

# Diabetes Online Training Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Why is label reading important for individuals with diabetes?**
  - A. To find low-fat options**
  - B. To identify carbohydrate content**
  - C. To understand food preservation methods**
  - D. To check for food packaging offers**
  
- 2. When assessing a student showing symptoms of high blood glucose, what should be a priority action?**
  - A. Encourage hydration**
  - B. Monitor them closely**
  - C. Immediately inform the nurse**
  - D. Schedule a meeting with the parents**
  
- 3. Fasting glucose levels of 100 mg/dL or higher indicate what?**
  - A. Normal glucose levels**
  - B. Hypoglycemia**
  - C. Hyperglycemia**
  - D. Pre-diabetes**
  
- 4. Which type of dairy is typically emphasized in the Mediterranean diet?**
  - A. Full-fat dairy**
  - B. Low-fat or non-fat dairy**
  - C. Processed dairy**
  - D. Dairy is discouraged**
  
- 5. What is a common long-term effect of diabetes?**
  - A. Strengthened bone density**
  - B. Increased hair growth**
  - C. Improved cardiovascular health**
  - D. Cardiovascular disease**

- 6. How does hyperglycemia affect the body?**
- A. It can improve energy levels**
  - B. It can lead to complications like frequent urination and fatigue**
  - C. It enhances brain function**
  - D. It reduces hunger**
- 7. Which of the following is a key component of the Mediterranean diet?**
- A. Sugary beverages**
  - B. Processed meats**
  - C. Healthy fats**
  - D. Refined grains**
- 8. How can diabetes impact mental health?**
- A. It has no impact on mental health**
  - B. It can lead to increased happiness**
  - C. It can cause anxiety, depression, and stress**
  - D. It only affects mood temporarily**
- 9. What is the primary function of the pancreas in relation to diabetes?**
- A. To absorb glucose from the bloodstream**
  - B. To produce insulin and glucagon**
  - C. To cleanse toxins from the body**
  - D. To produce digestive enzymes only**
- 10. A student uses an insulin to carbohydrate ratio of 1 unit per 15 grams of carbohydrate. For a meal containing 45 grams of carbohydrate, how much insulin is needed?**
- A. 1 unit**
  - B. 2 units**
  - C. 3 units**
  - D. 4 units**

## Answers

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1. B
2. C
3. C
4. B
5. D
6. B
7. C
8. C
9. B
10. C

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## **Explanations**

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**1. Why is label reading important for individuals with diabetes?**

- A. To find low-fat options**
- B. To identify carbohydrate content**
- C. To understand food preservation methods**
- D. To check for food packaging offers**

Label reading is crucial for individuals with diabetes primarily because it allows them to identify and monitor the carbohydrate content in foods. Carbohydrates have a direct impact on blood sugar levels, which is a critical consideration for diabetes management. By understanding how many carbohydrates are in a serving of food, individuals with diabetes can better calculate insulin requirements or adjust their meal plans accordingly to maintain stable glucose levels. This practice helps in making informed choices at the grocery store and during meals, ensuring that they do not exceed their carbohydrate allowances and can effectively manage their blood sugar levels. It also fosters greater awareness of hidden sugars and starches that may not be immediately evident, thus promoting healthier eating habits overall. The other options, while they might provide some benefits, do not specifically address the unique concerns of carbohydrate management that is central to diabetes care. Understanding low-fat options, food preservation methods, or food packaging offers are useful but secondary to the critical need to monitor carbohydrate intake.

**2. When assessing a student showing symptoms of high blood glucose, what should be a priority action?**

- A. Encourage hydration**
- B. Monitor them closely**
- C. Immediately inform the nurse**
- D. Schedule a meeting with the parents**

In a scenario where a student is exhibiting symptoms of high blood glucose, the priority action is to immediately inform the nurse. This is crucial because a school nurse is equipped to assess the situation more thoroughly and provide necessary medical interventions. Symptoms of high blood glucose can be severe and may require immediate attention to prevent complications such as diabetic ketoacidosis, which can be life-threatening if not addressed promptly. The nurse can not only evaluate the student's condition but also determine if other immediate actions are needed, such as providing insulin or ensuring the student is safe until their glucose levels stabilize. Prompt communication with the nurse ensures that the student receives the appropriate care in a timely manner, which is vital in managing diabetes effectively. While encouraging hydration, monitoring the student closely, or scheduling a meeting with parents are important considerations in the broader context of diabetes management, they do not address the immediate medical assessment required in this situation—making informing the nurse the most critical priority.

