

## CME/CE QUESTIONS

### Continuing Medical Education Accreditation

The University of Cincinnati College of Medicine designates this educational activity for a maximum of 2 Category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those hours that he/she actually spends in the educational activity.

The University of Cincinnati College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor medical education for physicians.

### Continuing Pharmacy Education Accreditation

*Pharmacy Times*/Ascend Media Office of Continuing Professional Education is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is approved for 2 contact hours (0.2 CEUs) under the ACPE universal program number of 290-999-05-021-H04.

### Instructions

After reading "Update on the Diagnosis and Treatment of Gout," complete the program evaluation and select the 1 best answer to each of the following questions. A statement of continuing education hours will be mailed to those who successfully complete (with a minimum score of 70%) the examination at the conclusion of the program.

#### 1. Hyperuricemia is most often the result of:

- a) overproduction of urate
- b) inefficient excretion of uric acid by the kidneys
- c) the tumor lysis syndrome
- d) high cellular turnover

#### 2. Gout is more prevalent among:

- a) men than women
- b) European Americans than African Americans
- c) premenopausal than postmenopausal women
- d) persons < 65 years of age than those > 65 years of age

#### 3. The metabolic syndrome is present in up to what percentage of gout patients?

- a) 25%
- b) 55%
- c) 76%
- d) 92%

#### 4. Increased risk of gout is associated with:

- a) lipid-lowering therapy
- b) diuretic use
- c) nonsteroidal anti-inflammatory drug (NSAID) use
- d) insulin therapy

#### 5. The risk of gout is greater for those with diets high in:

- a) red meat and seafood
- b) purine-rich vegetables
- c) wine
- d) low-fat dairy products

#### 6. All of the following may be reasons for the increasing prevalence of gout in the United States *except*:

- a) increasing longevity
- b) increased use of diuretics
- c) increased use of hormone replacement therapy
- d) increased prevalence of end-stage renal disease

#### 7. The gold standard for a gout diagnosis is:

- a) demonstration of hyperuricemia
- b) radiographic evidence
- c) presence of monosodium urate crystals in joint fluid or tophus
- d) response to colchicine

#### 8. A gouty arthritis attack is most notably characterized by:

- a) rapid onset and buildup of pain
- b) pain and swelling developing over time
- c) pain without swelling
- d) warmth or redness of the affected joint

#### 9. Gouty arthritis in the elderly is often mistaken for:

- a) rheumatoid arthritis
- b) psoriatic arthritis
- c) osteoarthritis
- d) Heberden's nodes

#### 10. In women:

- a) Acute podagra is usually the first manifestation of gout.
- b) Arthritis in multiple joints is often the first manifestation of gout.
- c) Hormone replacement therapy may exacerbate gout.
- d) Gouty arthritis tends to be more symmetric than rheumatoid arthritis.

## CME/CE QUIZ

**11. Pseudogout can be differentiated from gout with:**

- a) radiographic studies
- b) location of the affected joint
- c) previous confirmed gout diagnosis
- d) identification of calcium pyrophosphate dihydrate crystals

**12. Dietary restrictions with weight loss and decreased triglycerides benefit gout patients through:**

- a) improved insulin sensitivity
- b) reduced plasma insulin
- c) increased renal urate excretion
- d) all of the above

**13. Which is the treatment of choice for an acute gouty arthritis attack?**

- a) NSAIDs
- b) oral corticosteroids
- c) colchicine
- d) urate-lowering agents

**14. The goal of antihyperuricemic therapy in recurrent gout is to lower serum urate concentration to what level?**

- a) 8-9 mg/dL
- b) 7-8 mg/dL
- c) 6-7 mg/dL
- d) 5-6 mg/dL

**15. Which is usually the urate-lowering agent of choice?**

- a) probenacid
- b) sulfinpyrazone
- c) allopurinol
- d) losartan

**16. In a patient with gout and hyperlipidemia, \_\_\_\_\_ may be a useful adjunctive urate-lowering agent.**

- a) fenofibrate
- b) estrogen
- c) low-dose aspirin
- d) a thiazide diuretic

**17. Which of the following statements about the uricosuric agents probenecid and sulfinpyrazone is true?**

- a) They reduce uric acid excretion.
- b) They should be started in low doses.
- c) They should be administered with low-dose aspirin.
- d) They are indicated for patients with hyperuricemia resulting from overproduction of uric acid.

