

**New England College of Occupational and Environmental Medicine  
Annual Conference 2016**

**ABPM MAINTENANCE OF CERTIFICATION - QUESTIONS**

Please email, mail or fax to NECOEM, 22 Mill St, Groveland, MA 01834, 978-373-5597,  
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Your name \_\_\_\_\_

Your email \_\_\_\_\_

**\* Your answers must be written on the Attendance Verification form.**

**Luna - Interplanetary Transportation Workers**

1. Which of the following is a physiologic challenge to interplanetary travel:
  - a. Bone loss
  - b. Vision impairment and Increased intracranial pressure
  - c. Radiation
  - d. Neurovestibular changes
  - e. All of the above
  
2. Which of the following appear to adapt LEAST reversibly to space travel:
  - a. Bone
  - b. Cardiovascular system
  - c. Neurovestibular system
  - d. Muscle
  
3. Which of the following would potentially help retard bone loss in space:
  - a. Lower cabin CO2 level
  - b. Strength training
  - c. Vit D supplements
  - d. Artificial gravity
  - e. All of the above

**Dent- Safe, Ethical and Efficacious use of Opioids**

- 4) Which of the following should be discussed with the patient prior to initiating opioids?
  - a) Potential side effects (both short- and long-term) of the medication, such as constipation and cognitive impairment.
  - b) The likelihood that tolerance to and physical dependence on the medication will develop.
  - c) The risk of drug interactions and over-sedation.
  - d) The risk of impaired motor skills (affecting driving and other tasks).
  - e) The risk of opioid misuse, dependence, addiction, and overdose.
  - f) The limited evidence as to the benefit of long-term opioid therapy.
  - g) The physician's prescribing policies and expectations, including the number and frequency of prescription refills, as well as the physician's policy on early refills and replacement of lost or stolen medications.
  - h) Specific reasons for which drug therapy may be changed or discontinued (including violation of the policies and agreements spelled out in the treatment agreement).
  - i) All of the above
  
- 5) Naloxone is commonly used for opioid overdose. How long does it generally last after intramuscular use?
  - a) 24 hours
  - b) 4 hours
  - c) 1 hour
  - d) 30 minutes
  - e) 10 minutes

f) None of the above

6) What of the following is correct?

- a) Physical dependence is a state of biologic adaptation that is evidenced by a class-specific withdrawal syndrome when the drug is abruptly discontinued or the dose rapidly reduced, and/or by the administration of an antagonist. Addiction is characterized by behaviors that include impaired control over drug use, craving, compulsive use, and continued use despite harm.
- b) Addiction is a state of biologic adaptation that is evidenced by a class-specific withdrawal syndrome when the drug is abruptly discontinued or the dose rapidly reduced, and/or by the administration of an antagonist. Physical dependence is characterized by behaviors that include impaired control over drug use, craving, compulsive use, and continued use despite harm.
- c) Physical dependence is a state of biologic adaptation that is evidenced by a class-specific withdrawal syndrome when the drug is abruptly discontinued or the dose rapidly reduced, and/or by the administration of an antagonist. Tolerance is characterized by behaviors that include impaired control over drug use, craving, compulsive use, and continued use despite harm.
- d) Tolerance is a state of biologic adaptation that is evidenced by a class-specific withdrawal syndrome when the drug is abruptly discontinued or the dose rapidly reduced, and/or by the administration of an antagonist. Addiction is characterized by behaviors that include impaired control over drug use, craving, compulsive use, and continued use despite harm.
- e) None of the above.

### **Erdil – Perspectives on a Journey Looking for Evidence and Searching for Practical Solutions in OM**

7) Which of the following statements is true regarding the Connecticut Road Industry Surveillance Project (CRISP)?

- a. CRISP combined detailed medical and environmental specifications for monitoring and reducing lead exposures with specifications included in Connecticut Department of Transportation bids and contracts.
- b. CRISP utilized a centralized, statewide surveillance system at the Connecticut Department of Public Health to monitor blood lead levels.
- c. CRISP resulted in significant reduction of blood lead levels (BLLs) in several categories of bridge workers including painters/sandblasters, and BLLs in painters/sandblasters covered by CRISP were significantly lower than eight other states covered by the regulatory requirements of OSHA.
- d. All are correct.

