

**Diabetes Empowerment Education Program (DEEP)
Training of Lead Trainers
Post-Test**

Name: _____

Date: _____

Please circle the answer you consider correct.

1. Damaged blood vessels affected by uncontrolled blood sugars can cause...?
 - a. Infection in the bones
 - b. Liver damage and hypoglycemia
 - c. Stroke, loss of vision and kidney failure
 - d. Don't know

2. Choose one non-modifiable risk factor that is associated with type 2 diabetes complications:
 - a. Being African American, Latino, or Native American
 - b. Smoking
 - c. Gaining weight
 - d. Sleep

3. Three keys to help control blood glucose and manage diabetes are?
 - a. Meal planning, exercise and follow medication plan
 - b. Only walking on weekends, not informing family of diabetes, buying pointed shoes.
 - c. Body Mass Index, Percentage of body fat, Waist circumference
 - d. Don't know

4. Two hours after a person with diabetes begins eating their meal, their blood glucose should be
 - a. Less than 90 mg/dL
 - b. Less than 180 mg/dl
 - c. Always 126 mg/dl
 - d. Don't know

5. Signs that a person with diabetes is depressed are
 - a. Avoids friends and family, sleeps a lot, withdrawn, angry, misses work
 - b. Attends social events, goes to work every day, smiles a lot
 - c. High blood pressure, poor glucose control, headaches, fatigue
 - d. A and C

6. What exercise recommendation would you NOT give to someone with diabetes?
 - a. Chair Yoga
 - b. Heavy weight lifting
 - c. 30 minute walk
 - d. Stretch before each exercise

7. Which major food group provides energy and affects your blood glucose reading?
 - a. Fats
 - b. Water and minerals
 - c. Carbohydrates
 - d. Don't know

8. What can you do when eating at a restaurant to better manage your diabetes?
 - a. Share a meal with a friend or take ½ home for the next day
 - b. Ask for gravy, sauces, and dressings on the side
 - c. Ask waiter not to bring chips, peanuts, breads to snack on while waiting for your main dish
 - d. All of the above

9. It is important to practice daily foot care because?
 - a. You can prevent and detect injuries to your feet
 - b. Reduce risk for potential amputation
 - c. Patients do not need to take care of their feet if the test results are normal
 - d. A and B

10. When you are leading a diabetes workshop, you improve participation by
 - a. Having participants work in small groups
 - b. Using only Power Points
 - c. Leaving participants to their own devices
 - d. Conduct a lecture style presentation

11. What does it mean when a person with diabetes has protein in their urine?
 - a. The person needs a kidney transplant
 - b. This finding is normal and the patient shouldn't worry about it
 - c. Diabetes starts to affect the kidney and should be monitored
 - d. Don't know

12. A man with type 2 diabetes goes to a doctor who prescribes him insulin in addition to oral pills. His wife is worried about the insulin and asks you if her husband should take the injections. What should you answer?
 - a. Insulin will help to keep his glucose under control; he should follow the doctor's recommendations and help get a referral to see the certified diabetes educator.
 - b. An insulin prescription indicates that diabetes is affecting the kidneys
 - c. I don't know, but pills are better than insulin for controlling diabetes
 - d. Don't know