



PRE- AND POST-TESTS FOR SCHOOL TRAINING MODULES

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MODULE 1: DIABETES BASICS

- 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

MODULE 2: DIABETES MEDICAL MANAGEMENT PLAN (DMMP)

- 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



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MODULE 3: HYPOGLYCEMIA

- What is the most serious immediate danger to the student with diabetes?**
 - Running out of diabetes supplies
 - Forgetting a scheduled blood glucose monitoring
 - Hypoglycemia (low blood glucose)
 - Forgetting to refrigerate insulin
- What causes hypoglycemia?**
 - Too much insulin
 - Too little food or delayed meal/snack
 - Unanticipated physical activity
 - All of the above
- Sweating is a symptom of hypoglycemia.**
 - True
 - False
- If no blood glucose meter is available, treat for hypoglycemia.**
 - True
 - False
- Which of the following is the best treatment for hypoglycemia?**
 - Water
 - M & M's
 - 4 oz. of orange juice
 - Carrot sticks
- What is glucagon?**
 - A sugary gel given to treat hypoglycemia
 - A naturally occurring hormone
 - A blood glucose test
 - None of the above
- When is a glucagon injection needed?**
 - Shakiness
 - Inability to swallow
 - Hunger
 - Sweating

MODULE 4: HYPERGLYCEMIA

- Hyperglycemia is:**
 - Inability to concentrate
 - Low blood glucose
 - High blood glucose
 - Excess energy
- The symptoms of hyperglycemia include:**
 - Increased thirst
 - Frequent urination
 - Blurred vision
 - All of the above
- If left untreated, hyperglycemia resulting from insufficient insulin can lead to:**
 - A rash
 - Seizure
 - Ringing in the ears
 - Diabetic ketoacidosis (DKA)



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4. **Hyperglycemia is sometimes caused by illness, injury, stress or infection.**
 - a. True
 - b. False
5. **Hyperglycemia is usually treated with:**
 - a. A peanut butter and jelly sandwich
 - b. Water
 - c. Glucose tabs
 - d. Insulin
 - e. b and d

MODULE 5: BLOOD GLUCOSE MONITORING

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

MODULE 6: GLUCAGON ADMINISTRATION

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



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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

MODULE 7: INSULIN BASICS

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

MODULE 8: INSULIN BY SYRINGE AND VIAL

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



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MODULE 9: INSULIN BY PEN

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

MODULE 10: INSULIN BY PUMP

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

MODULE 11: KETONES

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



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MODULE 12: NUTRITION AND PHYSICAL ACTIVITY

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

MODULE 13: LEGAL CONSIDERATIONS

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