



# TEST YOURSELF DIABETES

## Structure of pamphlet

Test your own knowledge on the subject DIABETES - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 239-243 and in the videos related to the book.

Find the correct answers at the end of the pamphlet.

However, test your knowledge, before you read the answers.

**Stay up-dated**

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**Find all self-training  
assignments at our  
webpage  
[www.dma.dk](http://www.dma.dk)**

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**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

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**You may phone us at  
**+45 7219 6004****

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**You may want to read Chapter 33 in “Medical Guide for Seafarers”.**

**Assignment 1**

Which are the symptoms of *high* blood sugar?

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**Assignment 2**

Which is correct treatment of *high* blood sugar? (For a person with insulin dependent diabetes)

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**Assignment 3**

Which are the symptoms of *low* blood sugar?

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**Assignment 4**

Which is the treatment of *low* blood sugar?

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*Normal blood sugar levels are between 4-7 mmol/L.*



*There is no device to measure glucose-level in blood, included in the Danish Medicine Chest.*

*Diabetic crewmembers must bring their own medicine and a device to measure blood-sugar level.*

## **Did you know ?**

In Denmark, more than 267,000 people have the diagnose Diabetes = 4,6 % of population (2019).

76,000 people in Denmark do not know they are type2 diabetic.

360,000 people in Denmark probably have a precursor to diabetes2.

In Denmark, the two types of diabetes are divided as follows:

10 % type 1 diabetes and  
90 % type 2 diabetes.

(Source: Diabetes.dk)

## **REMEMBER**

Sugar is vital fuel for the cells.

The enzyme Insulin is produced by the pancreas. Insulin facilitates the sugar to enter the cells.

If insulin production is low, too little sugar enter the cells, but stays in the bloodstream and eventually get washed out via the kidneys - and sugar is detectable in the urine.

## Answers to the assignments:

### Assignment 1

Which are the symptoms of *high* blood sugar?

- Thirst
- Frequent urinating
- Nausea, vomiting and abdominal pain
- Visual disturbances
- Light headed or confused
- Loss of consciousness

"Medical Guide for Seafarers", p 239

### Assignment 2

Which is correct treatment of *high* blood sugar?

(For a person with insulin dependent diabetes)

The person should take his normal insulin. If he is not capable – always contact Radio Medical Denmark and get instructions.

Place an IV-needle and give 16.1 NaCl.

### Assignment 3

Which are the symptoms of *low* blood sugar?

- Anxiety
- Feeling hungry.
- Increased sweating.
- Rapid pulse and palpitations.
- Light headed or confused.
- Loss of consciousness.
- Convulsions
- paralyzes

"Medical Guide for Seafarers", p 240.

### Assignment 4

Which is the treatment of *low* blood sugar?

If the person is conscious and able to drink, offer him juice – (not light or sugar free)

If the person is unconscious, and low sugar is **verified**, give:

5.2 Glucagon 1 mg intramuscularly.

Place an IV-needle and give:

16.2 Glucose / NaCl infusion.

"Medical Guide for Seafarers", p 240.