

Continuing Education

Sweet Skills for Helping Patients with Diabetes

Authors:

Kimberly Clemmons
Pharm.D. Candidate
Harrison School of Pharmacy, Auburn University

Seth Edwards
Pharm.D. Candidate
Harrison School of Pharmacy, Auburn University

Corresponding Author:

Wesley T. Lindsey, Pharm.D.
Associate Clinical Professor
Drug Information and Learning Resource Center
Harrison School of Pharmacy, Auburn University

Universal Activity #: 0178-0000-16-101-H01-P/T | 1.25 contact hours (.125 CEUs)

Initial Release Date: May 5, 2016 | Expires: January 31, 2019

1. What is the most common sign of diabetes?
 - a. Irritability
 - b. Hyperglycemia
 - c. Feeling cold
 - d. Constipation
 2. What is the relationship between type 2 diabetes and insulin?
 - a. There too much insulin resulting in high blood glucose
 - b. The body becomes resistant to the insulin made resulting in high blood glucose
 - c. There is no insulin in the body resulting in high blood glucose
 - d. Insulin has no effect on blood glucose levels
 3. Which of the following are complications from uncontrolled diabetes?
 - a. Heart disease
 - b. Nerve damage
 - c. Kidney disease
 - d. All of the above
 4. Describe the appropriate therapeutic approach when treating type 2 diabetes.
 - a. Start the patient on metformin. It is the gold standard of therapy.
 - b. Lifestyle changes including weight loss and exercise should be tried for 1 year.
 - c. Begin a patient on dual therapy if their HbA1c is greater than 7%.
 - d. The approach should be patient specific and determined by their preference and history of diabetes.
 5. How often should a patient with diabetes receive the influenza vaccine?
 - a. Never
 - b. Every 6 months
 - c. Every year
 - d. Every 5 years
 6. Which influenza vaccine is appropriate for a 40 year old male with diabetes?
 - a. Inactivated trivalent
 - b. Inactivated quadrivalent
 - c. Inactivated high-dose
 - d. Live attenuated
 - e. Answers a and b
 7. Which site cannot be used to obtain a blood sample when testing blood glucose?
 - a. side of fingertip
 - b. fatty portion of hip
 - c. forearm
 - d. fleshy part of palm
 8. What is the A1c goal for diabetic patients?
 - a. <7.0%
 - b. 6.5%
 - c. 4.0-5.6%
 - d. <6.0%
 9. What is one of the most common reasons for medication non-adherence?
 - a. Forgetfulness
 - b. Stolen medications
 - c. Financial limitations
 - d. Both a. and c.
 10. What should a patient do if they are experiencing symptoms of low blood glucose?
 - a. Check their A1c
 - b. Eat a quick-fix sugar source like chocolate
 - c. Check blood glucose
 - d. Exercise for 30 minutes
 11. What should you do if a patient comes to the pharmacy with a fasting blood glucose value of 164 mg/dL?
 - a. Instruct the patient to sit down
 - b. Diagnose the patient with diabetes mellitus
 - c. Recommend that the patient see their primary care physician
 - d. Instruct the patient to simply cut back on their sugar intake
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12. Which patient should you refer to the emergency room?
- a. Patient with a post-prandial blood glucose level of 721 mg/dL
 - b. Patient with an A1c of 9.0%
 - c. Patient with a pre-prandial blood glucose level of 222 mg/dL
 - d. Patient who had a fasting blood glucose of 67 mg/dL with no symptoms of low blood glucose

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CE Assessment Answers				
Please circle your answers (one answer per question)				
1.	A	B	C	D
2.	A	B	C	D
3.	A	B	C	D
4.	A	B	C	D
5.	A	B	C	D
6.	A	B	C	D E
7.	A	B	C	D
8.	A	B	C	D
9.	A	B	C	D
10.	A	B	C	D
11.	A	B	C	D
12.	A	B	C	D

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Please rate the following items on a scale from 1 (poor) to 4 (excellent).

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|-----------------------------------|---|---|---|---|
| 1. Overall quality of the article | 1 | 2 | 3 | 4 |
| 2. Relevance to pharmacy practice | 1 | 2 | 3 | 4 |
| 3. Value of the content | 1 | 2 | 3 | 4 |

Please answer each question, marking whether you agree or disagree.

4. This course met the learning objectives. Agree Disagree
5. The article did not promote a particular product or company. Yes No

Impact of the Activity

The information presented (check all that apply):

6. Reinforced my current practice/treatment habits Will improve my practice/patient outcomes
 Provided new ideas or information I expect to use Adds to my knowledge
7. Will the information presented cause you to make any changes in how you do your job? Yes No
8. How committed are you to making these changes?
 (Not committed) 1 2 3 4 (Very committed).
9. Do you feel future activities on this subject matter are necessary and/or important? Yes No

Follow-Up

As part of our ongoing quality-improvement effort, we would like to be able to contact you in the event we conduct a follow-up survey to assess the impact of our educational interventions on professional practice. Are you willing to participate in such a survey?

Yes No



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