

# 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 ( $86 \text{ kg} \times 0.5 \text{ unit/kg/day}$ ). Half of this is initially 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 oral therapy 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 as 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  $1800/\text{TDI}$ ) 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

**John Zhang**



## **Psap 2013 1 Cardiology Answers:**

Probing the cardiac arm of the baroreflex and complementary branches Alberto Porta, Maja Elstad, 2020-02-10 **XIII**

**Mediterranean Conference on Medical and Biological Engineering and Computing 2013** Laura M. Roa Romero, 2013-10-01 The general theme of MEDICON 2013 is Research and Development of Technology for Sustainable Healthcare This decade is being characterized by the appearance and use of emergent technologies under development This situation has produced a tremendous impact on Medicine and Biology from which it is expected an unparalleled evolution in these disciplines towards novel concept and practices The consequence will be a significant improvement in health care and well fare i e the shift from a reactive medicine to a preventive medicine This shift implies that the citizen will play an important role in the healthcare delivery process what requires a comprehensive and personalized assistance In this context society will meet emerging media incorporated to all objects capable of providing a seamless adaptive anticipatory unobtrusive and pervasive assistance The challenge will be to remove current barriers related to the lack of knowledge required to produce new opportunities for all the society while new paradigms are created for this inclusive society to be socially and economically sustainable and respectful with the environment In this way these proceedings focus on the convergence of biomedical engineering topics ranging from formalized theory through experimental science and technological development to practical clinical applications *Issues in Cardiovascular Medicine: 2013 Edition*, 2013-05-01

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*Blood Pressure and Heart Rate Variability* M. Di Rienzo, 1993 LOW FREQUENCY OSCILLATION OF HEART RATE AND ARTERIAL PRESSURE VARIABILITIES AS A MARKER OF SYMPATHETIC MODULATION OF CARDIOVASCULAR FUNCTION POWER SPECTRAL ANALYSIS OF HEART RATE AND ARTERIAL PRESSURE IN HYPERTENSIVE PATIENTS WITH AND WITHOUT LEFT VENTRICULAR HYPERTROPHY RHYTHMIC HEART RATE CHANGES IN CARDIAC TRANSPLANTATION LOW FREQUENCY OSCILLATIONS IN THE CARDIOVASCULAR SYSTEM DUE TO RESPIRATION BLOOD PRESSURE VARIABILITY IN SLEEP APNOEA SYNDROME SPECTRAL ANALYSIS OF RR INTERVAL AND SYSTOLIC ARTERIAL PRESSURE VARIABILITIES AFTER MYOCARDIAL INFARCTION HEART RATE VARIABILITY DURING

CONGESTIVE HEART FAILURE OBSERVATIONS AND IMPLICATIONS Author Index      Acute pancreatitis infection:  
Epidemiology, prevention, clinical characteristics, treatment, and prediction Wandong Hong, Jingye Pan, Maddalena  
 Zippi, Hemant Goyal, 2023-04-14      **Clinical Cases in Cardiovascular Medicine: 2021** Maurizio Acampa, Leonardo  
 Roeber, 2022-06-06      *Potential biomarkers in neurovascular disorders* John Zhang, 2023-05-05      *Oxford Textbook of Heart*  
*Failure* Andrew Clark, Roy Gardner, Theresa McDonagh, 2025-04-30 Taking the reader from an understanding of the basic  
 mechanisms of heart failure through to an appreciation of the complexities of heart failure management and the remarkable  
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 Regenerative Therapies Essential reading for consultant cardiologists and those in training general physicians and those  
 caring of the elderly cardiothoracic surgeons primary care doctors pharmacists and specialist nurses      **Resuscitate!**  
 Mickey S. Eisenberg, M.D., 2013-05-15 Sudden cardiac arrest is the leading cause of death among adults yet it need not be  
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 communities so successful in snatching life from the jaws of death Resuscitate describes the steps any EMS system can take  
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 Resuscitate is the official textbook for the Resuscitation Academy held twice a year in Seattle Cosponsored by Seattle Medic  
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 intensive days of classes demonstrations and workshops to acquire the knowledge and tools to improve survival in their own  
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 leading role in developing King County Washington s emergency response to cases of sudden cardiac arrest a system  
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 the medical director of King County Emergency Medical Services      **Proceedings (English Ed.).** ,1897      *Report of*

*Investigations* ,1940      Cardiac CT, PET and MR Vasken Dilsizian,Gerald M. Pohost,2019-07-04 A complete guide to non invasive imaging techniques in cardiology Today's imaging technologies offer cardiologists more ways than ever to diagnose conditions of the heart without the need of endoscopies and other invasive procedures Now in its third edition Cardiac CT PET and MRI continues to provide an in depth explanation of these tools and their correct applications while also exploring cardiac imaging's most recent and groundbreaking developments This wide ranging guide places CT PET and MRI in a practical context illustrating clearly their respective functions as they apply to specific cardiological disorders and clinical situations With the addition of seven new chapters it also offers an expanded insight into PET an increasingly popular and affordable diagnostic utility hitherto underexplored in texts devoted to imaging Cardiac CT PET and MRI includes Clinically focused examinations of CT PET and MRI the three most popular non invasive imaging modalities Illustrative full color photos and images Access to a companion website featuring additional content Cardiologists radiologists nuclear medicine physicians physicists and imaging technologists alike will find the third edition of Cardiac CT PET and MRI an informative and accessible resource with a direct use in their day to day practice      Amyloid and Amyloidosis 1993 R. Kisilevsky,M.D. Benson,1994-05-15 Provides 240 papers from an international symposium and covers some of the major medical disorders such as diabetes Alzheimer's disease and renal dialysis to name but a few This volume is a useful update to all those concerned with this field of medicine      A Study of the Heartwood of Several Species of the Genus Populus Victor Herman Clausen,1949      **The Encyclopaedia Britannica Or Dictionary of Arts, Sciences, and General Literature** ,1842

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Psap 2013 1 Cardiology Answers: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. Psap 2013 1 Cardiology Answers : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Psap 2013 1 Cardiology Answers : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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