

CME/CE QUESTIONS

Continuing Medical Education Accreditation

The University of Cincinnati College of Medicine designates this 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.

Release Date: October 1, 2004

Expiration Date: October 31, 2005

Continuing Pharmacy Education Accreditation



The University of Texas at Austin College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. A total of 0.15 CEUs (1.5 contact hours) will be awarded to pharmacists for successful completion of this continuing education program. Successful completion is defined as receiving a minimum score of 75% on the post-test and completion of the CE Test Form/Program Evaluation. No retakes permitted. Continuing education statements will be mailed to pharmacists within 6-8 weeks of receipt of the CE Test Form/Program Evaluation. Post-test must be received by October 1, 2006.

Program No. 067-999-04-081-H01

Program Release Date: October 1, 2004

Expiration Date: October 31, 2006

Instructions

After reading "Appropriate Use of Growth Hormone Therapy in Adults: A Collaborative Approach to Deliver Effective Patient Care," 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 75%) the examination at the conclusion of the program.

1. Normally, growth hormone (GH) is secreted predominantly:

- a) During the day
- b) During sleep
- c) During the evening
- d) Upon awakening in the morning

2. GH release from the pituitary is stimulated by the hypothalamic release of:

- a) Somatostatin
- b) Somatotropin
- c) Growth hormone releasing hormone (GHRH)
- d) Arginine

3. In the United States, GH deficiency (GHD) affects about how many adults?

- a) 500 000
- b) 50 000
- c) 5000
- d) 500

4. Epidemiologic studies show that, in adults, GHD is linked to:

- a) Elevated lipid levels
- b) Carotid artery intima media thickness
- c) Progressive bone loss
- d) All of the above

5. Which of the following laboratory provocation tests for GHD is considered the gold standard?

- a) GHRH
- b) Arginine
- c) Insulin tolerance test (ITT)
- d) Clonidine

6. A person with 3 other pituitary hormone deficiencies has a _____ probability of GHD.

- a) 25%
- b) 50%
- c) 90%
- d) 98%

7. Appropriate clinical goals for recombinant human growth hormone (hGH) therapy in adults include:

- a) Weight loss
- b) Enhanced athletic performance
- c) Restore GH levels and improve lipid profile, increase bone mineral density, decrease fat mass, and reduce mortality risks
- d) Alleviate chronic fatigue syndrome

8. Well-defined adult GHD policies reduce the approval of inappropriate patients while having the flexibility for clinical judgment:

- a) True
- b) False

9. GHD in adults is a real condition that is often overshadowed by the lifestyle demand for growth hormone:

- a) True
- b) False

CME/CE QUIZ

10. GH levels in plasma often typically mirror those of _____, and this level can be used to monitor the success of hGH therapy.

- a) Insulin-like growth factor 1 (IGF-1)
- b) Insulin-like growth factor binding protein 3 (IGF-BP₃)
- c) Insulin-like growth factor binding protein 1 (IGF-BP₁)
- d) GHRH

11. In the nonpediatric traditional patients, hGH dosing is typically:

- a) Less than required in children
- b) Greater than required in children
- c) The same as in children

12. In the transitional patient, the American Association of Endocrinologists and the Growth Hormone Research Society guidelines recommend a starting hGH dose of:

- a) 0.1 to 0.4 mg/day
- b) 0.4 to 0.8 mg/day
- c) 0.8 to 1.2 mg/day
- d) 1.2 to 1.6 mg/day

Proj A102

CME/CE QUIZ

Complimentary CME/CE

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CME/CE TEST FORM

(PLEASE PRINT CLEARLY)

Appropriate Use of Growth Hormone
Therapy in Adults: A Collaborative
Approach to Deliver Effective
Patient Care

Name/Degree _____

Street _____

City _____

State/ZIP _____

Daytime Phone _____

Fax _____

E-mail _____

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
9. a b
10. a b c d
11. a b c
12. a b c d

Sponsored by the University of Cincinnati
for 2 Category 1 CME credits.

Release Date: October 1, 2004

Expiration Date: October 31, 2005

Sponsored by the University of
Texas at Austin College of
Pharmacy for 0.15 CEUs
(1.5 contact hours).

Release Date: October 1, 2004

Expiration Date: October 31, 2006

Answer Form Instructions

For CME:

To receive credit certification, please mail or
fax the test portion of this page to:

University of Cincinnati
Office of CME
PO Box 670567
Cincinnati, OH 45267-0567.

Phone: 513-558-7277; Fax: 513-558-1708,
Please print clearly to ensure receipt of
CME credit.

For CE:

To receive CE credit for this program, you must
complete the posttest and evaluation form, in
addition to completing the posttest with a score
of at least 75% (forms may be photocopied).
Please mail all materials to:

The University of Texas at Austin
Pharmacy Continuing Education
1 University Station A1904
Austin, TX 78712-0123

CE statements will be mailed to your address
6-8 weeks after receipt of the forms and success-
ful passing grade.

Phone: 512-471-4512; Fax: 512-471-2746

Program Evaluation

How long did it take you to complete this program?
_____ hrs./minutes

How well did this lesson achieve its educational
objectives?

1	2	3	4	5
Not at All				Very Well

Did this activity exhibit promotional bias?

1	2	3	4	5
Not at All				Very Promotional

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

_____ Yes _____ No

Proj A102

Appropriate Use of Growth Hormone Therapy in Adults: A Collaborative Approach to Deliver Effective Patient Care

GOAL

To provide participants with current payer and provider perspectives surrounding the use of human growth hormone in adults and transitional patients. Participants will be provided with managed care perspectives relating to growth hormone therapy, including current reimbursement issues, level of coverage, and selection criteria.

TARGET AUDIENCE

This activity is designed for physicians and pharmacists working in managed care organizations, who are involved with the appropriate treatment for patients with adult growth hormone deficiency.

EDUCATIONAL OBJECTIVES

After completing this continuing education activity, the participant should be able to:

- Discuss critically the benefit design issues surrounding biotech drugs.
- Determine appropriate use of growth hormone therapy in adults.
- Present implementation strategies for appropriate cost-effective use of growth hormone.
- Cite the presentation, diagnosis, and long-term consequences of growth hormone deficiency in adults.

CONTINUING MEDICAL EDUCATION ACCREDITATION

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CONTINUING PHARMACY EDUCATION ACCREDITATION



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FUNDING

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