

Glucose Monitoring and Insulin Administration Test

Name: _____ Date: _____

1. Which of the following ARE symptoms of HYPERglycemia? Select all that apply.
 - ☒ a. Increased urine output
 - ☐ b. Cold/ clammy
 - ☒ c. HIGH pulse
 - ☒ d. Increased thirst
 - ☒ e. Headache
2. Which of the following ARE symptoms of HYPOlycemia? Select all that apply.
 - ☒ a. Shakiness
 - ☒ b. Confusion
 - ☐ c. Hunger
 - ☒ d. Cold/Clammy
 - ☒ e. Increased energy
3. Insulin is measured in:
 - ☐ a. mL
 - ☒ b. Units
 - ☐ c. MEQ
 - ☐ d. Grams
4. What are the most common subcutaneous insulin injection sites? Select all that apply.
 - ☐ a. Through IV
 - ☒ b. Abdomen
 - ☒ c. Back of upper arm
 - ☒ d. Thigh
5. When giving insulin injections you should ALWAYS: select all that apply.
 - ☒ a. Take the resident to a private area.
 - ☐ b. Cleanse the area with alcohol wipe in a circular motion starting from the outside to the inside.
 - ☒ c. Rotate injection sites
 - ☐ d. Reuse needle
6. If a diabetic resident complains of feeling weak, seems confused and skin is noted to be pale/clammy, you should:
 - ☐ a. Take them for a walk
 - ☐ b. Ask them to lie down and check on them later
 - ☒ c. Check blood glucose, if low and able to swallow, give juice or candy. If they have glucose gel or lozenges, call the Nurse to get permission to administer.
 - ☐ d. Give insulin
7. What equipment/supplies are needed to assist with administering Insulin?
 - ☐ a. Just give the insulin
 - ☒ b. Gloves, alcohol wipes, MAR, Insulin Pen, Needles and rotating injection site chart
 - ☐ c. Insulin Pen, Needle, MAR
 - ☐ d. Don't worry, you can gather what you need after you get the resident.
8. When preparing the site for injection, you should?
 - ☐ a. Give the intended site a swipe with an alcohol pad.

- b. Just inject no prep needed
 - c. Using an alcohol pad, going in a circular motion, clean from outside to inside area.
 - ☒ d. Using an alcohol pad, going in a circular motion, clean from inside to outside area.
9. A diabetics diet should consist of:
- a. 3-4 large meals a day
 - b. Have equal amounts of carbs, sugars, and protein
 - c. Eat whatever and whenever because they are on insulin
 - ☒ d. No concentrated sugars, low carbs, low fat, and 5-6 small meals a day
10. When using an insulin pen, what is considered best practice to ensure your needle on the pen is working?
- ☒ a. Prime the insulin pen
 - b. Administer the injection and ask the patient if they felt it.
 - c. Do nothing, who cares if the needle is working
 - d. None of the above
11. Where do you dispose of the lancet needle after checking the blood glucose level?
- Sharps Container
12. What is the first step in checking a blood sugar?
- ☒ a. Check MAR
 - b. Wash hands
 - c. Gather supplies
 - d. None of the above
13. Why is it important to maintain patient privacy during blood glucose check and insulin administration? To follow HIPPA regulations
14. What is the purpose of checking blood sugar BEFORE administering insulin?
- a. NEVER check blood sugar before insulin administration
 - ☒ b. To prevent hypoglycemia (low blood sugar)
 - c. For documenting purposes
 - d. None of the above
 - e. None of the above
15. After puncturing the finger for a blood glucose check, you should:
- ☒ a. Wipe the first drop of blood and use the second drop for testing
 - b. Immediately test the initial blood draw
 - c. Puncture again
 - d. None of the above
16. How many units of insulin do you prime the insulin pen with? 2 units
17. You are NOT supposed to clean the glucometer after each use. TRUE or ~~FALSE~~
18. You are supposed to write a open date on insulin pens once used ☒ TRUE or FALSE
19. How long is an insulin pen good for once it is opened?
- a. 45 days
 - ☒ b. 30 days
 - c. 14 days
 - d. They do not expire if kept in the fridge
20. When cleaning the glucometer, you are to use:
- ☒ a. Alcohol wipes
 - b. Wet wash cloth/paper towel
 - c. Nothing
 - d. Clorox wipes