experiencing severe hypoglycemia (unresponsive, unconscious or unable/unwilling to take oral feeding).

_____ a) Turn the person on his/her side in case vomiting occurs.
_____ b) Clamp or cut insulin tubing close to pump if person is on an insulin pump.
_____ c) Delegate someone to call 9-1-1.
_____ d) Obtain glucagon emergency kit and check person's name against kit.
_____ e) Prepare and administer glucagon.

17. Place the following actions in order after administering glucagon.

_____ a) Continue to observe for signs of absent pulse/breathing or seizure activity.
_____ b) When the person responds and is able to swallow, give a fast-acting sugar source.
_____ c) Turn the person on his/her side in case vomiting occurs.
_____ d) When the person is able to safely swallow clear sugar containing liquids without vomiting, provide a longer-acting sugar source (carbohydrate with protein) such as cheese and crackers.