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Question: 1

Which of the following is a chronic complication of diabetes that affects the kidneys?

- A. Retinopathy
- B. Neuropathy
- C. Vascular disease
- D. Nephropathy

Answer: D

Explanation: Nephropathy is a chronic complication of diabetes that affects the kidneys. It involves damage to the small blood vessels in the kidneys, leading to impaired kidney function and potentially progressing to end-stage renal disease if not managed properly.

Question: 2

Which of the following is an acute complication of diabetes characterized by high blood glucose, ketones in the urine, and metabolic acidosis?

- A. Hypoglycemia
- B. Hyperglycemia
- C. Hyperosmolar hyperglycemic state (HHS)
- D. Diabetic ketoacidosis (DKA)

Answer: D

Explanation: Diabetic ketoacidosis (DKA) is an acute complication of diabetes characterized by high blood glucose levels, the presence of ketones in the urine, and metabolic acidosis. It most commonly occurs in patients with type 1 diabetes but can also occur in some cases of type 2 diabetes. DKA is a medical

emergency that requires immediate treatment, typically including intravenous fluids, insulin therapy, and correction of electrolyte imbalances. Prompt recognition and treatment of DKA are crucial to prevent potential life-threatening complications.

Question: 3

Which of the following chronic complications of diabetes is characterized by nerve damage, leading to symptoms such as numbness, tingling, and loss of sensation in the extremities?

- A. Nephropathy
- B. Retinopathy
- C. Vascular disease
- D. Neuropathy

Answer: D

Explanation: Neuropathy is a chronic complication of diabetes characterized by nerve damage. It can affect various nerves in the body, but peripheral neuropathy is the most common type seen in diabetes. Peripheral neuropathy often affects the nerves in the extremities, leading to symptoms such as numbness, tingling, burning sensations, and loss of sensation. It can also result in muscle weakness and difficulty with balance and coordination. Good blood glucose control, regular foot care, and appropriate management of symptoms are important in preventing and managing diabetic neuropathy.

Question: 4

What is the primary goal of medication adjustment in diabetes management?

- A. Achieving normal blood glucose levels
- B. Eliminating the need for insulin therapy

- C. Minimizing the risk of hypoglycemia
- D. Controlling body weight

Answer: A

Explanation: The primary goal of medication adjustment in diabetes management is to achieve normal blood glucose levels. The aim is to maintain blood glucose within the target range recommended by healthcare professionals, which helps to prevent both short-term and long-term complications associated with diabetes. While minimizing the risk of hypoglycemia and controlling body weight are important considerations, the ultimate objective is to optimize glycemic control and maintain blood glucose levels as close to the normal range as possible.

Question: 5

Which of the following is a delivery system used for insulin therapy that provides a continuous infusion of insulin?

- A. Insulin pen
- B. Insulin syringe
- C. Insulin pump
- D. Insulin inhaler

Answer: C

Explanation: The delivery system used for insulin therapy that provides a continuous infusion of insulin is an insulin pump. An insulin pump is a small device that is worn externally and delivers a continuous flow of rapid-acting insulin through a catheter placed under the skin. This continuous infusion helps to mimic the natural basal insulin secretion of the pancreas. Insulin pens and

syringes are used for subcutaneous injections of insulin, while insulin inhalers deliver insulin through the lungs.

Question: 6

Which delivery system provides continuous subcutaneous insulin infusion?

- A. Insulin pen
- B. Insulin syringe
- C. Insulin pump
- D. Inhaled insulin

Answer: C

Explanation: An insulin pump provides continuous subcutaneous insulin infusion. It delivers insulin through a small tube (catheter) inserted under the skin, allowing for precise and customizable insulin dosing throughout the day.

Question: 7

Which organization's guidelines recommend an individualized approach to glycemic targets for patients with diabetes?

- A. ADA (American Diabetes Association)
- B. EASD (European Association for the Study of Diabetes)
- C. All of the above
- D. AACE (American Association of Clinical Endocrinologists)

Answer: C

Explanation: All three organizations, ADA, EASD, and AACE, recommend an individualized approach to glycemic targets for patients with diabetes. They

recognize that each patient's needs and circumstances may vary, and treatment goals should be tailored accordingly.

Question: 8

Which type of acute complication of diabetes is characterized by high blood glucose, ketones in the urine, and metabolic acidosis?

- A. Hypoglycemia
- B. Diabetic ketoacidosis (DKA)
- C. Hyperglycemia
- D. Hyperosmolar hyperglycemic state (HHS)

Answer: B

Explanation: Diabetic ketoacidosis (DKA) is a type of acute complication of diabetes characterized by high blood glucose levels, ketones in the urine, and metabolic acidosis. It is commonly associated with type 1 diabetes and can be a life-threatening condition if not promptly treated.

Question: 9

Which chronic complication of diabetes affects the nerves, resulting in symptoms such as tingling, numbness, and loss of sensation?

- A. Neuropathy
- B. Retinopathy
- C. Nephropathy
- D. Vascular disease

Answer: A

Explanation: Neuropathy is a chronic complication of diabetes that affects the nerves. It can manifest as peripheral neuropathy, autonomic neuropathy, or other forms, causing symptoms such as tingling, numbness, loss of sensation, and impaired function in the affected areas.

Question: 10

Which of the following medications is associated with the side effect of weight gain?

- A. Metformin
- B. Pioglitazone
- C. Sitagliptin
- D. Glipizide

Answer: B

Explanation: Pioglitazone is associated with the side effect of weight gain. It is a thiazolidinedione (TZD) medication that improves insulin sensitivity but can lead to an increase in body weight as a potential adverse effect.

Question: 11

Which of the following is an example of an injectable medication used in the treatment of diabetes?

- A. Metformin
- B. Glimepiride
- C. Exenatide
- D. Pioglitazone

Answer: C

Explanation: Exenatide is an example of an injectable medication used in the treatment of diabetes. It belongs to the class of medications called GLP-1 receptor agonists and helps lower blood glucose levels by increasing insulin secretion and decreasing glucagon secretion.

Question: 12

Which of the following describes a drug-drug interaction?

- A. Interaction between a medication and a specific type of food
- B. Interaction between two different medications
- C. Interaction between a medication and a non-prescription preparation
- D. Interaction between a medication and alcohol

Answer: B

Explanation: A drug-drug interaction refers to an interaction between two different medications. When multiple medications are taken together, there is a possibility of drug interactions that can affect their efficacy or safety. These interactions can occur due to various mechanisms, such as alterations in drug metabolism, competition for binding sites, or additive side effects. It is important for healthcare professionals to be aware of potential drug-drug interactions to ensure safe and effective medication management in patients with diabetes.

Question: 13

Which medication is classified as a GLP-1 receptor agonist used in the treatment of diabetes?

- A. Metformin
- B. Insulin glargine
- C. Sitagliptin
- D. Liraglutide

Answer: D

Explanation: Liraglutide is a medication classified as a GLP-1 receptor agonist. GLP-1 receptor agonists are a type of injectable medication used in the treatment of diabetes. Liraglutide belongs to this class of medications and works by mimicking the action of GLP-1, a hormone that helps regulate blood sugar levels. It helps to lower blood glucose levels, promote weight loss, and reduce the risk of cardiovascular events in patients with type 2 diabetes. Other examples of GLP-1 receptor agonists include exenatide, dulaglutide, and semaglutide.

Question: 14

Which of the following eye diseases is commonly associated with diabetes and is characterized by damage to the blood vessels in the retina?

- A. Cataracts
- B. Glaucoma
- C. Macular degeneration
- D. Diabetic retinopathy

Answer: D

Explanation: Diabetic retinopathy is a common eye disease associated with diabetes. It involves damage to the blood vessels in the retina, leading to vision problems and, if left untreated, potential blindness.

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