

# 10563 and 10564 CEM Type 2 Diabetes Post Test – March 1, 2010

## Best Practices in the Management of Type 2 Diabetes: Improving Glycemic Control

This knowledge-based activity is located at [www.ashpadvantage.com/cemornings](http://www.ashpadvantage.com/cemornings)

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There are 10 questions associated with this self-assessment test.

1. Which of the following brain neurochemical defects has been theorized along with impaired satiety and circadian rhythm in type 2 diabetes?
  - a. Diminished dopamine.
  - b. Diminished serotonin.
  - c. Excessive dopamine.
  - d. Excessive serotonin.
  
2. Which of the following diabetes medications acts primarily in the brain?
  - a.  $\alpha$ -glucosidase inhibitors.
  - b. Biguanides.
  - c. Dopamine agonists.
  - d. Thiazolidinediones.
  
3. Which of the following statements about the natural history of type 2 diabetes is correct?
  - a. Macrovascular and microvascular complications typically are established before the disease is diagnosed or pre-diabetes is detectable, which limits opportunities for prevention.
  - b. Macrovascular and microvascular complications typically are established before the disease is diagnosed, but pre-diabetes is detectable before complications develop, providing an opportunity for prevention.
  - c. Macrovascular and microvascular complications typically are not established before the disease is diagnosed or pre-diabetes is detected, so they can be prevented.
  - d. Macrovascular and microvascular complications are unpredictable and cannot reliably be prevented through early detection of diabetes or pre-diabetes.
  
4. Which of the following goals for A1C, systolic/diastolic blood pressure, and low-density lipoprotein cholesterol (LDL-C) are recommended by the American Diabetes Association for patients with type 2 diabetes?
  - a. A1C <6.5%, blood pressure <120/80mmHg, and LDL-C <70mg/dL.
  - b. A1C <6.5%, blood pressure <130/80mmHg, and LDL-C <100mg/dL.
  - c. A1C <7.0%, blood pressure <130/80mmHg, and LDL-C <100mg/dL.
  - d. A1C <7.0%, blood pressure <120/80mmHg, and LDL-C <70mg/dL.
  
5. Which of the following is the approximate percentage of patients with type 2 diabetes who have met the goals for A1C, systolic/diastolic blood pressure, and LDL-cholesterol recommended by the American Diabetes Association?
  - a. 7%.
  - b. 27%.
  - c. 40%.
  - d. 50%.



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6. According to the American Diabetes Association and the European Association for the Study of Diabetes consensus algorithm for the initiation and adjustment of therapy in patients with type 2 diabetes and hyperglycemia, which of the following agents should be used initially after diagnosis in combination with lifestyle intervention?
  - a. A glitazone.
  - b. A sulfonylurea.
  - c. Basal insulin.
  - d. Metformin.
  
7. Which of the following medications is best chosen to improve glycemic control in a patient with diabetes who is overweight, concerned about weight gain, and prone to hypoglycemia?
  - a. A sulfonylurea, such as glimepiride.
  - b. A thiazolidinedione, such as pioglitazone or rosiglitazone.
  - c. Prandial insulin, such as insulin aspart, lispro, or glulisine.
  - d. Metformin.
  
8. Which of the following diabetes medications is best chosen for a patient who requires improved postprandial plasma glucose control?
  - a. Exenatide.
  - b. Metformin.
  - c. Insulin detemir.
  - d. Pioglitazone or rosiglitazone.
  
9. Which of the following medications is best chosen to improve glycemic and lipid control in a patient with diabetes and dyslipidemia who is unable to meet A1C and LDL-C goals despite optimal metformin and statin therapy?
  - a. Bromocriptine.
  - b. Colesevelam.
  - c. Metformin.
  - d. Pramlintide.
  
10. Which of the following organizations provides the accreditation required by the Centers for Medicare & Medicaid Services for reimbursement of “G” codes for diabetes self-management education/training?
  - a. American Association of Clinical Endocrinologists and American College of Endocrinology.
  - b. American Association of Diabetes Educators and American Diabetes Association.
  - c. American Association of Diabetes Educators and American Pharmacists Association.
  - d. American Society of Health-System Pharmacists and American Pharmacists Association.



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