

# The Ochsner Journal

## Continuing Medical Education

### CME QUESTIONS VOL. 9, NO. 3

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% per article is required to qualify for CME credit.

#### **Obesity and Hypertension, Heart Failure, and Coronary Heart Disease—Risk Factor, Paradox, and Recommendations for Weight Loss**

1. Obesity paradox in heart failure patients is defined as:
  - a. Obese patients in general are healthy.
  - b. Obesity is associated with worse prognosis, with increased morbidity and mortality.
  - c. Obese heart failure patients have better long-term prognosis.
  - d. None of the above are true.
  - e. All of the above are true.
2. Obesity paradox is seen in the following groups of patients:
  - a. Heart failure patients.
  - b. Hypertensive patients.
  - c. Coronary heart disease and end-stage renal disease patients.
  - d. Patients suffering from cancer.
  - e. All of the above are true.
3. Obesity is a risk factor for the following conditions:
  - a. Diabetes mellitus.
  - b. Hypertension.
  - c. Metabolic syndrome.
  - d. Coronary heart disease and heart failure.
  - e. All of the above.
4. Obesity is a problem only in the Western world.  
*True or False*

#### **Obesity-Related Hypertension**

1. Altered renal pressure natriuresis is required for the development of hypertension.  
*True or False*
2. Angiotensin-converting enzyme inhibitors and angiotensin-receptor blockers are ineffective in treating obesity-related hypertension.  
*True or False*
3. Weight loss is an important aspect of treating obesity-related hypertension.  
*True or False*

#### **Articular Cartilage Degeneration: Etiologic Association With Obesity**

1. The initial breakdown of articular cartilage matrix is caused by what factor?
  - a. Cytokine release.
  - b. Growth factors attaching to the chondrocytes.
  - c. Proteolytic enzyme release.
  - d. Matrix fragments attacking the chondrocytes.
  - e. Chondrocyte apoptosis.
2. All of the following can be risk factors for the development of osteoarthritis except:
  - a. Bone mineral density.
  - b. Genetic inheritance.
  - c. Blunt mediastinal trauma.
  - d. Body mass index.
  - e. Lower extremity malalignment.
3. Unilateral osteoarthritis of the hip has been directly correlated with high body mass.  
*True or False*
4. For each 1 lb increase in weight is a resultant increase across the knee joint of:
  - a. 5-7 lbs.
  - b. 8-9 lbs.
  - c. 10-12 lbs.
  - d. 2-3 lbs.
  - e. 1 lb.
5. Ligamentous disruption of a joint affects proprioception. This damage to joint innervation has been implicated in the later development of osteoarthritis.  
*True or False*

#### **Psychological Assessment of the Patient Undergoing Bariatric Surgery**

1. The sole purpose of the psychological assessment of bariatric surgery patients is to investigate the presence of psychiatric disorders.  
*True or False*
2. The presence of binge eating disorder is an automatic contraindication for bariatric surgery.  
*True or False*
3. Some patients will experience a resolution of mood issues such as depression without any formal intervention following weight loss with bariatric surgery.  
*True or False*
4. Psychological testing as part of the assessment process provides information regarding psychopathology, personality disorders, and psychosocial stressors that a patient may not report during a clinical interview.  
*True or False*
5. The data are clear regarding which psychological variables successfully predict patient outcome after bariatric surgery.  
*True or False*

#### **Long-Term Management of Patients After Weight Loss Surgery**

1. In the early postoperative period, the main goals of office visits include all of the following except:
  - a. Assessing proper nutrition status.
  - b. Encouraging regular exercise.
  - c. Stressing the importance of follow-up.
  - d. Checking laboratory values.
  - e. All of the above.
2. Gastric bypass can increase the risk of long-term nutritional deficiencies such as:
  - a. Protein.
  - b. Calcium and vitamin D.
  - c. Iron.
  - d. Vitamin B12.
  - e. Estrogen.
3. Late complications following gastric bypass include all of the following except:
  - a. Stomal stenosis.
  - b. Bowel obstruction.
  - c. Incisional hernia.
  - d. Hiatal hernia.

#### **Developing an Internet Presence for Your Practice**

1. Web sites can be easily developed following web-based applications. However, the best web sites are developed by professionals with experience creating health care web sites.  
*True or False*
2. An interactive web site allows visitors to make appointments with your office, refill prescriptions, email the physicians or staff, and pay their bills online.  
*True or False*
3. An effective web site appears at the top of the major search engines, such as Google and Yahoo, and can be accomplished by SEO, or search engine optimization.  
*True or False*
4. A web site is an expensive marketing tool that is not a necessity for the modern health care practice.  
*True or False*

# The Ochsner Journal

## CME CREDIT APPLICATION FORM

MD    DO    Other (specify) \_\_\_\_\_

Name: \_\_\_\_\_

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The Ochsner Clinic Foundation is required to file information for record keeping regarding awarding of CME credits. Please send your completed CME credit application form, test questionnaire, and evaluation form to: Continuing Medical Education, Ochsner Clinic Foundation, 1514 Jefferson Highway, New Orleans, LA 70121 or fax it to 504-842-4805.

### VERIFICATION OF ATTENDANCE

Please indicate the actual time spent reading and completing this education activity.

\_\_\_\_\_ hour(s) and \_\_\_\_\_ minutes.

The maximum number of credit hours awarded for this activity is 6 *AMA PRA Category 1 credits™*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

### EVALUATION

*Your response to these questions helps us to enhance our CME offerings. Please take the time to respond and return the evaluation. Thank you.*

Please use the following codes to answer items 1-7.

**SA** – Strongly Agree

**A** – Agree

**U** – Undecided

**D** – Disagree

**SD** – Strongly Disagree

1. The objectives of the CME activity were clearly stated.

**SA A U D SD**

2. The content of the journal articles was up-to-date.

**SA A U D SD**

3. The journal articles illustrated independence, objectivity, balance, and scientific rigor.

**SA A U D SD**

4. The content was closely related to objectives of my clinical practice and/or teaching.

**SA A U D SD**

5. The journal articles increased my knowledge of the subject.

**SA A U D SD**

6. The content of the journal articles met my personal expectation and needs.

**SA A U D SD**

7. I will apply the information learned from these journal articles in my clinical practice.

**SA A U D SD**

Do you have any suggestions as to how to improve the content of the journal articles?

\_\_\_\_\_

What topics would you like to see in future journal articles?

\_\_\_\_\_

Thank you for completing this evaluation and survey.