

Stroke Hyperglycemia Insulin Network Effort (SHINE) Trial

Retraining Test Questions
(Protocol Adherence)



Question #1

The protocol allowed time deviation (leeway) from the time the glucose is supposed to be checked in SHINE (for glucose ≥ 80 mg/dL) is:

- a. 5 min before to 15 min after
- b. 5 min before to 5 min after
- c. 15 min before to 15 min after



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The protocol allowed time deviation (leeway) from the time the glucose is supposed to be checked in SHINE (for glucose ≥ 80 mg/dL) is:

- a. 5 min before to 15 min after
- b. 5 min before to 5 min after
- c. 15 min before to 15 min after

Answer: c. 15 min before to 15 min after



Question #2

The protocol allowed time deviation (leeway) from the time the glucose is supposed to be checked in SHINE (for glucose <80 mg/dL) is:

- a. 5 min before to 15 min after
- b. 5 min before to 5 min after
- c. 15 min before to 15 min after



Question #2

The protocol allowed time deviation (leeway) from the time the glucose is supposed to be checked in SHINE (for glucose <80 mg/dL) is:

- a. 5 min before to 15 min after
- b. 5 min before to 5 min after
- c. 15 min before to 15 min after

Answer: b. 5 min before to 5 min after



Question #3

IV D50 needs to be given in SHINE when the blood glucose level is:

- a. <80 mg/dL
- b. <70 mg/dL
- c. <60 mg/dL



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- a. <80 mg/dL
- b. <70 mg/dL
- c. <60 mg/dL

Answer: a. <80 mg/dL



Question #4

The capillary blood glucose measurements in SHINE need to be confirmed by a laboratory serum test when the glucose level is:

- a. <80 mg/dL
- b. <70 mg/dL
- c. <60 mg/dL



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- b. <70 mg/dL
- c. <60 mg/dL

Answer: b. <70 gm/dL



Question #5

The correct laptop entries for the carbs consumed with each meal in the SHINE intervention group are:

- a. 30 or 60
- b. 0 or 30 or 60
- c. 0 or 50 or 100



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The correct laptop entries for the carbs consumed with each meal in the SHINE intervention group are:

- a. 30 or 60
- b. 0 or 30 or 60
- c. 0 or 50 or 100

Answer: The correct answer is a. The number 0 should never be entered as it will cause the computer program to give an inappropriate response.



Question #6

Rapid-acting meal insulin is given in the SHINE trial intervention group based on meal consumption:

- a. At the start of each meal
- b. About 20 minutes after the start of each meal
- c. At the end of each meal



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- b. About 20 minutes after the start of each meal
- c. At the end of each meal

Answer: The correct answer is b. We want the nurses to estimate the proportion of meals consumed, but not wait too long into the meal.



Question #7

If a meal tray arrives 30 minutes before the next scheduled glucose check in the SHINE intervention group, which is the best sequence to follow?

- a. Allow the patient to eat, assess for carbohydrates consumed 20 minutes later, give the meal insulin if indicated, then check the glucose on schedule and adjust the IV rate if needed
- b. Allow the patient to eat, skip the meal insulin in this situation, check the glucose on schedule and adjust the IV insulin rate if indicated
- c. Withhold the tray until 15 minutes before the scheduled glucose check (this is protocol allowed), adjust the IV insulin rate if indicated, then allow the patient to eat, assess for carbohydrates consumed 20 minutes later, and give the meal insulin if indicated



Question #7

If a meal tray arrives 30 minutes before the next scheduled glucose check in the SHINE intervention group, which is the best sequence to follow?

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- b. Allow the patient to eat, skip the meal insulin in this situation, check the glucose on schedule and adjust the IV insulin rate if indicated
- c. Withhold the tray until 15 minutes before the scheduled glucose check (this is protocol allowed), adjust the IV insulin rate if indicated, then allow the patient to eat, assess for carbohydrates consumed 20 minutes later, and give the meal insulin if indicated

Answer: The correct answer is c as we don't want to check the blood glucose during or right after a meal (a or b), and we never want to skip the meal insulin (b) as it is needed to cover the meal carbohydrates in addition to the IV insulin drip.



Question #8

If a lunch tray arrives at 11:30 in the control group in SHINE, which is the better sequence to follow?

- a. Allow the patient to eat, check the glucose on schedule (around 12:00), and give the sq insulin if indicated by the sliding scale
- b. Withhold the tray and check the glucose at 11:45 (15 minutes early is protocol allowed), give the sq insulin if indicated by the sliding scale, then allow the patient to eat



Question #8

If a lunch tray arrives at 11:30 in the control group in SHINE, which is the better sequence to follow?

- a. Allow the patient to eat, check the glucose on schedule (around 12:00), and give the sq insulin if indicated by the sliding scale
- b. Withhold the tray and check the glucose at 11:45 (15 minutes early is protocol allowed), give the sq insulin if indicated by the sliding scale, then allow the patient to eat

Answer: The correct answer is b as we don't want to check the blood glucose during or right after a meal (a).



Question #9

Someone is concerned that despite protocol adherence in either treatment group the blood glucose is unstable, sometimes going rather low and sometimes rather high, and is wondering if this research protocol should be replaced by a local standard of care treatment; you should:

- a. Discuss with local SHINE PI then call the National SHINE PI hotline for recommendation
- b. Ask your local IRB representative for advice then call the National SHINE PI hotline for recommendation
- c. Hold all meals, discuss with local SHINE PI, then call the National SHINE PI hotline for recommendation



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- b. Ask your local IRB representative for advice then call the National SHINE PI hotline for recommendation
- c. Hold all meals, discuss with local SHINE PI, then call the National SHINE PI hotline for recommendation

Answer: The best answer is a. The IRB is not set up to give such advice since no protocol deviation or serious adverse events are occurring (b). Although holding all meals (c) may decrease the blood glucose fluctuations, this is not part of the SHINE protocol or a usual care protocol. If the blood glucose is dangerously unstable while the SHINE protocol is being followed, the National SHINE PI will help you decide if the treatment portion of the study should be terminated.



Question #10

After breakfast a patient in the SHINE intervention group is going for a test and you PAUSE the IV drip. The patient returns in 1 hour and in order to restart the protocol IV drip you:

- a. Resume the previous drip rate, press “Resume” in the Glucostabilizer program, enter the previous glucose level, and follow subsequent Glucostabilizer instructions
- b. Resume the previous drip rate, press “Start New Drip” in the Glucostabilizer program, enter the previous glucose level, and follow subsequent Glucostabilizer instructions
- c. Check the current blood glucose level, Press “Resume” in the Glucostabilizer program, enter the current glucose level, and follow subsequent Glucostabilizer instructions



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- b. Resume the previous drip rate, press “Start New Drip” in the Glucostabilizer program, enter the previous glucose level, and follow subsequent Glucostabilizer instructions
- c. Check the current blood glucose level, Press “Resume” in the Glucostabilizer program, enter the current glucose level, and follow subsequent Glucostabilizer instructions

Answer: The best answer is c because we need to know the current blood glucose level in order to resume the patient on an optimal IV insulin rate. Need to RESUME the drip as opposed to START NEW DRIP (b) because the pause has been <3 hours.