**3. Fasting glucose levels of 100 mg/dL or higher indicate what?**

- A. Normal glucose levels**
- B. Hypoglycemia**
- C. Hyperglycemia**
- D. Pre-diabetes**

Fasting glucose levels of 100 mg/dL or higher are indicative of hyperglycemia, which refers to elevated blood sugar levels. Specifically, a fasting glucose level between 100 mg/dL and 125 mg/dL is classified as pre-diabetes, while levels of 126 mg/dL or higher suggest diabetes. Hyperglycemia can occur for various reasons, including insufficient insulin production, insulin resistance, or increased glucose production by the liver. Understanding glucose levels is crucial for diagnosing and managing diabetes. A normal fasting glucose level is typically defined as being below 100 mg/dL, while hypoglycemia would refer to low blood glucose levels, which is not the case here. Thus, when faced with fasting glucose levels of 100 mg/dL or higher, health care providers recognize the potential for long-term complications associated with high blood sugar, reinforcing the importance of monitoring and managing these levels effectively.

**4. Which type of dairy is typically emphasized in the Mediterranean diet?**

- A. Full-fat dairy**
- B. Low-fat or non-fat dairy**
- C. Processed dairy**
- D. Dairy is discouraged**

The Mediterranean diet often emphasizes low-fat or non-fat dairy products. This dietary pattern prioritizes a balanced approach to fats and encourages nutrient-dense foods, with a focus on providing essential nutrients while minimizing excessive calorie intake from saturated fats. Low-fat dairy options, such as yogurt and cheese, are commonly included as they provide calcium and protein without the higher fat content associated with full-fat varieties. Additionally, the consumption of low-fat dairy fits well within the overall Mediterranean approach, which encourages moderation and variety across food groups, supporting heart health and weight management. This emphasis on low-fat dairy aligns with the diet's overall goals of promoting health through wholesome, minimally processed foods while allowing for the inclusion of healthy fats, primarily from sources like olive oil and nuts.

## 5. What is a common long-term effect of diabetes?

- A. Strengthened bone density
- B. Increased hair growth
- C. Improved cardiovascular health
- D. Cardiovascular disease**

The choice indicating cardiovascular disease as a common long-term effect of diabetes is correct because diabetes, particularly when poorly managed, significantly increases the risk of developing heart-related issues. High blood glucose levels can lead to damage of blood vessels and nerves that control the heart, contributing to the development of atherosclerosis, which is the buildup of plaques in the arteries. This can result in various cardiovascular complications, including heart attacks and strokes. People with diabetes often experience other metabolic changes that can elevate blood pressure and cholesterol levels, further contributing to cardiovascular problems. Therefore, cardiovascular disease is regarded as a serious long-term complication of both Type 1 and Type 2 diabetes, impacting overall health and increasing mortality risk if not properly managed.

## 6. How does hyperglycemia affect the body?

- A. It can improve energy levels
- B. It can lead to complications like frequent urination and fatigue**
- C. It enhances brain function
- D. It reduces hunger

Hyperglycemia, which refers to elevated levels of glucose in the blood, can have a significant impact on the body's functions and overall health. One of the key effects of chronic hyperglycemia is the development of symptoms such as frequent urination and fatigue. When blood sugar levels are high, the kidneys work harder to filter the excess glucose. This results in increased production of urine as the body attempts to excrete the excess sugar, leading to frequent urination. In conjunction with this, fluid loss can contribute to dehydration, which can further induce feelings of fatigue. Thus, the correct answer highlights the critical complications associated with hyperglycemia, illustrating its detrimental effects on the body rather than any potential benefits. Understanding these complications is essential for managing diabetes and maintaining proper glucose levels to prevent long-term adverse health outcomes.

**7. Which of the following is a key component of the Mediterranean diet?**

- A. Sugary beverages**
- B. Processed meats**
- C. Healthy fats**
- D. Refined grains**

The Mediterranean diet is well-known for its emphasis on healthy eating patterns that promote overall health and well-being. One of its key components is the inclusion of healthy fats, particularly those derived from sources such as olive oil, nuts, and fatty fish. These healthy fats are rich in monounsaturated fats and omega-3 fatty acids, which are beneficial for heart health, reducing inflammation, and supporting metabolic functions. Incorporating healthy fats helps to replace less healthy fat options while contributing to satiety and flavor in meals, which is an integral part of the Mediterranean eating style. In contrast, sugary beverages, processed meats, and refined grains do not align with the principles of the Mediterranean diet. Sugary beverages are typically high in calories and low in nutritional value, while processed meats are often linked to adverse health effects, such as increased cardiovascular disease risk. Refined grains lack the fiber and nutrients found in whole grains and can lead to rapid spikes in blood sugar, which is not conducive to a balanced diet.

**8. How can diabetes impact mental health?**

- A. It has no impact on mental health**
- B. It can lead to increased happiness**
- C. It can cause anxiety, depression, and stress**
- D. It only affects mood temporarily**

Diabetes can significantly impact mental health due to the chronic nature of the disease, the daily management it requires, and the associated complications. Individuals with diabetes often face stressors related to monitoring blood sugar levels, managing diet, adhering to medication regimens, and dealing with the fear of potential complications that may arise from the condition. These constant pressures can contribute to feelings of anxiety, leading to a heightened state of worry about health and well-being. Furthermore, the challenges of living with a chronic illness like diabetes can lead to feelings of frustration and helplessness, which can develop into depression. Research indicates that there is a higher prevalence of mental health disorders, particularly anxiety and depression, among those diagnosed with diabetes compared to the general population. It is also important to recognize the bidirectional relationship between diabetes and mental health, where poor mental health can negatively impact diabetes management and vice versa. Overall, the emotional burden of diabetes can manifest as increased symptoms of anxiety, depression, and stress, making it crucial for healthcare providers to address mental health as part of comprehensive diabetes care.

**9. What is the primary function of the pancreas in relation to diabetes?**

- A. To absorb glucose from the bloodstream**
- B. To produce insulin and glucagon**
- C. To cleanse toxins from the body**
- D. To produce digestive enzymes only**

The primary function of the pancreas in relation to diabetes is to produce insulin and glucagon. Insulin is a hormone that plays a crucial role in regulating blood glucose levels by facilitating the uptake of glucose into the cells, where it can be used for energy or stored for future use. In individuals with diabetes, the body's ability to produce insulin or respond to it effectively is impaired, which leads to elevated blood glucose levels. Glucagon, on the other hand, works in opposition to insulin by signaling the liver to release stored glucose into the bloodstream when blood sugar levels drop. The balance between insulin and glucagon is essential for maintaining proper glucose homeostasis. Therefore, understanding the function of the pancreas in producing these hormones is critical when learning about diabetes management and treatment. Other options do not relate closely to this hormonal regulation. While the pancreas does produce digestive enzymes and plays roles in different bodily functions, these functions are not directly linked to diabetes management or the primary concern of glucose regulation. Hence, the production of insulin and glucagon is central to understanding how diabetes affects metabolism and blood sugar control.

**10. A student uses an insulin to carbohydrate ratio of 1 unit per 15 grams of carbohydrate. For a meal containing 45 grams of carbohydrate, how much insulin is needed?**

- A. 1 unit**
- B. 2 units**
- C. 3 units**
- D. 4 units**

To determine the amount of insulin needed for the meal, you can apply the insulin-to-carbohydrate ratio provided. In this case, the student uses a ratio of 1 unit of insulin for every 15 grams of carbohydrate. If the meal contains 45 grams of carbohydrate, you can calculate the required insulin by dividing the total grams of carbohydrate by the number of grams covered by each unit of insulin:  $45 \text{ grams of carbohydrate} \div 15 \text{ grams per unit} = 3 \text{ units of insulin}$ . This calculation shows that for a meal with 45 grams of carbohydrates, the student needs to administer 3 units of insulin to effectively cover the carbohydrate intake. Understanding this ratio is essential for managing diabetes effectively, allowing individuals to match their insulin doses to their carbohydrate consumption accurately.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://diabetesonlinetraining.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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