

CME QUESTIONS: TEST #070005S

Continuing Medical Education Accreditation

The Johns Hopkins University School of Medicine designates this continuing medical education activity for a maximum of 3 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that are actually spent on the educational activity. Credits are available until the expiration date of July 31, 2003.

Instructions

After reading this supplement, select the one best answer to each of the following questions. At least 7 of the 10 answers must be correct to receive continuing medical education credit.

1. Which of the following features of altered bowel habits is not listed in the Rome II diagnostic criteria for irritable bowel syndrome (IBS)?

- a) Relief with defecation
- b) A sense of bowel urgency
- c) An onset associated with change in the frequency of stool
- d) An onset associated with change in the form (appearance) of stool
- e) None of the above

2. Which of the following statements regarding IBS is NOT true?

- a) IBS affects up to 20% of the adult population in the Western world.
- b) IBS affects females at a rate 2 to 3 times that of males.
- c) IBS typically manifests in young adolescence or early adulthood.
- d) IBS is the most common cause of absenteeism from work and school.
- e) Most patients with IBS are not under the care of a physician.

3. Which of the following physiological effects has not been associated with constipation-predominant IBS as compared with diarrhea-predominant IBS?

- a) Fewer high-amplitude propagating contractions
- b) Greater balloon-induced increase in colonic transit
- c) Postprandial increased rectal tone
- d) Greater prevalence of symptoms referred to upper and lower abdomen, musculoskeletal, and constitutional functions
- e) None of the above

4. Which of the following diagnostic criteria supports a diagnosis of IBS?

- a) Waxing and waning of symptoms
- b) Onset in old age
- c) Frequent awakening by symptoms
- d) Development of new symptoms
- e) Steatorrhea

5. Which of the following laboratory investigations is recommended only when indicated by history?

- a) Hematology
- b) Stool hemocult
- c) Evaluation for lactose intolerance
- d) Stool ova and parasites
- e) Flexible sigmoidoscopy

6. Which of the following serotonin receptor subtypes is not of particular importance in the gastrointestinal tract?

- a) 5-HT₁
- b) 5-HT₂
- c) 5-HT₃
- d) 5-HT₄
- e) 5-HT₅

7. Which of the following actions is not mediated/affected by serotonin or its receptors?

- a) Initiation of the peristaltic reflex
- b) Stimulation of colonic transit
- c) Pain transmission
- d) Intestinal secretory function
- e) None of the above

... CME QUIZ ...

8. Which of the following statements regarding tegaserod is NOT true?

- a) It is a 5-HT₄ antagonist.
- b) It stimulates the peristaltic reflex.
- c) It alters motility and pain perception.
- d) It does not have a consistent effect on bloating.
- e) It acts rapidly.

9. Which of the following agents has been investigated for use in IBS?

- a) Loxiglumide
- b) Fedotozine
- c) Octreotide
- d) Zamifenacin
- e) All of the above

10. The largest portion of direct costs for IBS may be attributable to:

- a) Diagnostic tests
- b) Drugs
- c) Office visits to physician
- d) Emergency department visits
- e) All of the above

(See following page for evaluation and test form.)

... CME QUIZ ...

CME PROGRAM EVALUATION

Johns Hopkins University School of Medicine appreciates your opinion on this supplement. Please fill out the questionnaire below and mail along with your CME test form. We thank you for your evaluation, which is most helpful in planning future programs.

On the whole, how do you rate the information presented in this supplement?

___ excellent ___ good ___ fair ___ poor

Were the educational objectives achieved?

___ yes ___ no ___ partially

Which topic was of most interest to you?

Which topic was of least interest to you?

Is the information presented useful in your practice?

___ yes ___ no

Do you have recommendations to improve this program?

___ yes ___ no

Comments:

Were any portions of this program unsatisfactory or inappropriate?

___ yes ___ no

If so, which?

Do you find the information presented in this supplement to be fair, objective, and balanced?

___ yes ___ no

Is there subject matter you would like included in the future?

___ yes ___ no

Comments:

In your opinion, were the authors biased in their discussion of any commercial product or service?

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Comments:

New Developments in the Treatment of Irritable Bowel Syndrome

Physician Name (optional)

Address

City, State, ZIP

Specialty

CME TEST FORM

AJMC Test #070005S

New Developments in the Treatment of Irritable Bowel Syndrome

(Test valid through July 31, 2003. No credit will be given after this date.)

Please circle your answers:

- 1. a b c d e
2. a b c d e
3. a b c d e
4. a b c d e
5. a b c d e
6. a b c d e
7. a b c d e
8. a b c d e
9. a b c d e
10. a b c d e

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Please enclose a check for \$10, payable to American Medical Publishing, and mail with this form to:

THE AJMC CME Test
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New Developments in the Treatment of Irritable Bowel Syndrome

GOAL

To provide comprehensive and up-to-date information concerning developments in the management of irritable bowel syndrome (IBS), including medical treatments, the role of serotonin in the pathophysiology of IBS, and the cost implications to patients, healthcare providers, and society.

TARGET AUDIENCE

This activity is designed for physicians in primary care and gastroenterology, managed care decision makers, healthcare policy planners, and pharmacy and therapeutics committee members.

LEARNING OBJECTIVES

Upon completion of this educational supplement, the participant should be able to:

- Explain the diagnostic criteria that support or refute a diagnosis of IBS.
- Describe the physiologic function of serotonin and its role in the pathophysiology of IBS.
- Identify novel treatments being investigated for IBS.
- Discuss the economic implications of current IBS management practices.

CONTINUING MEDICAL EDUCATION ACCREDITATION

This activity has been planned and produced in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Johns Hopkins University School of Medicine and *The American Journal of Managed Care*. The Johns Hopkins University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity.

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This CME activity was produced under the supervision of Marvin M. Schuster, MD, Director, Division of Digestive Diseases of The Marvin M. Schuster Center for Digestive and Motility Disorders, Johns Hopkins Bayview Medical Center.

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The Johns Hopkins University School of Medicine program on *New Developments in the Treatment of Irritable Bowel Syndrome* may include presentations on drugs or devices, or uses of drugs or devices, that have not been approved by the Food and Drug Administration (FDA) or have been approved by the FDA for specific uses only. The FDA has stated that it is the responsibility of the physician to determine the FDA clearance status of each drug or device he or she wishes to use in clinical practice. Faculty will disclose discussions of unlabeled/unapproved uses of drugs or devices in their articles.

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