

Diabetes Knowledge Paper Answers

Diabetes Knowledge Paper

1. What is insulin?

Hormone produced by the Pancreas

2. Why might older people who are overweight need to be tested regularly for diabetes?

They are at increased risk

3. Why do many people believe type 1 diabetes to be more serious than type 2?

Because all people with Type 1 are insulin dependent

4. Why do you think it's important to avoid labelling people as 'diabetics'?

They are people not health problems

5. Give two examples of symptoms of diabetes.

- Passing urine more often than usual, especially at night
- Increased thirst
- Extreme tiredness
- Unexplained weight loss
- Genital itching or regular episodes of thrush
- Slow healing of cuts and wounds
- Blurred vision

6. Give an example of a good source of health information for a client newly diagnosed with diabetes.

GP

www.diabetesuk.com

www.nhs.co.uk

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7. How might a GP ensure that they were prescribing appropriate medication for an individual?

- Know their lifestyle
- Other meds they're on
- Age
- Etc

8. What is the aim of diabetes treatments?

To control blood sugar

9. Why is it important for clients with diabetes to be educated about their condition?

It's not possible to control it just by taking regular meds, you have to make lifestyle changes and understand about how the illness works

10. How is insulin administered?

By injection

11. Give 3 examples of starchy carbohydrates.

- Potatoes
- Flour
- Pasta
- Rice
- Grains
- Etc

12. What type of fats should you try to eat more of?

Monosaturated

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13. How much exercise do you need to do each week?

30 minutes 5 times a week

14. What is hypoglycaemia?

Low blood sugar

15. Give 3 examples of symptoms of hypoglycaemia.

Everyone reacts differently but the early warning signs of mild hypoglycaemia may include:

- Feeling hungry
- Sweating
- Dizziness
- Tiredness (fatigue)
- Blurred vision
- Trembling or shakiness
- Anxiety or irritability
- Going pale
- Fast pulse or palpitations
- Tingling of the lips

Signs of more severe hypoglycaemia include:

- Difficulty concentrating
- Confusion
- Disorderly or irrational behaviour, which may be mistaken for drunkenness

16. What 2 diabetic emergencies are associated with high blood glucose?

- Ketoacidosis
- Hyperosmolar Hyperglycaemic State

17. Why is it important for people to control their blood glucose levels?

Because poor blood sugar causes disability and death

18. Why is it important to make sure that clients with diabetes wear something on their feet at all times and that whatever they wear fits properly?

Due to loss of sensation in their feet, poor circulation / Neuropathy

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19. Why is it important to monitor clients' blood glucose levels more closely when they are ill?

Illness increases risk of hyper / hypo and medication may need to be adjusted or unstable blood glucose levels

20. What would you do if you noticed that a client with diabetes had a wound which wasn't healing?

Inform the manager who should refer to health care professional e.g. GP / District Nurse