

## **DATA Program**

### **Diabetes Assessment, Training and Action**

#### **Quiz**

You have a student with type 1 diabetes in your school. Her name is Haley. The following questions pertain to Haley. For each question, circle one answer only. This is a self-test and answers will be provided.

1. Type 1 diabetes:
  - a. affects ten percent of people with diabetes and usually occurs before the age of 30
  - b. is also called brittle diabetes
  - c. is more serious than other types of diabetes
  - d. can be cured with insulin injections.
  
2. Haley's diabetes management involves balancing:
  - a. Food and insulin
  - b. Food, activity and insulin
  - c. Insulin and exercise
  - d. I don't know
  
3. If insulin is not available, the glucose level in the bloodstream:
  - a. Increases
  - b. Decreases
  - c. Stays the same
  - d. I don't know
  
4. Haley should eat:
  - a. Meals and snacks at the same time each day
  - b. Foods that are natural and contain no sugar
  - c. Only when hungry
  - d. High-protein, low-fat foods
  
5. Blood glucose monitoring:
  - a. is done using a blood glucose meter
  - b. tells Haley what her blood glucose level has been for several hours
  - c. should be done once per week
  - d. I don't know
  
6. Common symptoms of low blood glucose are:
  - a. paleness, shakiness, cold, clammy sweat
  - b. increased thirst and urination
  - c. loss of appetite and fever
  - d. I don't know
  
7. Treatment for low blood sugar is:
  - a. ½ can of diet soda
  - b. snack of crackers and cheese
  - c. fruit juice (4 oz.) or glucose tabs (2-4)
  - d. is kept in the school nurse's office

8. If low blood sugar is untreated, Haley may:
- have a seizure
  - lose consciousness
  - become irritable
  - all of the above
9. Haley comes to you in the gym class and says, "I feel low." you would:
- call the parents
  - tell Haley to lie down until she feels better
  - give some sugar such as a small juice box
  - have a buddy escort her to the nurse's office
10. This morning, Haley is requesting frequent trips to the bathroom and water fountain. You would:
- ask her to wait until the scheduled break
  - allow her to go to the bathroom and water fountain
  - give her a demerit for disrupting the class
  - call her parents
11. Haley's best friend comes to let you know Haley is not well. You are the DCM for the school. You find Haley unconscious and:
- you roll her onto her side, administer glucagon, call 911 and her parents
  - rub sugar on her gums and call her parents
  - tell her to wake up and drink some juice
  - I don't know
12. The class is having pizza for lunch. Haley:
- should have her regular lunch from home
  - can have the pizza in an amount that fits into her meal plan
  - cannot eat pizza
  - I don't know
13. Haley wants to participate in track. To do this she must:
- always carry some form of fast-acting sugar
  - know which days the events are scheduled so she can take extra food
  - take extra insulin
  - both a and b
14. SB 911, Care of School Children With Diabetes law, states that all public schools in North Carolina
- meet or exceed ADA recommendations for schools.
  - Make parents responsible for all diabetes care of their children
  - Should encourage parents to home school their child with diabetes
  - Answers b & c
15. You should meet with Haley's parents during the IHP conference to:
- review her usual symptoms of low blood sugar
  - discuss the preferred treatment for hypoglycemia
  - be familiar with how often Haley requires snacks
  - all of the above plus anything else specific to Haley's diabetes care

**Scoring: Number correct \_\_\_\_\_**