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Answers p. 30

Instructions: Read the articles and answer all questions by indicating the correct answers. Mail, fax or e-mail the entire quiz form within two years (by Oct. 31, 2012) to:

Maryland Academy of Family Physicians
 5710 Executive Drive, #104
 Baltimore, MD 21228
 410-747-1980, 410-744-6059 (fax), info@mdafp.org (e-mail)

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Questions Article #1:

1. What are the diagnostic tests typically used for the diagnosis of lumbar spinal stenosis?
 - A. MRI scan
 - B. CT scan
 - C. X-ray
 - D. Electromyography
 - E. All of the above
2. Name the one most common early clinical presentation for spinal stenosis?
 - A. Loss of bowel and bladder control
 - B. Pain and numbness when standing and walking
 - C. Weakness
 - D. Paraplegia
3. What nerve is usually affected from spinal stenosis due to a paramedian L5-S1 disc HNP?
 - A. L3 C. L5
 - B. L4 D. S1
4. The potential long-term complication of cauda equina syndrome if not treated immediately is permanent loss of bowel and bladder function.
 - A. True
 - B. False
5. The physiologic value of an epidural injection on spinal stenosis is to decrease the inflammation around the nerve root and reduce the pain.
 - A. True
 - B. False
6. The value of electrodiagnostic testing in spinal stenosis is to determine the degree of severity of the stenosis and to help localize the level of the radiculopathy.
 - A. True
 - B. False

Questions Article #2:

7. A positive Straight Leg Raise (SLR) test points to a diagnosis of:
 - A. Hip DJD
 - B. Radiculopathy
 - C. Trochanteric bursitis
 - D. Lumbar facet joint pain
8. The gold standard for diagnosis of zygapophyseal joint pain is:
 - A. Ultrasound
 - B. MRI of the spine
 - C. Relief from low volume local anesthetic injection
 - D. Patient history

9. The clinician should have a low threshold for ordering imaging in patients with:
- A. Profound, unintentional weight loss
 - B. Worsening pain at night
 - C. A history of neoplasm
 - D. All of the above
10. An abnormal ankle jerk reflex suggests:
- A. An abnormality involving the S1 nerve root
 - B. A facet joint cause of pain
 - C. Sacroiliac joint dysfunction
 - D. Piriformis syndrome

Questions Article #3:

11. Spinal Cord Stimulators are manufactured by which three companies? (Select three)
- A. Boston Scientific
 - B. St. Jude
 - C. Smith and Nephew
 - D. Stryker
 - E. Medtronic
12. Spinal Cord Stimulators are indicated for the treatment of acute and chronic neuropathic pain of the back, trunk and/or limbs.
- A. True
 - B. False
13. Examples of neuropathic pain successfully treated with Spinal Cord Stimulators (Select all that apply)
- A. Complex Regional Pain Syndrome (CRPS 1 and 2), formerly known as RSD
 - B. FBSS (Failed Back Surgery Syndrome), frequently with radicular components
 - C. Migraine headaches
 - D. PHN (Post Herpetic Neuralgia)
 - E. Phantom Limb Pain
 - F. Neuropathic pain from Peripheral Diabetic Neuropathy
14. At what level can Spinal Cord Stimulators be considered?
- A. Level 1 Basic Pain Therapies
 - B. Level 2 Mid-Level Pain Therapies
 - C. Level 3 Advanced Pain Therapies

15. Spinal Cord Stimulator implants are typically performed in two stages; the trial or “test drive” and the permanent implantation.
- A. True
 - B. False
16. Spinal Cord Stimulators are contraindicated for those who are: (Select all that apply)
- A. Poor surgical candidates
 - B. People over the age of 75
 - C. Pregnant
 - D. Unable to operate the remote control
 - E. Those who have had success with a spinal cord stimulator trial

Questions Article #4:

17. Physicians are hesitant to prescribe opioids because of concerns about the potential for misuse, abuse, addiction, side effects (respiratory depression), tolerance, diversion and fear of regulatory action.
- A. True
 - B. False
18. Biological risk factors for aberrant behaviors/harm include the following EXCEPT:
- A. Age > 45 years
 - B. Female gender
 - C. Family history of drug or alcohol abuse
 - D. Cigarette smoking
19. In an opioid naïve patient, a safe starting dose for methadone is:
- A. 1 mg every 8 hours
 - B. 2.5 mg every 8 hours
 - C. 5 mg every 8 hours
 - D. 10 mg every 8 hours
20. Common potential adverse side effects of opioids include the following EXCEPT:
- A. Cloudy thinking
 - B. Somnolence
 - C. Slower reflexes
 - D. Diarrhea
 - E. Decreased concentration

21. Which of the following are the primary sanctioning bodies for offenses related to prescribing opioid analgesics?
- A. Food & Drug Administration (FDA)
 - B. State medical boards
 - C. Federation of State Medical Boards (FSMB)
 - D. American Academy of Pain Medicine (AAPM)
 - E. U.S. Drug Enforcement Agency (DEA)

Questions Article #5:

22. All of the following are commonly seen in fibromyalgia patients EXCEPT:
- A. Chronic fatigue syndrome
 - B. Depression
 - C. Hypertension
 - D. Anxiety
23. A diagnosis of fibromyalgia requires nine out of 11 specific areas with pain that are mostly above the waist.
- A. True
 - B. False
24. First line treatment of fibromyalgia, once the criteria is met is antidepressants.
- A. True
 - B. False
25. Fibromyalgia may affect patients of all ages, both sexes and with any type of co-morbidities.
- A. True
 - B. False

