Module 4

Intensifying insulin

CPD QUESTIONNAIRE

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1. Consider intensifying from a basal only regimen when:

- ☐ **A** Target FBG cannot be achieved with basal insulin dose >0.5u/kg
- ☐ **B** Target FBG is achieved but HbA_{1c} >6.1%
- ☐ **C** Nocturnal hypoglycaemia occurs before target can be reached
- ☐ **D** All the above
- ☐ **E** A and C

2. Which is correct? When intensifying from a basal only to a basal-bolus regimen:

- ☐ **A** Add a prandial dose of insulin to the largest meal of the day
- ☐ **B** Titrate the dose weekly to the next pre-meal/bedtime blood glucose target

3. The first step in intensifying treatment after initiation of a pre-mix OD regimen is:

- ☐ **A** Pre-mix BD
- ☐ **B** Pre-mix TDS
- ☐ **C** Add pre-lunch prandial
- ☐ **D** A and C

4. Initiation of therapy with pre-mix BD is most advantageous in the patient with:

- ☐ **A** HbA_{1c}>11%
- ☐ **B** HbA_{1c} >9%
- ☐ **C** A fixed meal plan
- ☐ **D** The need to reduce the number of daily injections
- ☐ **E** A and C
- ☐ **F** B, C and D

5. Initiation with a prandial only insulin may be appropriate in the patient with normal FBG but isolated postprandial glucose elevations.

- ☐ **A** True
- ☐ **B** False

6. Which statement is false? Switching from a pre-mix to a basal-bolus regimen:

- ☐ **A** Is recommended when FBG/pre-meal >6mmol/L and HbA_{1c} >6.5%
- ☐ **B** Use a starting dose of 0.5u/kg/day
- ☐ **C** Split the dose 30:70 into basal and bolus
- ☐ **D** Divide the prandial dose among the 3 main meals

7. When intensifying from a prandial to a basal-bolus regimen, use a starting pre-dinner or bedtime dose of:

- ☐ **A** 6u or 0.1u/kg
- ☐ **B** 10u or 0.2u/kg

8. Which insulin therapy requires a pre-dinner dose and at bedtime?

- ☐ **A** Basal only
- ☐ **B** Basal plus

9. Which statement is true? Pre-mix analogue BD:

- ☐ **A** Pre-breakfast and pre-dinner dosing
- ☐ **B** Pre-breakfast and bedtime dosing
- ☐ **C** Is the first choice for insulin initiation if HbA_{1c} >10.5%

10. A pre-lunch analogue used to intensify a pre-mix BD regimen should be:

- ☐ **A** Rapid-acting
- ☐ **B** Intermediate-acting

11. What are associated FBG levels in relation to HbA_{1c} <8%?

- ☐ **A** 4-7mmol/L
- ☐ **B** <10mmol/L
- ☐ **C** <12mmol/L

12. What are associated PPG levels in relation to HbA_{1c} <7%?

- ☐ **A** 4-7mmol/L
- ☐ **B** <10mmol/L
- ☐ **C** <12mmol/L

13. Associated bedtime blood glucose range in relation to HbA_{1c} <7% is:

- ☐ **A** 7.4-8.2mmol/L
- ☐ **B** 8.0-9.1mmol/L

14. Continuous glucose monitoring can build confidence in self-management of glucose levels to desired targets.

- ☐ **A** True
- ☐ **B** False

15. Real-time continuous glucose monitoring is superior for self-management of glucose levels compared with SMBG measurements or AGP monitoring.

- ☐ **A** True
- ☐ **B** False

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