

# The Ochsner Journal

## Continuing Medical Education

### CME QUESTIONS VOLUME 7, NO.4

This section provides a review. Mark each statement (circle the correct answer) according to the factual material contained in this issue and the opinions of the authors. A score of 70% is required to qualify for CME credit.

#### Quality of Care Indicators, Health Behaviors, and Physical Functioning in Adults with Diabetes (pp. 158-166)

1. Which group of patients with diabetes is more likely to report worse physical functioning?
  - a. Women
  - b. Men
  - c. Neither; both report similar physical functioning.
2. Patients at risk for depression have higher physical functioning: *True or False*
3. Which of the following was associated with higher physical functioning?
  - a. Being married
  - b. Engaging in regular physical exercise
  - c. Not currently smoking
  - d. All of the above

#### Psychological Factors and Cardiac Risk and Impact of Exercise Training Programs—A Review of Ochsner Studies (pp. 167-172)

4. Psychological factors have a significant effect on quality of life, but these are not significant coronary risk factors: *True or False*
5. Cardiac rehabilitation has been shown to reduce depression, but does not reduce hostility and anxiety: *True or False*
6. Depression is associated with increased mortality, which can be reduced by cardiac rehabilitation and exercise training: *True or False*
7. To reduce depression and depression-related mortality, very high improvements in exercise capacity or fitness (as opposed to small improvements) are required: *True or False*

#### Does Dilation and Curettage Affect Future Pregnancy Outcomes? (pp. 173-176)

8. Endometrial injury is common following dilation and curettage: *True or False*
9. Cervical trauma is not a complication of dilation and curettage: *True or False*
10. Nonsurgical management is an effective and safe alternative that carries a lower incidence of complications when compared to surgical management: *True or False*
11. A patient presents to your office with an incomplete abortion. She is stable and her bleeding is moderate. You explain to her
  - a. That cytotec would not be appropriate because of the risk of hemorrhage.
  - b. That she should proceed immediately with a dilation and curettage.
  - c. That expectant management is always appropriate initially.
  - d. The risks and benefits of expectant versus medical versus surgical management are such that she will be able to make an informed decision.

#### Resiliency Building Program for Children (pp. 177-180)

12. Self monitoring is the final adaptive step in coping aid in children coping with obstacles: *True or False*
13. Feelings like frustration, anger, or anxiety are labeled as “challenging” feelings because they help us in our adaptive efforts: *True or False*
14. The curriculum leads to greater independence and responsibility because it teaches children that they have resources within to cope with problems: *True or False*

#### Survival of a Newborn with 2:1 Atrioventricular Block, Long QT Syndrome, and Torsades de Pointes (pp. 181-184)

15. Treatment options for this form of long QT syndrome include all of the following except
  - a. Beta blockers.
  - b. Mexiletine.
  - c. Pacemakers.
  - d. Defibrillator.
  - e. Erythromycin.
16. Review of the telemetry monitor strips in Figure II shows
  - a. Long QT.
  - b. 2:1 AV block.
  - c. Torsades de Pointes.
  - d. Artifact.
17. Genetic testing was performed on this patient and revealed
  - a. Lupus.
  - b. Hypertrophic cardiomyopathy.
  - c. Cystic fibrosis.
  - d. Long QT 3.
18. Long QT 3 is a
  - a. Gain of function mutation.
  - b. Loss of function mutation.

#### Guess the Case from the Ochsner Clinic (pp. 185-188)

19. The majority of functioning adrenal masses secrete
  - a. Aldosterone.
  - b. Glucagon.
  - c. Androgens.
  - d. Cortisol.
  - e. Catecholamines.
20. Features of subclinical Cushing's syndrome may include all of the following except
  - a. Abnormal dexamethasone suppression test.
  - b. Buffalo hump.
  - c. Low ACTH level.
  - d. High urinary free cortisol.
  - e. Hyperglycemia.
21. Which of the following management strategies is most appropriate for a patient with an incidentally discovered adrenal mass?
  - a. Surgical referral for laparoscopic adrenalectomy
  - b. CT-guided biopsy
  - c. Observation
  - d. Biochemical (hormonal) work-up
  - e. Serial computed tomography in 6 months
22. Select the correct choice(s). The majority of adrenal masses are
  - a. Benign.
  - b. Malignant.
  - c. Functioning (biochemically active).
  - d. Non-functioning (biochemically inactive).
  - e. Asymptomatic.
  - f. Symptomatic.