

Pre Sim Questions

Carl Rogers

1. Compare and contrast the onset, peak, and duration of the following long and short acting insulins:
 - a. **Rapid Acting: Lispro & Aspart**
 - Onset : 15 Minutes
 - Peak : 1-2 Hours
 - Duration: 3-5 Hours
 - b. **Short Acting: Regular**
 - Onset : 30 – 60 Minutes
 - Peak: 2-4 Hours
 - Duration: 6-10 Hours
 - c. **Intermediate Acting: NPH**
 - Onset: 1-2 Hours
 - Peak: 4-8 Hours
 - Duration 10-18 Hours
 - d. **Long Acting: Glargine & Detemir**
 - Onset: 1-2 Hours
 - Peak : None
 - Duration 24 hours
 - e. **Mixed: NPH/Regular 70/30**
 - Onset: 30-60 Minutes
 - Peak: Varies
 - Duration : 10-16 Hours
2. You are the nurse caring for a patient with type II diabetes. Create a list of talking points related to nutrition therapy that can help the client manage blood glucose levels.

Healthful diet: A diet rich in fiber, fruits, vegetables, whole grains, lean protein, and limiting amounts of processed foods and sugars can help regulate blood glucose levels.

Medication: Medication might be required to maintain glucose levels and optimal health. This might involve enhancing pancreatic function or insulin therapy depending on the patient's state.

Moderate weight loss: Losing weight and maintaining a healthy weight can significantly help in reducing blood glucose levels..

Regular physical activity: Regular exercise can enhance insulin sensitivity and aid in blood glucose control. A patient should be informed to walk or exercise. 15-30 minutes 5 days/ week.

3. Describe strategies to promote effective interdisciplinary collaboration with social workers and other interdisciplinary team members.