8) Choose the false statement regarding shared decision making (SDM).

- a. SDM is essentially similar to the process of patient informed consent.
- a. SDM is a collaborative process involving the patient and health care provider where treatment decisions are made together.
- b. In SDM, health care providers offer evidence based information in settings where there is more than one treatment option, and options involve tradeoffs in terms of risks and benefits.
- c. With SDM, decision aids are commonly used in conjunction with health care provider evidence based discussion to help a patient select treatment options that best suits their goals, preferences and risk tolerance.

9) Select the statement that is false regarding opioid therapy.

- a. There is a lack of clear evidence for the efficacy of long term opioid therapy to treat chronic non-cancer pain due to musculoskeletal disorders.
- b. Patients receiving chronic opioid therapy have significant risks for aberrant use (estimated from the NIH workshop up to 37%) and addiction (estimated from the NIH workshop up to 14%).
- a. Prescribed opioid pain reliever overdose deaths decreased in 2014 attributed to greater prescriber awareness of safe opioid prescribing recommendations and changes in practice.
- b. Potential risk factors for overdose to prescribed opioid pain relievers include morphine dose equivalent dose (MED) over 50 mg per day, dual prescribers, co-prescription of other agents with sedative and respiratory suppressant properties such as benzodiazepines.

## **Rosmarin – Psychological Fitness for Duty Assessments**

10) True/False

Violence by the mentally ill constitutes a majority of total US violence.

11) True/False

All of the following are standard dimensions for violence assessment: magnitude, imminence, likelihood, frequency.

12) True/False

Two of the following list are NOT covered under ADA: gender identity, transsexualism, transvestism, voyeurism, pedophilia) compulsive gambling, kleptomania, pyromania, and psychoactive substance use disorders resulting from current illegal use of drugs.

## **Hazard – The Goal Achievement Model for Low Back Pain**

13) True/False

The elements of the VALUE equation are medical outcomes, patient satisfaction and cost.

14) True/False

For people with chronic back pain, the correlations between pathology, pain, disability and patient satisfaction are strong.

15) True/False

The Goal Achievement Model may be a better way to get people with chronic back pain the results they are looking for.

## **Murphy – Evidence Based Chiropractic Care**

Questions (X indicates the correct answer):

16) The “Chiropractic Supermarket” can be described as:

- a. A store in Peabody, MA where chiropractors can be purchased at discounted prices.
- b. The variety of types of chiropractors in the field.
- c. The names of the 16 chiropractic schools in the United States.
- d. The different conditions that chiropractors treat.

17) One of the roles of the Primary Spine Practitioner is:

- e. Performing spine surgeries.
- f. Performing spine injections.
- g. Performing detailed psychotherapy.
- h. Providing primary management of patients with spine-related disorders.

18) “Iatrogenic Imaging Disability” can be defined as:

- i. Disability that results from the manner in which imaging findings are communicated to the patient.
- j. Disability that results from excess radiation exposure.
- k. Disability that results from an x-ray view box falling on a patient.
- l. Disability that results from an improperly performed MRI.

## **Ward – Hips: Treatment Guidelines and Exam**

Yes or No

19) Is MRI the initial radiographic exam for hip pain?

20) All patients should have a hip steroid injection as the initial intervention for severe hip arthritis.

21) Most hip replacement surgeries require restrictions in ROM for life.

## **Blum/Poliner – DOT/FMCSA Updates**

22) True/False

The FMCSA has issued an update to the “Medical Examiner Handbook”.

23) True/False

The “Determination Pending” eligibility determination allows a CMV driver to continue driving despite expiration of the previous medical certificate.

24) Which of the following are evidence-based criteria for requiring a home-based sleep study?

- A. Epworth Sleep Score of 5 or greater
- B. Answering “Yes” to relevant questions on FMCSA MCSA-5875
- C. Neck size greater than 17 inches
- D. Spousal complaints of snoring
- E. Prior use of a CPAP device

**McLellan – To Work or Not To Work: Clinical Decision Support in the EHR to Provide RTW Guidance**

25) A clinical decision support tool in the EHR about activity restrictions may accomplish which of the following goals?

