

THE CANADIAN DIABETES EDUCATOR CERTIFICATION BOARD



PROFESSIONAL CONFERENCE & ANNUAL MEETINGS CDECB PRESENTATION SAMPLE QUESTIONS OCTOBER 2019

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1. Mr. Leung's blood glucose goal is 4.0-7.0 mmol/L before meals. His diet and activity levels are consistent. He takes a rapid-acting insulin analogue 14 units at breakfast, 16 units at lunch, 20 units at dinner and a long-acting basal insulin analogue 52 units at bedtime.

Breakfast	Lunch	Dinner	Bedtime	0300
5.2	7.2		8.1	4.1
4.2	5.5	6.8	7.3	3.8
8.6	7.6	7.4	8.7	
9.3	6.3	8.0	8.0	3.6

What recommendations should the diabetes educator suggest?

- a) Increase the dinnertime insulin by 10%
 - b) Increase the dinnertime insulin by 20%
 - c) Decrease the bedtime insulin by 10%
 - d) Decrease the bedtime insulin by 20%
2. Preet has type 2 diabetes. Preet was recently hospitalized for a myocardial infarction. Recent A1C - 8.0%, eGFR- 88. Current medications for diabetes are metformin (Glucophage) 1000 mg BID, sitagliptin (Januvia) 100 mg OD. Which additional medication would be most beneficial?
- a) Gliclazide MR (Diamicron MR)
 - b) Linagliptin (Trajenta)
 - c) Empagliflozin (Jardiance)
 - d) Repaglinide (Gluconorm)
3. Mrs. Pike is a 71 year old woman with dementia living in a long term care facility. She has type 2 diabetes. What should her A1C target be?
- a) 6.0-7.0%
 - b) 7.1-8.5%
 - c) 8.5 - 9.5%
 - d) 8.0 -10%

4. How often should an individual with Type 1 diabetes have their eyes screened for retinopathy?

- a) Annually starting 2 years after the onset of diabetes.
- b) Annually starting 5 years after the onset of diabetes.
- c) Biannually starting 2 years after the onset of diabetes.
- d) Biannually starting 5 years after the onset of diabetes.

5. Postpartum care in women with pre-existing diabetes should include counselling on:

- a) Increased risk of hyperglycemia immediately postpartum
- b) Decreased risk of hypoglycemia immediately postpartum
- c) Rapid increase in insulin requirements
- d) Rapid decrease in insulin requirements

6. Marike was diagnosed with gestational diabetes. She asks the diabetes educator if she should breastfeed? The diabetes educator tells Marike she can breastfeed and recommendations are to do so immediately after birth and for a minimum of:

- a) 6 weeks
- b) 10 weeks
- c) 3 months
- d) 4 months

7. Devon has type 2 diabetes and is on gliclazide MR (Diamicron MR). He is a truck driver and is making application for a commercial license. The diabetes educator advises him he must have a verifiable blood glucose log available which covers the last:

- a. 3 months
- b. 6 months
- c. 9 months
- d. 12 months

- 8. John has requested guidance on how he can improve his breakfast choices based on glycemic index. His usual breakfast consists of whole wheat bread, grapes, almond milk and 2 fried eggs. What should the diabetes educator suggest?**
- a) substitute the almond milk with soy milk
 - b) substitute the grapes with watermelon
 - c) substitute the whole wheat bread with sour dough bread
 - d) substitute the whole eggs with egg whites
- 9. Suzette has type 1 diabetes and is eager to develop a new exercise routine that includes aerobic and resistance exercise. To decrease her risk of exercise induced hypoglycemia, what should the diabetes educator recommend?**
- a) do resistance exercise immediately prior to aerobic exercise
 - b) do aerobic exercise immediately prior to resistance exercise
 - c) do not do resistance exercise and aerobic exercise on the same day
 - d) do either type of exercise in the later part of the day
- 10. Evan is meeting with the diabetes educator to discuss his diabetes related lab values: FPG 6.8 mmol/L; 2 hr BG (75g OGTT) 11.0 mmol/L and an A1C of 6.3%. Which diagnostic class of diabetes should the diabetes educator discuss with Evan?**
- a) Type 2 diabetes.
 - b) Monogenic diabetes.
 - c) Type 1 diabetes.
 - d) Prediabetes

11. How many carbohydrate choices are in this smoothie recipe?

**1 cup of plain soy beverage
1 cup blueberries
1 medium mango
1/2 avocado**

- a) 3
- b) 4
- c) 5
- d) 6

12. Miranda has recently been diagnosed with prediabetes. She has a BMI of 36. Which weight loss goal should the diabetes educator suggest to help slow her rate of progression to type 2 diabetes?

- a) <5% body weight
- b) 5-10% body weight
- c) 15-20 % body weight
- d) .>20% body weight

Case

James has type 2 diabetes. He is currently takes metformin (Glucophage) 2500 mg per day. Recent lab values: A1C 8.5%, eGFR 94, BMI 32, has hypertension and a recent abnormal exercise ECG. He smokes half a pack of cigarettes per day and consumes on average 4 beer per day. He has expressed having a fear of injections.

1. Which medication should the diabetes educator recommend be added?

- a. Liraglutide (Victoza)
- b. Long-acting basal insulin analogue
- c. Empagliflozin (Jardiance)
- d. Gliclazide modified release (Diamicron MR)

2. In discussing James' weekly alcohol consumption, what should the diabetes educator suggest?

- a. Limit of 3 standard drinks per day or less than 10 drinks per week
- b. Limit of 3 standard drinks per day or less than 15 drinks per week
- c. Limit of 2 standard drinks per day or less than 10 drinks per week
- d. Limit of 2 standard drinks per day or less than 15 drinks per week.

3. Smoking cessation has been discussed with James and he presents as being in the contemplation stage of change. Treatment approaches that should be used by the diabetes educator at his time would include:

- a. Awareness of importance, possibility and choices; problem solving; support coping skills
- b. Positive messages; need for change: self-evaluation
- c. Awareness of importance, possibility and choices; motivational interviewing; self-evaluation
- d. Positive messages; problem solving, support coping skills

Answer Key

Question 1

Correct answer: c

Reference: Building Competency in Diabetes Education: The Essentials 2019, Chapter 12-56 Lower dose by 10% to fix hypoglycemia (if blood glucose is in the 2.0s lower by 20%).
Chapter 12-57 Fix lows first and highs later.

Question 2

Correct answer: c

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S167
Recommendation #8

Question 3

Correct answer: b

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S289,
Recommendation #4 2018 CPG s 599 Recommendation #7

Question 4

Correct answer: b

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S214,
Recommendations #1

Question 5

Correct answer: d

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S261
Postpartum Care

Question 6

Correct answer: d

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S255

Question 7

Correct answer: b

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S152

Question 8

Correct answer: c.

Reference: Diabetes Canada: Glycemic Index Food Guide.

Question 9

Correct answer: a

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S57

Question 10

Correct answer: d

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S12-13

Question 11

Correct answer: b

Reference: Diabetes Canada: Beyond the Basics Diet poster

Question 12

Correct answer: b

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S65

Case**Question 1**

Correct answer: c

Reference: Diabetes Canada 2018 Clinical Practice Guidelines, page S90

Question 2

Correct answer: b

Reference: Diabetes Canada: Alcohol and Diabetes

Question 3

Correct answer: c

Reference: Building Competency in Diabetes Education: The Essentials 2019, Chapter 11, page 16