

Balancing Therapeutic Safety and Efficacy to Improve Clinical and Economic Outcomes in Schizophrenia

Physician Credit

Instructions for Receiving Continuing Physician Education (CME) Credit: Testing and Grading Information

This activity is free online at www.ajmc.com/ce and at www.arcmesa.org, where you will be directed to the activity including the online posttest, activity evaluation, and request for credit. Instant online grading is available, along with a downloadable CME certificate.

Testing and Grading Directions

1. Each participant evaluating the activity and achieving a passing grade of 70% or higher on the online posttest will be eligible to receive a CME certificate.
2. Participants receiving a failing grade on the exam will be notified and permitted to take 1 reexamination at no cost.
3. To receive credit, go to www.ajmc.com/ce or www.arcmesa.org, locate this activity in the CE course list, click on the online posttest link, and complete the online posttest and activity evaluation form to receive your certificate.

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Pharmacy Credit

Instructions for Receiving Continuing Pharmacy Education (CPE) Credit: Testing and Grading Information



This lesson is free online; receive instant grading and download your CE statement of credit at www.PharmacyTimes.org.

Testing and Grading Directions

1. Each participant evaluating the activity and achieving a passing grade of 70% or higher on the online posttest will receive a CE statement of credit stating the number of credits earned.
2. Participants receiving a failing grade on the exam will be notified and permitted to take 1 reexamination at no cost.
3. To receive credit and an immediate CE statement of credit online, go to www.PharmacyTimes.org, complete the online posttest (achieving a passing grade of 70% or better) and the online activity evaluation form and you will be able to print your CE statement of credit.

Sample of Online CPE Posttest

Choose the best answer for each of the following:

1. Patients with schizophrenia can present with which of the following symptoms?
 - A. Avolition
 - B. Delusion
 - C. Memory impairment
 - D. All of the above
2. Which of the following statements is true regarding the diagnostic criteria for schizophrenia?
 - A. Patient should exhibit at least 1 symptom in Criterion A
 - B. Symptoms should present for at least a 2-week period
 - C. Symptoms should not be attributable to the physiological effects of a substance
 - D. Patient should have the same level of functioning compared with the level of functioning at the onset of symptoms
3. Which of the following is a risk factor for development of cardiovascular disease in schizophrenia patients?
 - A. Sedentary lifestyle
 - B. Smoking
 - C. Use of antipsychotic
 - D. All of the above

4. Which of the following statements is true regarding medication nonadherence in schizophrenia?
- A. Treatment nonadherence has been associated with higher risk of suicide
 - B. Female patients are more likely to be nonadherent
 - C. Positive attitude toward treatment can decrease treatment adherence
 - D. Long-acting injectable antipsychotics should not be used in patients with a history of nonadherence
5. Which of the following statements is true?
- A. Female patients tend to have an earlier onset of symptoms compared with male patients
 - B. The lifetime prevalence of schizophrenia is approximately 3% to 7%
 - C. The cause of schizophrenia is likely to be heterogeneous and multifactorial
 - D. Patients with very early onset schizophrenia often have better overall prognosis
6. Which of the following brain structural changes have been shown in patients with schizophrenia?
- A. Decreased whole brain volume
 - B. Increased gray matter volume
 - C. Reduced size of ventricles
 - D. Development of cerebral asymmetry
7. Which of the following has been associated with increased risk of schizophrenia?
- A. Younger paternal age
 - B. Maternal infection during pregnancy
 - C. Birth during late summer
 - D. Suburban setting
8. Which of the following antipsychotics has the highest risk of causing extrapyramidal side effects?
- A. Perphenazine
 - B. Fluphenazine
 - C. Chlorpromazine
 - D. Loxapine
9. Which of the following antipsychotics has the highest risk of causing weight gain and metabolic adverse effects?
- A. Lurasidone
 - B. Ziprasidone
 - C. Olanzapine
 - D. Quetiapine
10. Which of the following medication options is available in a long-acting injectable formulation?
- A. Clozapine
 - B. Chlorpromazine
 - C. Quetiapine
 - D. Aripiprazole
11. Which of the following statements is true?
- A. In the Clinical Antipsychotic Trials of Intervention Effectiveness (CATIE) phase 1 trial, perphenazine was found to be statistically significantly superior to olanzapine
 - B. In the Cost Utility of the Latest Antipsychotic Drugs in Schizophrenia Study (CUtLASS 1), a higher rate of extrapyramidal side effects was experienced by patients taking first-generation antipsychotics compared with second-generation antipsychotics
 - C. In the Comparison of Atypicals for First Episode Schizophrenia (CAFE) trial, 80% of patients treated with olanzapine experienced clinically significant weight gain
 - D. In the European First Episode Schizophrenia Trial (EUFEST), 86% of patients treated with ziprasidone experienced clinically significant weight gain
12. Which of the following populations is at higher risk for metabolic adverse effects from antipsychotic medication?
- A. Patients with a lower baseline body mass index
 - B. The elderly
 - C. Cigarette smokers
 - D. Caucasians

13. Aside from treatment-resistant patients, for which patient population is clozapine recommended by treatment guidelines such as the Texas Medication Algorithm Project guidelines?
- Children and adolescents
 - Persistently suicidal patients
 - The elderly
 - First-episode patients
14. Which of the following statements is correct regarding metabolic monitoring with antipsychotic medications?
- An echocardiogram should be performed every 6 months to monitor for cardiac abnormalities
 - Metabolic parameters should be evaluated more frequently in older individuals
 - Patients who gain 7% or more of their baseline body weight should have their lipids and blood glucose monitored regularly
 - Patients who gain 7% or more of their baseline body weight should be evaluated for a change in antipsychotic medication
15. Which of the following is a significant contributor to hospital readmissions for patients with schizophrenia?
- Substance abuse
 - Loss of neuroleptic efficacy
 - Medication nonadherence
 - All of the above
16. Which of the following statements regarding the costs of medical treatment for schizophrenia is false?
- Drug treatment accounts for approximately 11% to 19% of spending
 - Hospitalization accounts for approximately 12% to 27% of spending
 - Long-term or full-day programs account for approximately 28% to 35% of spending
 - Outpatient care/professional fees account for approximately 23% to 30% of spending
17. It has been estimated that a weight gain of 2.5 kg due to the use of antipsychotics would be associated with _____ additional diabetic persons (per 100,000 persons) over 10 years.
- 366
 - 937
 - 1547
 - 100,000
18. Which of the following is not a HEDIS measure for schizophrenia?
- Adherence to antipsychotic medications for patients with schizophrenia
 - Cardiovascular monitoring for patients with schizophrenia
 - Subjective well-being tool administration for patients with schizophrenia
 - Diabetes monitoring for patients with diabetes and schizophrenia
19. HEDIS measures are meant to accomplish all of the following, except:
- Aid physicians in quality improvement
 - Streamline patient flow in a healthcare organization
 - Measure quality at the health plan level
 - Establish accountability in healthcare
20. According to an analysis of the CATIE study by Goff et al, compared with controls, the 10-year coronary heart disease risk of male and female patients with schizophrenia was significantly elevated at ___% and ___%, respectively.
- 6.4; 3.3
 - 7.4; 4.3
 - 8.4; 5.3
 - 9.4; 6.3