- a. Prevent medically unnecessary disability
- b. Improve the quality of medical care
- c. Ease the administrative burden of activity notes for providers
- d. Stimulate interest in the value of occupational health data
- e. All of the above

26) Occupational health data should be incorporated into personal health records

- f. True
- g. False

27) Primary care providers should follow-up every patient with acute back pain in their office before releasing to full duty.

- h. True
- i. False

**Kelly – Advancing Working Family Well-Being**

28) What work conditions are theorized to affect employee health and well-being?

- a. Level of work demands
- b. Employees’ latitude or control
- c. Supervisor support for family and personal life
- d. All of the above

29) What element of the Work, Family, and Health Network study is most unusual within the field?

- e. Considering how both work and family demands affect health
- f. Studying single employees as well as workers with family responsibilities
- g. Including outcomes, such as job satisfaction and turnover, that are of interest to employers
- h. Randomizing work units into treatment and control groups to study the effects of organizational changes

30) True/False

The Work, Family, and Health Network study found that professional and technical employees benefited from a program that broadened access to flexible schedules and work-at-home options but there was no evidence of benefits to employees' children.

### **Benson- Pain in the Head**

- 31) What is a Primary Headache?
- 32) What are three early interventions for Acute Post Traumatic Headache?
- 33) Name two red flags of headache.

### **DeMaria – Infectious Disease**

34) The following factors contribute to emerging infections:

- a. Global climate change
- b. Urbanization
- c. Population mobility
- d. Economic conditions
- e. All of the above

35) True/False

Mosquitoes can only transmit infections by microorganisms that are capable of re-producing in the mosquito.

36) Which of the following infections is not bloodborne?

- a. Ebola virus disease
- b. Hepatitis B
- c. Middle East respiratory syndrome (MERS)
- d. Zika virus disease

### **Sheriden – Burn Care**

True/False

- 37) In determining the TBSA (the Total Body Surface Area) for a burn, you should include 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> degree areas.
- 38) The ABA/ACS recommends that any burn with a TBSA over 10% should be seen at a burn center.
- 39) Skin disorders and difficult to heal wounds are appropriate referrals to a burn center.
- 40) There are 5 sub-types of thermal injuries and 4 major categories of burn injuries.

### **Saito – Vision Challenges**

True or False

- 41) Color vision tests include Ishihara, Farnsworth D-15 and Red desaturation test.
- 42) FMCSA minimum qualification requirement for distant visual acuity is having at least 20/40 in either eye and distant binocular acuity of at least 20/40.
- 43) In the United States you are considered "legally blind" if your best-corrected visual acuity (meaning, your best distance vision with eyeglasses or contact lenses) is 20/200 or worse.

### **Gottlieb – Hazards in the Hospital Setting**

- 44) The risk for a healthcare worker to acquire Hepatitis C infection following a needle stick exposure to blood known to have come from a patient infected with Hepatitis C is:

- a. 30%
- b. 1.8%
- c. 0.3%
- d. 0.03%

45) True/False

Acute HIV infection can be detected within 7 days of infection using the 4<sup>th</sup> generation blood test.

46) True/ False

Wearing gloves is the most effective method to prevent the contamination of chemotherapeutic medications in and around workplace surfaces.

### **Auerbach – Disability: What it is and How Do We Measure it**

47) Which of these are true

- a. Impairment is a medical issue
- b. Disability is a contract issue
- c. A person can be disabled without being impaired
- d. A person can be impaired without being disabled

48) Which of these are false

- a. If you are considered disabled in one system, you are disabled in all systems
- b. Some disability plans consider you not to be disabled if you can do some kind of work
- c. To be considered disabled under Social Security you have to meet specific guidelines
- d. The AMA guidelines are not the only set of disability determining guidelines

### **Gulati – Occupational Lung Diseases**

49) True/False

Occupational asthma occurs in approximately 5% of adults with asthma

50) True/False

A reduction in forced vital capacity (FVC) in the presence of a preserved forced expiratory volume in 1 second to forced vital capacity ratio (FEV1/FVC) is sufficient to diagnose a restrictive ventilator defect.

### **Holihan – OH for Telecommuters**

51) True/False

Telecommuting is a recent phenomenon which has been implemented by few companies and is only able to be taken advantage by employees working in certain specialties such as IT. True/False

52) Which of the following are potential health issues faced by employees who telecommute:

- a) Poor eating habits
- b) Depression due to social isolation
- c) Lack of regular exercise
- d) Repetitive trauma illness
- e) All of the above

### **Dreher – Burnout**

53) Which of the following is NOT a part of the standard three symptoms of burnout?

- a. Depersonalization / cynicism
- b. Reduced level of function
- c. A sense of diminished competence / inadequacy
- d. Emotional exhaustion

54) True/False

An individual with burnout may, by their interactions with others, enhance the others risk for burnout.

### **Barbeau – Lessons from Zika**

Question 1-2: A young man visits his primary care physician shortly after returning from a 1-week business trip to Puerto Rico. He has no symptoms and feels well, but he is concerned about Zika virus infection since his wife is pregnant.

55) What should you consider regarding the transmission of Zika virus infection as you evaluate this patient?

- a) He cannot transmit Zika virus because he has no symptoms.
- b) The duration of his trip was too short to contract Zika virus.
- c) He and his wife should consistently and correctly use condoms during sex or abstain from sex for the duration of the pregnancy.
- d) There is no person-to-person transmission of Zika virus.

56) What should you consider regarding the symptoms of Zika virus infection?

- a) Infection with Zika virus is asymptomatic in an estimated 80% of cases.
- b) When Zika virus does cause illness, symptoms tend to be severe and life threatening.
- c) The appearance of a rash means that a person has been co-infected with Dengue virus.
- d) Symptoms will not improve without treatment.

57) What is the best method for preventing Zika virus infection?

- a) Get vaccinated against Zika virus.
- b) Take steps to avoid mosquito bites, including controlling mosquito habitats.
- c) Drink only bottled or treated water while traveling to Zika endemic areas.
- d) Take medications while traveling to areas with active mosquito-borne transmission of Zika virus.

### **Pechter – Casinos in Massachusetts**

58) Which of the following hazards are likely to be found in Massachusetts casinos and related industries?

- a. Physical ergonomic hazards from repetitive motion.
- b. Psychological stress
- c. Risk of gambling addiction
- d. Burn/scald hazards
- e. Bloodborne pathogens
- f. All of the above
- g. a. and b.

59) Which of the following illnesses or injuries is most likely to occur among Massachusetts casino workers?

- h. Rotator cuff injuries
- i. Exposure to environmental tobacco smoke
- j. Silicosis
- k. Injuries from falls from heights greater than 6 feet

60) True/False

The Public Health Trust Fund is being established to enable the Massachusetts Gaming Commission to minimize any potential negative consequences of the business of gaming in the Commonwealth.

## NECOEM Annual Conference 2016 Abpm Maintenance of Certification -ANSWERS

### Luna:

1. e – All of the above
2. a – Bone
3. e – All of the above

### Dent

4. i.
5. d.
6. a.

### Erdil

7. d.
8. a.
9. c.

### Rosmarin

10. False
11. True
12. (False-all are not covered)

### Hazard

13. True
14. False
15. True

### Murphy

16. b.
17. d.
18. a.

### Ward

19. No
20. No
21. No

### Blum/Poliner

22. False
23. False
24. e. Prior use of a CPAP device

### McLellan

25. e
26. True
27. False

### Kelly

28. d
29. True
30. False

### Benson

31. A Primary headache is a headache that is not caused by something else such as tumor or infection. Migraine is an example of a Primary Headache.
32. Pain Control Sleep, Hygiene, Cognitive Assessment

33. Systemic symptoms, Neurologic Symptoms, Onset of Headache, Older onset, Previous Headache History

### DeMaria

34. e
35. True
36. c. MERS

### Sheriden

37. False
38. True
39. True
40. True

### Saito

41. True
42. False, at least 20/40 is required in each eye and distant binocular acuity of at least 20/40
43. True

### Gottlieb

44. b.
45. False
46. False

### Auerbach

47. all are True
48. a is False. Each system has its own criteria for determining disability

### Gulati

49. False
50. False

### Holihan

51. False
52. All of the Above

### Dreher

53. b.
54. True

### Barbeau

55. c.
56. a.
57. b.

### Pechter

58. f.
59. a.
60. True