

HIV and diabetes: self-assessment quiz

Test your knowledge and understanding by completing this quiz. You could do this before reading the article and then return afterwards to see how much you have learned.

Add the completed quiz to your professional portfolio as evidence of your learning and remember to record the number of CPD hours spent.

- The percentage of the population of England and Wales that is currently affected by type 2 diabetes is estimated at?
 - 1%
 - 6%
 - 45%
 - 20%
- Which of the following statements are true of type 1 diabetes? (tick all that apply)
 - Onset of symptoms is gradual
 - The pancreas stops making insulin completely
 - Can be caused by an autoimmune response
 - Can be reversible if treated early
- Which of the following statements are true of type 2 diabetes?
 - The condition can be reversed through diet and weight loss
 - The condition is related to a diet high in trans fats
 - Genetic factors are not associated with increased risk of developing this condition
 - Women who have had gestational diabetes are at an increased risk of T2DM later in life
- Which of the following statements are correct in relation to the HbA1c test? (tick all that apply)
 - A result of 49 mmol/L would be diagnostic of diabetes in most situations
 - Fasting prior to an HbA1c test improves the accuracy of the result
 - People with diabetes are usually advised to aim for a target range of 50–60 mmol/L
 - HbA1c is an appropriate test for diagnosing diabetes in children
- Use of which of the following antiretroviral drugs has been associated with increased risk of T2DM? (tick all that apply)
 - stavudine
 - tenofovir
 - nelfinavir
 - efavirenz
- True or false? Alongside diet and lifestyle advice, metformin is an appropriate drug treatment choice for PLWH diagnosed with T2DM.
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- Which of the following belongs to the thiazolidinedione class of drugs, which induce the cells to be more sensitive to insulin?
 - metformin
 - gliclazide
 - pioglitazone
 - sitagliptin
- True or false? Insulin stimulates the breakdown of glycogen.
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- In which decade was insulin first identified and isolated for use in treating diabetics?
 - 1890s
 - 1920s
 - 1930s
 - 1950s
- For PLWH who are diagnosed with T2DM, list three checks which would be advisable to perform at least annually? (free-text answer).
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