**18. Urate-lowering treatment is cost effective for patients with at least how many gouty flares per year?**

- a) 1
- b) 2
- c) 3
- d) 4

**19. Poor social functioning is greater among those with:**

- a) hypertension
- b) angina
- c) diabetes
- d) gout

**20. Gout outcomes can be improved with:**

- a) specialist treatment
- b) medication compliance
- c) earlier diagnosis and treatment
- d) all of the above

## CME TEST FORM

### UPDDATE ON THE DIAGNOSIS AND TREATMENT OF GOUT

Please circle your answers:

1. a b c d
2. a b c d
3. a b c d
4. a b c d
5. a b c d
6. a b c d
7. a b c d
8. a b c d
9. a b c d
10. a b c d
11. a b c d
12. a b c d
13. a b c d
14. a b c d
15. a b c d
16. a b c d
17. a b c d
18. a b c d
19. a b c d
20. a b c d

(PLEASE PRINT CLEARLY)

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**Release Date: November 1, 2005**

**Expiration Date: November 30, 2006**

## CME Activity Evaluation

### Answer Form Instructions: Testing and Grading Procedures

1. Each participant achieving a passing grade of 70% or higher on any examination will receive an official computer form stating the number of CME credits earned. This form should be safeguarded and may be used as documentation of credits earned.
2. Participants receiving a failing grade on any exam will be notified and permitted to take 1 reexamination at no cost.
3. All answers should be recorded on the answer form.
4. To receive credit certification electronically, please provide your e-mail address. Detach and mail or fax the test portion of this page to: University of Cincinnati, Office of CME, PO Box 670567, Cincinnati, OH 45267-0567; phone: 513-558-7350; fax: 513-558-1708. Please print clearly to ensure receipt of CME credit.
5. To take the complimentary test online, please go to <http://webcentral.uc.edu/cme>.

### Activity Evaluation

How long did it take you to complete this activity?

\_\_\_\_\_ minutes

How well did this activity achieve its educational objectives?

Very well    Well    Somewhat    Not at all

What overall grade would you assign this activity?

A    B    C    D

Did this activity exhibit promotional bias for any pharmaceutical agents?    Yes    No

Will you make changes in your practice as a result of information presented in this lesson?

Yes    No

**Proj A141**

# CE QUIZ & EVALUATION • *For Pharmacists*

## UPDATE ON THE DIAGNOSIS AND TREATMENT OF GOUT

### PROGRAM EVALUATION

Please mark your level of agreement with the following statements.

(4 = Strongly Agree; 0 = Strongly Disagree)

- |  |           |
|--|-----------|
| 1) Met its stated objectives   | 4 3 2 1 0 |
| 2) Was well organized  | 4 3 2 1 0 |
| 3) Contributed to my knowledge   | 4 3 2 1 0 |
| 4) Presented current and relevant information                          | 4 3 2 1 0 |
| 5) Presented information in a fairly balanced and noncommercial manner | 4 3 2 1 0 |
| 6) Offered information useful in my professional practice              | 4 3 2 1 0 |
| 7) Provided new insights into contemporary pharmacy practice           | 4 3 2 1 0 |

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- Take the test online for FREE at [www.pharmacytimes.com](http://www.pharmacytimes.com) and receive immediate grading and CE credits, and download your CE statement of credit.

**Please photocopy the test form for additional test takers.**

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Expiration Date: November 1, 2006**

### ANSWER CARD

Please circle your answers:

1	2	3	4	5	6	7	8	9	10
a	a	a	a	a	a	a	a	a	a
b	b	b	b	b	b	b	b	b	b
c	c	c	c	c	c	c	c	c	c
d	d	d	d	d	d	d	d	d	d
11	12	13	14	15	16	17	18	19	20
a	a	a	a	a	a	a	a	a	a
b	b	b	b	b	b	b	b	b	b
c	c	c	c	c	c	c	c	c	c
d	d	d	d	d	d	d	d	d	d

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