

## **Workbook : Insulin Resistance & Metabolic Syndrome.**

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

### **Self-assessment :**

<b>1</b>	What substances are produced by the following pancreatic islet cells ;  Alpha-cells  Beta-cells  Delta-cells  PP cells
<b>2</b>	Give a brief description of how insulin is synthesized.

<b>3</b>	What role is played by potassium channels in the release of insulin ?
<b>4</b>	What type of receptor is an insulin receptor? Draw a basic diagram of an insulin receptor.

<b>5</b>	What are the functions of insulin ?
<b>6</b>	What receptors are responsible for the movement of glucose into the cell ?

<b>7</b>	Give a definition of insulin resistance.
<b>8</b>	How is obesity thought to be linked with insulin resistance ?

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Describe beta-cell dysfunction and its role in insulin resistance.

<b>10</b>	State the factors that are said to contribute to metabolic syndrome.
<b>11</b>	What differences exist between the WHO classification and the ATP III classification of metabolic syndrome ?

<b>12</b>	What lifestyle factors may be involved in the development of metabolic syndrome?
<b>13</b>	What are the possible consequences of metabolic syndrome?

**Reflection.**

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	



Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.

