

CF-RELATED DIABETES (CFRD)

Name: _____

Date: _____

Note: This is not a test. This assessment has been developed to help you become more knowledgeable about your CF, with the help of your CF care team.

This assessment is to be completed by a person who is 16 or older with cystic fibrosis (CF). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question.

1. Which of the following is not a symptom of CFRD?

- a) Being very thirsty and having to urinate often
- b) Being very tired
- c) Losing weight
- d) Joint pain
- e) Loss of lung function

2. An accurate test to diagnose CFRD is the:

- a) Oral Glucose Tolerance Test (OGTT): a blood test that measures your blood glucose (sugar) level after 8 hours of fasting, and 120 minutes after drinking a sugary drink
- b) Pulmonary Function or Spirometry Test: a test that measures your lung function
- c) Urine test: a test used to analyze your urine
- d) All of the above

3. Insulin is a(n):

- a) Hormone that lowers blood sugar levels
- b) Enzyme supplement that helps you digest food
- c) Antibiotic that helps prevent lung infections
- d) Airway clearance treatment

4. Which of the following is true?

- a) A long-acting or basal insulin alone provides all of the insulin you need to eat your meals and snacks each day
- b) An addition to a long-acting or basal insulin, most people with CFRD need to take a rapid acting insulin with snacks and meals
- c) A diabetes pill is just as effective as insulin injections for treating CFRD

5. Rapid-acting insulin is usually taken:

- a) Once in the morning
- b) Once at the end of the day
- c) Before carbohydrate-rich meals and snacks
- d) After every meal and snack

6. You should check your blood sugar levels more often if you:

- a) Are sick or feel like you may be getting sick
- b) Exercise often
- c) Are stressed out
- d) All of the above

7. Which of the following is not a place on your body where you should inject insulin?

- a) Thigh
- b) Buttocks
- c) Upper arm
- d) Foot
- e) Stomach

8. Your blood sugar test or blood glucose monitor readings may be inaccurate if:

- a) Your finger is not clean and dry
- b) The meter parts are dirty (such as with dried blood)
- c) The codes on the strip and the meter don't match
- d) The drop of blood is too small for the pad
- e) The test strips are expired or not stored right
- f) All of the above

For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on.

9. You should see a specialised diabetes doctor (endocrinologist) if you have CFRD.

- a) True
- b) False

12. You should not exercise if you have CFRD.

- a) True, exercise always causes hypoglycemia
- b) True, people with CFRD are weaker than other people with CF
- c) False, exercise can never cause hypoglycemia
- d) False, exercise is great for you as long as you snack beforehand and monitor your blood sugar

10. Retinopathy which causes blurred vision or even blindness can occur in people with CFRD if blood sugars aren't well controlled.

- a) True
- b) False

13. It is important to monitor foods with carbohydrates, as these foods have the greatest impact on blood sugar levels.

- a) True
- b) False

11. Hypoglycemia, or low blood sugar, can occur if:

- a) You have too many meals or snacks
- b) You don't exercise enough
- c) You take an insulin dose that is too high or haven't eaten enough
- d) You give yourself an insulin shot in the stomach or buttocks, just under the skin

14. A person with CFRD should:

- a) Continue to maintain a high-fat, high-calorie diet
- b) Carefully monitor his/her diet plan to understand the impact of certain foods on blood sugar
- c) Talk to their doctor about the amount of sugar they drink
- d) All of the above