

Insulin Initiation: Targeting Type 2 Diabetes

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CME Test Questions

1. Concerning the epidemiology of diabetes, which of the following is true?
 - a. Over 20 million people in the United States have diabetes.
 - b. Most people with diabetes are unaware of their diagnosis.
 - c. An average of 6,000 new cases of diabetes are diagnosed in the U.S. every day.
 - d. With improved health care in developing countries, the prevalence of diabetes around the world is decreasing.

2. Which of the following is not an element of type 2 diabetes?
 - a. Progressive beta cell dysfunction.
 - b. Insulin resistance.
 - c. An autoimmune process similar to type 1 diabetes.
 - d. Hepatic overproduction of glucose.

3. After the initial diagnosis of type 2 diabetes, the recommended first step in treatment, according to the consensus algorithm released by the ADA and the European Association for the Study of Diabetes in 2006, is:
 - a. Lifestyle changes
 - b. Lifestyle changes plus metformin.
 - c. Lifestyle changes plus a sulfonylurea drug.
 - d. Insulin initiation

4. The United Kingdom Prospective Diabetes Study (UKPDS) demonstrated that intensive glycemic control was associated with improved outcomes in type 2 diabetes. Which of the following is a correct statement about the UKPDS study?
 - a. Only large improvements in A1C were beneficial.
 - b. Patients in the intensive treatment group did not receive insulin.
 - c. Patients in the intensive treatment group had a 25% reduction in risk of microvascular complications.
 - d. Patients in the intensive treatment group had a statistically significant improvement in macrovascular endpoints.

5. After two to three months with lifestyle modifications and an oral medication, the consensus algorithm from the American Diabetes Association and the European Association for the Study of Diabetes recommends the addition of another agent. Which of the following agents is most effective for glucose control?
 - a. glimepiride
 - b. insulin
 - c. pioglitazone
 - d. exenatide

6. What is the A1C goal recommended by the American Diabetes Association?
 - a. 7.5%
 - b. 7.0%
 - c. 6.5%
 - d. 6.0%

7. The Diabetes Attitudes Wishes and Needs (DAWN) study found that:
 - a. Only one out of five type 2 diabetes patients felt that insulin would help them manage their diabetes better.
 - b. 64% of type 2 diabetes patients not taking insulin would like to start.
 - c. Most general practitioners and nurses initiate insulin therapy within a year of diagnosis in patients with type 2 diabetes.
 - d. 80% of health care providers felt that earlier insulin use would decrease the overall cost of diabetes care.
 - e. a and c
 - f. a, c, and d

8. When starting insulin,
 - a. All oral medications should be stopped.
 - b. Patients should be informed that needing insulin means that they have not managed their diabetes well.
 - c. A long-acting insulin can be administered once daily.
 - d. Most patients will experience major weight gain.

9. Which of the following can not be used as a basal insulin?
- a. NPH
 - b. Insulin glargine
 - c. Insulin detemir
 - d. 70/30 combination insulin
10. Concerning patients' beliefs about insulin, which of the following is not true?
- a. Fear of needles is the most common and important barrier to using insulin.
 - b. Many patients believe that using insulin means their disease is very severe.
 - c. Patients often feel that using insulin means a loss of control in their lives.
 - d. Many patients equate needing insulin with personal failure.

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Insulin Initiation: Targeting Type 2 Diabetes

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