ATI DIABETES MELLITUS ACTUAL EXAM COMPLETE EXAM QUESTIONS WITH DETAILED VERIFIED ANSWERS (100% CORRECT ANSWERS

When instructing a patient regarding a urine study for free cortisol, it is most important for the nurse to tell the patient to
A. Save the first voided urine in the am.
B. Maintain a high-sodium diet 3 days before collection.
C. Try to avoid stressful situations during the collection period.
D. Complete at least 30 minutes of strenuous exercise before collecting the urine sample. - ✓✓ANSW✓✓..👌C. Try to avoid stressful situations during the collection period.

A urine study for free cortisol requires a 24-hour urine collection. The patient should be instructed to avoid stressful situations and excessive physical exercise that could unduly increase cortisol levels. The patient should also maintain a low-sodium diet before and during the urine collection period.

Which of the following assessment parameters is of highest priority when caring for a patient undergoing a water deprivation test?
A. Serum glucose
B. Patient weight
C. Arterial blood gases
D. Patient temperature - ✓✓ANSW✓✓..👌B. Patient weight

A patient is at risk for severe dehydration during a water deprivation test. The test should be discontinued and the patient rehydrated if the patient's weight drops more than 2 kg at any time. The other assessment parameters do not assess fluid balance.

A patient has sought care because of a loss of 25 lb over the past 6 months, during which the patient claims to have made no significant dietary changes. The nurse should assess the patient for potential
A. Thyroid disorders.
B. Diabetes insipidus.
C. Pituitary dysfunction.
D. Parathyroid dysfunction. - ✓✓ANSW✓✓..👌A. Thyroid disorders.

Hyperthyroidism is associated with weight loss. Alterations in pituitary function, such as diabetes insipidus, and parathyroid dysfunction are not commonly associated with this phenomenon.

The surgeon was unable to save a patient's parathyroid gland during a radical thyroidectomy. The nurse should consequently pay particular attention to which of the following components of the patient's laboratory values?
A. Calcium levels
B. Potassium levels
C. Blood glucose levels
D. Sodium and chloride levels - ✓✓ANSW✓✓..👌A. Calcium levels

The parathyroid gland plays a key role in maintaining calcium levels. Potassium, sodium, glucose, and chloride are not directly influenced by the loss of the parathyroid gland.

A patient's recent medical history is indicative of diabetes insipidus. The nurse would perform patient education related to which of the following diagnostic tests?
A. Thyroid scan
B. Fasting glucose test
C. Oral glucose tolerance
D. Water deprivation test - ✓✓ANSW✓✓..👌D. Water deprivation test

A water deprivation test is used to diagnose the polyuria that accompanies diabetes insipidus. Glucose tests and thyroid tests are not directly related to the diagnosis of diabetes insipidus.

A 54-year-old patient admitted with type 2 diabetes, asks the nurse what "type 2" means. Which of the following is the most appropriate response by the nurse?
A. "With type 2 diabetes, the body of the pancreas becomes inflamed."
B. "With type 2 diabetes, insulin secretion is decreased and insulin resistance is increased."
C. "With type 2 diabetes, the patient is totally dependent on an outside source of insulin."
D. "With type 2 diabetes, the body produces autoantibodies that destroy b-cells in the pancreas." - ✓✓ANSW✓✓..👌B. "With type 2 diabetes, insulin secretion is decreased and insulin resistance is increased."

In type 2 diabetes mellitus, the secretion of insulin by the pancreas is reduced and/or the cells of the body become resistant to insulin.

The nurse caring for a 54-year-old patient hospitalized with diabetes mellitus would look for which of the following laboratory test results to obtain information on the patient's past glucose control?
A. Prealbumin level

B. Urine ketone level
C. Fasting glucose level
D. Glycosylated hemoglobin level - ✓✓ANSW✓✓..👌D. Glycosylated hemoglobin level

A glycosylated hemoglobin level detects the amount of glucose that is bound to red blood cells (RBCs). When circulating glucose levels are high, glucose attaches to the RBCs and remains there for the life of the blood cell, which is approximately 120 days. Thus the test can give an indication of glycemic control over approximately 2 to 3 months.

The nurse has been teaching a patient with diabetes how to perform self-monitoring of blood glucose. During evaluation of the patient's technique, the nurse identifies a need for additional teaching when the patient does which of the following?
A. Chooses a puncture site in the center of the finger pad
B. Washes hands with soap and water to cleanse the site to be used
C. Warms the finger before puncturing to obtain a drop of blood
D. Tells the nurse that the result of 120 mg/dl indicates good control of diabetes - ✓✓ANSW✓✓..👌A. Chooses a puncture site in the center of the finger pad

The patient should select a site on the sides of the fingertips, not on the center of the finger pad. This area contains many nerve endings and would be unnecessarily painful.

The nurse is teaching a 54-year-old patient with diabetes about proper composition of the daily diet. The nurse explains that the guideline for carbohydrate intake is which of the following?
A. 80% of daily intake
B. Minimum of 80 g/day
C. Minimum of 130 g/day
D. Maximum of 130 g/day - ✓✓ANSW✓✓..👌C. Minimum of 130 g/day
The recommendation for carbohydrate intake is a minimum of 130 g/day. Low-carbohydrate diets are not recommended for diabetes management.
If glucose is a disorder of glucose metabolism, then why do we need Glucose? - ✓✓ANSW✓✓..👌Glucose is needed for energy

What organ controls glucose Metabolism? - ✓✓ANSW✓✓..👌Pancreas - Controls glucose by producing insulin and glucagon which are hormones.

When does Gestational Diabetes typically develop? - ✓✓ANSW✓✓..👌24-25 weeks gestation, and usually resolves postpartum

What is Secondary Diabetes? - ✓✓ANSW✓✓..👌Caused by other medical condition. Ie. Pancreatitis, Cushings (body makes too much cortisol or exposure

to corticosteroids for a long time), TPN, Hyperthyroidism, etc. Usually resolves with tx of disorder.

What are the 3 P's of Diabetes Diagnosis? What are other s/sx? - ✓✓ANSW✓✓..👌Polydypsia, Polyuria, Polyphagia
Weight loss
Weakness
Fatigue
Frequent infections

Which test in most useful in determining glycemic levels over time?? - ✓✓ANSW✓✓..👌HgA1c Most useful in measuring DM management over time.

What is the target range for HgA1c? - ✓✓ANSW✓✓..👌6.5%

What is the current diagnostic criteria for Diagnosing DM? - ✓✓ANSW✓✓..👌FBG > 126mg/dL
Random GI > 200mg/dL

Name that Insulin:
What is an example of Rapid Acting Insulin?
What is the onset?
What is the Peak? - ✓✓ANSW✓✓..👌Humalog (Lispro)
Onset: 15 - 30 minutes
Peak: 0.5 - 2.5 hours

Name that Insulin:
What is an example of Short Acting Insulin?
What is the onset?
What is the Peak? - ✓✓ANSW✓✓..👌Humulin R (Regular)
Onset: 30 minutes
Peak: 2.5 - 5 hours

Name that Insulin:
What is an example of Intermediate Acting Insulin?
What is the onset?
What is the Peak? - ✓✓ANSW✓✓..👌Humulin N (NPH)
Onset: 1 - 2 hours
Peak: 4 - 12 hours

Name that Insulin:
What is an example of Long Acting Insulin?
What is the onset? - ✓✓ANSW✓✓..👌Lantus / Glargine
Onset: 3-4 hours