

ANSWERS TO PSAP 2013 BOOK 1 (CARDIOLOGY/ENDOCRINOLOGY)



ENDOCRINOLOGY I

NEW PHARMACOTHERAPIES FOR TYPE 2 DIABETES

Questions 1 and 2 pertain to the following case.

R.S., a 34-year-old man (weight 86 kg) with type 2 diabetes mellitus (T2DM) and an A1C of 10.2%, is being converted from oral diabetes drug therapy to basal/bolus insulin with insulin glargine and insulin aspart. His endocrinologist wants to start R.S.'s total daily insulin at 0.5 unit/kg/day.

1. Which one of the following is the most appropriate initial dose estimate of rapid-acting insulin aspart before breakfast for R.S.?
- A. 2.
 - B. 4.
 - C. 7.
 - D. 14.

1. Answer: C

This patient's total daily insulin (TDI) requirements equal 43 units (86 kg \times 0.5 unit/kg/day). Half of this is usually used for basal insulin requirements and half for bolus insulin requirements before meals. The 21 units for bolus requirements should initially be divided equally between three meals (i.e., 7 units, Answer C, is correct). The other three options would provide either too much or too little estimated insulin at each meal. Answers A and B would likely not provide enough insulin at meal time and lead to hyperglycemia, whereas Answer D has the potential to cause hypoglycemia because it could provide too much insulin.

1. Peters K. Intensifying treatment of type 2 diabetes mellitus: adding insulin. *Pharmacotherapy* 2011;31(12 suppl):545-645. [PubMed Link](#)
2. Garber A. Insulin intensification strategies in type 2 diabetes when one injection is no longer sufficient. *Diabetes Care* 2009;32(5 suppl):14-18. [PubMed Link](#)

2. After initiating and assessing the basal and bolus insulin regimen so accurate in this patient, which one of the following is the best estimate for how much 1 unit of insulin aspart would decrease R.S.'s serum glucose concentration in the case of hyperglycemic excursions?
- A. 10.
 - B. 20.
 - C. 40.
 - D. 80.

2. Answer: C

Again, this patient's TDI equals 43 units. The rule of 1800 (i.e., the quotient 1800/TDI) is commonly used to estimate correctional insulin requirements and gives the approximate milligram-per-deciliters decrease in plasma glucose 1 unit of rapid-acting insulin may attain. In this case 1800/43 = 42 (Answer C is correct). Hence, 1 unit of insulin aspart would be expected to lower his glucose concentration 42 mg/dL. Answer A and Answer B underestimate the decrease in glucose concentration, whereas Answer D overestimates it.

1. Peters K. Intensifying treatment of type 2 diabetes mellitus: adding insulin. *Pharmacotherapy* 2011;31(12 suppl):545-645. [PubMed Link](#)
2. Correction factor: The 1800 rule for determining your correction factor. [Internet Link](#)

3. A patient with T2DM is currently receiving an insulin-only regimen of premixed insulin 70/30. The morning dose is 20 units before breakfast, and the evening dose is 10 units before dinner. The patient has frequent bouts of low blood glucose concentrations between 1 a.m. and 3 a.m. The average morning fasting glucose concentration is 75 mg/dL, and the average after-dinner glucose concentration is 250 mg/dL. Which one of the following would be the best option for this patient to optimize glycemic control?
- A. Convert to insulin glargine and glulisine.

Psap 2013 1 Cardiology Answers

Rosina Ehmman



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