



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?
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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? _____
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? _____
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