

Homework

The homework is an assessment during the semester. For the "Internet Programming Techniques" discipline, the homework seeks to determine students' ability to use Internet search methods (explained in class and in depth in the laboratory) to find relevant information about a topic.

In the academic year 2012/2013, the chosen theme is diabetes, a quite common chronic disease, in which the patient's role in their own care is essential, by accumulating and using relevant information. The questions used in class are taken from official tests designed to determine the level of knowledge about their disease, designed for patients (not doctors). Questions point towards practical, not strictly medical, knowledge, on the reach of average people.

The final test will assess students' ability to identify relevant information on a given topic by difference from the reference test (lecture 2) and will be held during lecture 6. All written and electronic materials are allowed.

Students who did not pass the reference test will receive by default an initial score equal to the average score of other students. The homework grade (25%) will be determined by the final test (relative to the individual reference score, the absolute value of the second score is irrelevant). Students who do not pass the final test will have a grade equal to 0 for the homework, thus a maximum 7.5 for the entire discipline.

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Topics

- 1 The diabetes diet is:
- 2 Which of the following is highest in carbohydrate?
- 3 Which of the following is highest in fat?
- 4 Which of the following is a "free food"?
- 5 Glycosylated hemoglobin (hemoglobin A1) is a test that is a measure of your average blood glucose level for the past:
- 6 Which is the best method for testing blood glucose?
- 7 What effect does unsweetened fruit juice have on blood glucose?
- 8 Which should NOT be used to treat low blood glucose?
- 9 For a person in good control, what effect does exercise have on blood glucose?
- 10 Infection is likely to cause:
- 11 For a diabetes patient, the best way to take care of his/her feet is to:
- 12 Eating foods lower in fat decreases the risk for:
- 13 Numbness and tingling may be symptoms of:
- 14 Which of the following is usually NOT associated with diabetes:
- 15 Signs of ketoacidosis include:
- 16 If a patient is sick with the flu, which of the following changes should he/she make?
- 17 If a patient has taken intermediate-acting insulin (NPH or Lente), he/she is most likely to have an insulin reaction in:

- 18 A patient realizes just before lunch time that he forgot to take his insulin before breakfast. What should he do now?
- 19 If a patient is beginning to have an insulin reaction, he/she should:
- 20 Low blood glucose may be caused by:
- 21 If a patient takes his morning insulin but skips breakfast his blood glucose level will usually:
- 22 High blood glucose may be caused by:
- 23 Which one of the following will most likely cause an insulin reaction:
- 24 In uncontrolled diabetes the blood sugar is:
- 25 Which one of the following is true?
- 26 The NORMAL range for blood glucose is:
- 27 Butter is mainly:
- 28 Rice is mainly:
- 29 The presence of ketones in the urine is:
- 30 Which of the following possible complications is usually not associated with diabetes?
- 31 If a person on insulin has a high blood or urine sugar level and ketones were present they should:
- 32 When people with diabetes on insulin become ill and unable to eat the prescribed diet:
- 33 If a patient feels the beginnings of hypoglycemia he should:
- 34 A patient can eat as much as he likes of which one of the following foods:
- 35 Hypoglycaemia is caused by:
- 36 A kilogram is:
- 37 Two of the following substitutions are right:
- 38 If a patient doesn't feel like the egg allowed on his/her diet for breakfast he/she can:
- 39 The key to the control of diabetes is:
- 40 The NORMAL range for blood glucose is:
- 41 Margarine is mainly:
- 42 Rice is mainly:
- 43 Glucose is detected in the urine when:
- 44 One egg can be substituted for:
- 45 A person with diabetes on insulin who becomes ill often needs:
- 46 The best food for someone with diabetes to eat before prolonged exercise or sport would be:
- 47 People with diabetes should take good care of their feet because:
- 48 When people with diabetes on insulin become ill and unable to eat the prescribed diet:
- 49 When a person on insulin has a high blood or urine sugar level and ketones were present they should:
- 50 Hypoglycaemia is caused by:
- 51 On a diabetic diet which of the following can be taken freely?
- 52 "Empty calories" is a term used to describe foods which supply calories and no other nutrients. Which of the following are sources of "Empty Calories"?
- 53 Hypoglycaemia is likely to occur if:
- 54 When a person with diabetes on insulin undertakes unusually heavy exercise, they should have:
- 55 People with diabetes should:
- 56 The NORMAL range for blood glucose is:
- 57 Rice is mainly:
- 58 Insulin causes blood sugar to:
- 59 Which of the following is rich in carbohydrate?
- 60 Which one of the following symptoms is NOT usually associated with hypoglycaemia?
- 61 If a person on insulin has a high blood or urine sugar level and ketones were present they should:
- 62 When people with diabetes on insulin become ill and unable to eat the prescribed diet:

- 63 A patient can eat as much as he likes of which one of the following foods:
- 64 A person must avoid becoming overweight if he has diabetes because:
- 65 Hypoglycaemia is caused by:
- 66 Which of the following so-called "DIABETIC" food items are APPROVED by the Diabetic Clinic?
- 67 If someone with diabetes becomes sick and has vomiting and diarrhea s/he should:
- 68 Special "DIABETIC" foods are: