



This test offers the opportunity to assess your knowledge and retention of the information presented in the articles in this issue. Physicians who complete the quiz will receive a statement from Dalhousie University, Continuing Medical Education indicating their participation and their score.

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Each quiz may be submitted only once for consideration and must be submitted within six months after the date of issue.

Correct answers will be published in the journal six months after the quiz appears.

### SELECT THE BEST ANSWER(S) FOR EACH OF THE FOLLOWING

**1. The predominant manifestation of irritable bowel syndrome (IBS) is:**

- a) Abdominal pain
- b) Pain alleviated by defecation
- c) Constipation
- d) Diarrhea

**2. For the diagnosis of IBS, symptoms must be present for:**

- a) 12 consecutive weeks
- b) 12 weeks within a year, not necessarily consecutively
- c) Abdominal discomfort
- d) B & C above
- e) A & C above

**3. A patient < 50 years of age presenting with abdominal pain, bloating, alternating constipation and diarrhea should have which of the following investigations:**

- a) CBC & ESR
- b) Electrolytes
- c) TSH
- d) Stool analysis for occult blood, culture, ova and parasites, including fecal leukocytes
- e) All of the above

**4. Which of the following symptoms associated with IBS are "Red Flags" and require further investigation:**

- a) Onset after the age of 50
- b) Nocturnal symptoms
- c) Weight loss
- d) Anemia
- e) All of the above

**5. If diarrhea is the predominant symptom, IBS is most likely to respond to:**

- a) Loperamide
- b) Dicyclomine
- c) Tributine maleate
- d) Senna

**6. If constipation is the predominant symptom, IBS is most likely to respond to:**

- a) Dietary modification with increased fibre
- b) Increased fluid intake
- c) Tegaserod
- d) Lactulose
- e) All of the above

*(Irritable Bowel Syndrome; page 59)*

7. *According to the Canadian Asthma Consensus Report, the diagnosis of asthma in a young patient is related to which of the following:*

- a) Severe episodes of wheezing with more than three episodes in a given year
- b) Wheezing after one year of age
- c) A personal or family history of atopy
- d) Maternal smoking
- e) All of the above

8. *Which of the following statements about the diagnosis of "Mild Asthma" is false.*

- a) Experience daytime symptoms two or fewer times a week
- b) Experience nighttime symptoms two or fewer times a week
- c) Symptomatic episodes are brief and resolve spontaneously with the use of beta agonists
- d) In between episodes the child is asymptomatic
- e) FEV1 and PEF are greater than 80%

9. *When the use of short-acting inhaled beta 2 agonists exceeds \_\_\_ times a week (in addition to their once daily use for exercise-induced symptoms), regular anti-inflammatory medications should be added to the treatment regime.*

- a) Three
- b) Five
- c) Seven
- d) 10

10. *Which of the following drugs is considered the most effective long-term therapy available for childhood asthma?*

- a) Short acting beta 2-agonists
- b) Long acting beta 2-agonists
- c) Inhaled glucocorticosteroids
- d) Leukotriene receptor antagonists

11. *A metered dose inhaler with a spacer device is as effective as a nebulizer to deliver medication.*

- a) True
- b) False

*(Childhood Asthma; page 73)*

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Please indicate your answers on the attached quiz reply form and mail to:

Dalhousie University  
Continuing Medical Education  
5849 University Avenue  
Halifax, Nova Scotia, B3H 4H7

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