



**Posttest**

***How Family Dynamics Can Affect the Health of an Adolescent with Type 1 Diabetes***

**Quinn Nystrom, M.S.**

**Credit: One (1) Continuing Education Credit Awarded**

**Post-Test (For reference only. You must take and pass the test online for CE credit.)**

1. What does CGM stand for?
  - a. Continuous glucagon monitoring
  - b. Continuous glucose monitor
  - c. Continuous glucose monitoring
  - d. Celebrate glucose measures
  - e. Physical exhaustion
2. How many people in the United State have type-1 diabetes?
  - a. 525,000
  - b. 975,000
  - c. 1.25 million
  - d. 4.5 million
3. What is Illness Perception?
  - a. The organized cognitive representations or beliefs that patients have about their illness.
  - b. How a patient views their diabetes diagnosis.
  - c. The emotional burden, financial distress & family distress related to their illness.
  - d. How one sees themselves.
4. What are the component(s) of illness representation?
  - a. Consequences
  - b. Curability/controllability & Identity
  - c. Cause & Timeline
  - d. All the above.
5. Who developed Social Learning Theory?
  - a. Emily Hale
  - b. William Polonsky
  - c. Albert Bandura
  - d. Hillary Hoey
6. How many children with type 1 diabetes achieve their targeted A1C?
  - a.  $\frac{1}{4}$
  - b.  $\frac{1}{3}$
  - c.  $\frac{1}{5}$
  - d.  $\frac{2}{3}$

7. According to the ADA 2020 Standards of Care, what recommendation do they give for a target A1C for adolescents?
  - a. <8%
  - b. <7.5%
  - c. <7.0%
  - d. <6.5%
8. Who is the predominant caretaker for an adolescent with T1D?
  - a. Mother
  - b. Father
  - c. Both parents
  - d. Self
9. Parents who collaborate with their adolescent with type 1 diabetes tend to get what?
  - a. Happier child
  - b. Better family dynamic
  - c. Best results
  - d. Better compliance with medical appointments
10. The Association of Diabetes Care & Education Specialists gave how many tips for parents with an adolescent type-1?
  - a. 5
  - b. 6
  - c. 8
  - d. 10