

**St Vincent Diabetes Center
Outpatient Pre/Post test**

Name _____ Date _____

Pre-test__ Score: - ___/___%

Post-test__ Score: - ___/___%

Instructions: *Please circle one answer for each question.*

1. Which of the following is a symptom of hypoglycemia (low blood sugar)?
 - a. Thirsty
 - b. Frequent urination
 - c. Shakiness
 - d. All of the above
 - e. I don't know

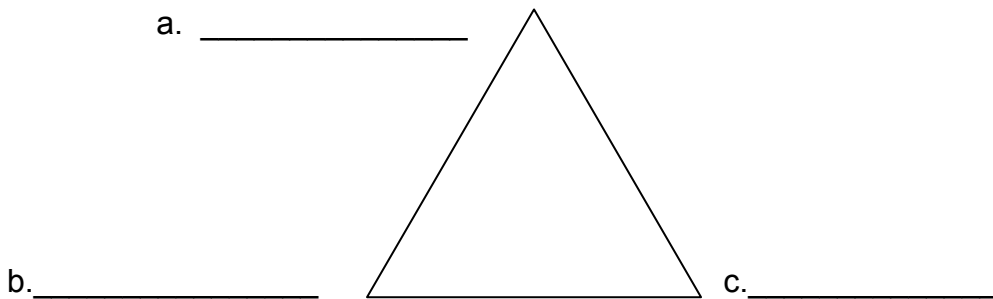
2. Insulin helps the body
 - a. Lower blood sugar
 - b. Raise blood sugar
 - c. Keep sugar in the blood
 - d. All of the above
 - e. I don't know

3. The target range for blood sugar **before meals** for people with diabetes:
 - a. Less than 70
 - b. Less than 110
 - c. Less than 140
 - d. Less than 200
 - e. I don't know

4. Regular exercise may
 - a. Lower blood sugar
 - b. Reduce the amount of insulin or diabetes pills needed
 - c. Reduce stress
 - d. Do all of the above
 - e. I don't know

5. For better diabetes control, work up to this amount of aerobic type exercise
 - a. 15 minutes 3 days a week
 - b. 15 minutes 5 to 7 days a week
 - c. 30 minutes 3 days a week
 - d. 30 minutes 5 to 7 days a week
 - e. I don't know

6. Which statement about oral diabetes medication is **true**?
- a. Diabetes pills are a form of insulin
 - b. Should not be taken when you are ill
 - c. May be combined with other pills or insulin
 - d. All of the above
 - e. I don't know
7. Monitoring should be done more often
- a. On sick days
 - b. If there is a change in diabetes medicine
 - c. If there is a change in meal plan or activity
 - d. At all of the above times
 - e. I don't know
8. Over time a person with Type 2 diabetes may need to take insulin.
- a. True
 - b. False
 - c. I don't know
9. For people with diabetes, the desired A1C value is
- a. 6.5% or below
 - b. 7-8%
 - c. 7.5-8.5%
 - d. 8-10%
 - e. I don't know
10. Name three parts of your body than can be affected by poorly controlled diabetes:
- a. _____
 - b. _____
 - c. _____
11. Name the three tools to control diabetes:



12. Meals should generally be eaten
- 4 to 6 hours apart
 - Every 6 hours
 - 1 to 2 hours apart
 - Whenever you are hungry
 - I don't know
13. Name two foods from the **carbohydrate** group:
- a. _____ b. _____
14. Name two foods from the **meat** group:
- a. _____ b. _____
15. Name 2 foods from the **fat** group:
- a. _____ b. _____
16. Which nutrient causes the greatest rise in blood sugar?
- Carbohydrate
 - Protein
 - Fat
 - Alcohol
 - I don't know
17. A "**free**" food
- Has no sugar
 - Has no fat
 - Has no salt
 - Has fewer than 20 calories per serving
 - I don't know
18. A healthy change requires
- Willpower
 - A realistic plan
 - A lot of time and money
 - A New Year's resolution
 - I don't know
19. In order to manage my diabetes I need to
- See my MD two times a year
 - Get an annual dilated eye exam
 - Check my feet daily
 - Talk with my family
 - All of the above
20. Ways to help me make a change to a healthier lifestyle
- Ask friends or family for help
 - Learn about a healthy lifestyle
 - Set a goal
 - All of the above
 - I don't know