



Insulin Safety Week 2024 – Quiz

1. What is diabetes technology?
 - A) Devices that help you count calories
 - B) Tools and equipment used to support management of diabetes**
 - C) Wearable fitness trackers
 - D) Smartphone apps for meditation
2. What does CGM stand for in diabetes technology?
 - A) Continuous Glucose Monitoring**
 - B) Calorie-Counting Guide for Meals
 - C) Cardiovascular Glucose Management
 - D) Cellular Glucose Metabolism
3. Which of the following is an example of diabetes technology?
 - A) A pedometer
 - B) An insulin pen
 - C) A continuous glucose monitor (CGM)**
 - D) A water bottle
4. What is the primary purpose of a hybrid closed-loop system (artificial pancreas)?
 - A) To regulate blood pressure
 - B) To maintain glucose levels within the target range**
 - C) To improve sleep quality
 - D) To prevent weight gain
5. Which diabetes technology allows you to see real-time glucose readings without finger pricks?
 - A) Insulin pump
 - B) Continuous glucose monitor (CGM)**
 - C) Traditional blood glucose meter
 - D) Syringe
6. What does HCL stand for in the context of diabetes management?
 - A) High-Calorie Lifestyle

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- B) Hybrid Closed Loop
- C) Hyperglycemic Control Level
- D) Human Cellular Lysis

7. Which of the following components make up an HCL system?
- A) A real-time CGM device, a blood pressure monitor, and a smartphone app
 - B) An insulin pump, a continuous glucose monitoring (CGM) device, and an algorithm
 - C) A glucometer, an exercise tracker, and a smartwatch
 - D) A diet plan, a fitness tracker, and a sleep monitor
8. What is the role of the CGM device in an HCL system?
- A) It measures interstitial glucose every 1–5 minutes and adjusts insulin delivery
 - B) It provides real-time blood pressure readings
 - C) It monitors heart rate and oxygen saturation
 - D) It tracks daily steps and calories burned
9. Which insulin pumps are commonly used in HCL systems?
- A) Only patch (tubeless) pumps
 - B) Only tethered (tubed) pumps
 - C) Both patch (tubeless) pumps and tethered pumps with tubes
 - D) None of the above
10. When an insulin pump is taken off/removed, what needs to be replaced as soon as possible?
- A) Alternative long and quick acting insulin
 - B) Need to have a meal straight away
 - C) Need to have fluids to avoid dehydration
 - D) None of the above

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