

Reviewing Treatment Data and the Role of Serotonin in Chronic Idiopathic Constipation

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Sample of Online Posttest

Choose the best answer for each of the following:

1. **Chronic idiopathic constipation (CIC) disproportionately affects which patient population?**
 - A. Children
 - B. Adolescents
 - C. Young adults
 - D. Elderly
2. **What is the primary motor mechanism that is used to move contents through the intestine and colon that may be affected in patients with CIC?**
 - A. Peristalsis
 - B. Churning
 - C. High amplitude propagating contractions
 - D. Serotonin signaling
3. **The majority of serotonin (5-HT) in the body is found in the gastrointestinal tract and plays a major role in normal colon function. Which of the following agents increases spontaneous bowel movements (SBMs) via 5-HT₄ agonism in patients with CIC?**
 - A. Prucalopride
 - B. Polyethylene glycol
 - C. Lubiprostone
 - D. Linaclotide
4. **TH is a 67-year-old woman presenting to her gastroenterologist for her unrelenting constipation over the past 8 months. She reports having fewer than 1 SBM per week and frequently has to strain to defecate. TH denies having any allergies and currently takes ranitidine 300 mg daily for her gastroesophageal reflux disease and senna 5 or 6 times per week to have a bowel movement. TH denies having any recent weight loss or bleeding from her bowel movements. What is the most appropriate recommendation for this patient?**
 - A. Recommend starting polyethylene glycol daily.
 - B. Discontinue senna and evaluate etiology.
 - C. Recommend starting linaclotide daily.
 - D. Recommend starting lubiprostone daily.
5. **Which of the following agents have a boxed warning for risk of serious dehydration in pediatric patients?**
 - A. Elobixibat and plecanatide
 - B. Linaclotide and plecanatide
 - C. Plecanatide and prucalopride
 - D. Prucalopride and elobixibat
6. **Which of the following statements concerning CIC treatment options is correct?**
 - A. The primary endpoint of the linaclotide trial was 5 or more SBMs per week.
 - B. The most common reason patients discontinued lubiprostone was due to lack of efficacy.
 - C. The mechanism of plecanatide includes the blocking of ileal absorption of bile acids.
 - D. Treatment response to prucalopride was seen as early as 1 week and retained in the 12-week study.

7. Which of the following conditions seem to occur at elevated rates in people who have chronic constipation?
- A. Benign prostatic hypertrophy, pancreatitis, underweight
 - B. Obsessive compulsive disorder and chronic weight loss
 - C. Food anxiety, bingeing and purging, laxative abuse
 - D. Diabetes, functional dyspepsia, overweight, obesity
8. A hospital examines its records and finds that emergency department visits for fecal impaction are increasing annually. In addition, 320 patients were treated for fecal impaction in the previous year. How many of these patients most likely have chronic constipation?
- A. 32 (10%)
 - B. 160 (50%)
 - C. 250 (78%)
 - D. 320 (100%)
9. Persons with CIC often report productivity losses similar to that of other conditions. Researchers recently determined that patients who reported the most severe constipation had productivity losses similar to those reported by patients with which of the following conditions?
- A. Food anxiety and elevated cholesterol
 - B. Parkinson disease and multiple sclerosis
 - C. Ankylosing spondylitis and major depression
 - D. Diarrhea and headache
10. Which of the following statements regarding CIC is true?
- A. Increasing fiber and water intake usually resolves CIC successfully and within 24 hours of making dietary changes.
 - B. Meta-analysis indicates that stool softeners and OTC laxatives were all more effective than placebo for CIC.
 - C. Very few American patients with constipation use constipation relief therapy but most of those who do are completely satisfied.
 - D. In general, patients with CIC indicate that treatment-related diarrhea is an unacceptable treatment outcome.

SAMPLE
POSTTEST