Pediatric/Adolescent Activity CHALLENGE - PREPUMPER

Please complete the following questions, review your answers with your diabetes health care team. Obtain a copy of the answer sheet.

1. Gillian took her usual insulin dose at breakfast. Right after eating her breakfast, she decides to go for a long bike ride with a friend. Gillian should do all of the following except:
   - Check her blood glucose before, during, and after exercise
   - Take a snack to eat, as needed
   - Carry treatment for hypoglycemia
   - Check blood glucose at lunch only

2. Delayed low blood glucose can happen several hours after exercise. What are some actions you can do to lower your risk of hypoglycemia?
   - Check your blood glucose more often (before, during, and after exercise, in the evening, and overnight)
   - Lower the insulin that is working after the activity
   - Have a high protein, low carb snack
   - Choices 1 and 2

3. Clara has swimming class from 9:00 to 10:00 a.m. on Saturday morning. Her usual insulin before breakfast is: Humulin® N 12 units; Rapid-acting insulin 5 units. What adjustment would you make?
   - Decrease the rapid-acting insulin by 30 to 50%
   - Increase the Humulin® N by 20 to 30%
   - Decrease the Humulin® N 50%
   - Increase the rapid-acting insulin by 10%

4. Drew has soccer practice after supper from 6:00 to 7:00 p.m. He is having delayed lows at 2:00 a.m. on nights he plays soccer. His bedtime dose of Novolin® NPH is 9 units. How would you adjust the insulin?
   - Decrease the Novolin® NPH by 30 to 50%
   - Decrease the Novolin® NPH by 10 to 20%
   - Decrease the Novolin® NPH by 0 to 10%
   - Do not adjust the insulin