

LEVEL 2 CERTIFICATE CARE MANAGEMENT OF DIABETES

Unit 1 Understand diabetes

Learner's Name:

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Unit 01: Understand diabetes

Q 1.1. Explain what 'blood glucose' is.

Answer:

Q1.2. Describe the difference between simple and complex carbohydrates.

Answer:

Q 1.3. Define the terms:

Answer:

- **glycaemia:**
- **hypoglycaemia:**
- **hyperglycaemia:**

Q 1.4. Describe the pre-diabetic states.

Answer:

Q 2.1. Describe how insulin is produced in the body.

Answer:

Q 2.2. Explain how insulin affects blood glucose levels.

Answer:

Q 2.3. Describe what is meant by 'insulin resistance'.

Answer:

Q 3.1. Describe what is meant by the term 'diabetes'.

Answer:

Q 3.2. Outline the key features of Type 1 diabetes.

Answer:

Q 3.3. Outline the key features of Type 2 diabetes.

Answer:

Q 3.4. Explain the causes of Type 1 and Type 2 diabetes.

Answer:

Q 3.5. Explain how gestational diabetes occurs.

Answer:

Q 3.6. Identify the prevalence of different forms of diabetes.

Answer:

Q 4.1. Identify risk factors associated with the development of Type 2 diabetes.

Answer:

Q 4.2. Describe ways that individuals can reduce their risk of developing Type 2 diabetes.

Answer:

Q 5.1. Describe the likely signs and symptoms of diabetes.

Answer:

Q 5.2. Identify methods of assessing individuals at risk of Type 2 diabetes.

Answer:

Q 5.3. Outline the process of screening for diabetes.

Answer: