

CME Test Questions

SLEEP DISORDERS AND NEURODEGENERATIVE DISEASES

1. Low quality-of-life scores in elderly patients with PD were likely to be related to all EXCEPT
 - a. depression
 - b. insomnia
 - c. functional loss
 - d. severe motor symptoms

2. Which of the following is the most common sleep disturbance in PD?
 - a. impaired sleep architecture
 - b. increased sleep latency
 - c. frequent awakening
 - d. reduced sleep quality

3. Which of the following occurs in up to 33% of patients with PD?
 - a. sleep apnea
 - b. RSBD
 - c. parasomnias
 - d. restless legs syndrome

4. Both nonpharmacologic and pharmacologic measures have been shown to be beneficial in the treatment of insomnia in patients with PD.
 - a. True
 - b. False

5. Which of the following tests measure the severity of sleepiness.
 - a. PSG
 - b. MSLT
 - c. actigraphy
 - d. ECG

6. Which of the following often goes unrecognized by caregivers of patients with AD?
 - a. wandering outside the home
 - b. maladaptive physical behaviors
 - c. vocalizations
 - d. excessive daytime sleepiness

7. Early studies on visually evaluated sleep architecture demonstrated that which of the following INCREASED with severity of dementia?
 - a. nocturnal total sleep time
 - b. sleep efficiency
 - c. wakefulness after sleep onset
 - d. REM sleep

8. Circadian rhythms in AD patients can be characterized as
 - a. free-running
 - b. phase delayed
 - c. flattened amplitude type
 - d. all of the above

9. In the absence of medical comorbidities, specific sleep-related conditions should be confirmed polysomnographically with appropriate ensuing treatment. If the predominant behavioral component is wandering confined to evening or nighttime hours, which of the following diagnoses might be considered?
 - a. nocturnal paroxysmal dystonia
 - b. restless legs syndrome
 - c. sleep-disordered breathing
 - d. all of the above

CME Test Answer Sheet and Evaluation Form for **SLEEP DISORDERS AND NEURODEGENERATIVE DISEASES**

Volume 6, Supplement 1A

Release Date of Activity: May 2004

Expiration Date of Activity for AMA/PRA credit: May 2006

Estimated Time to Complete this Activity: 1.75 hours

Please Print

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CME TEST

(Please circle correct answers)

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

COURSE EVALUATION: Please rate the overall course on a scale of 1 to 5, with 1 the lowest and 5 the highest.

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 1. Did the material provide an adequate overview of sleep disorders and neurodegenerative diseases? | 1 2 3 4 5 |
| 2. How well did the material explain sleep disturbances? | 1 2 3 4 5 |
| 3. How well did the material discuss pharmacologic as well as nonpharmacologic treatment options? | 1 2 3 4 5 |
| 4. Did the material explain underlying factors for sleep disturbances? | 1 2 3 4 5 |
| 5. How well did the material discuss successful intervention of sleep disturbances in both AD and PD? | 1 2 3 4 5 |
| 6. Did you find the information presented to be objective, fair, balanced, and free of commercial bias?
Yes <input type="checkbox"/> No <input type="checkbox"/> Comments: _____ | |
| _____ | |
| _____ | |



7. Give at least one example of how the content of this publication will be of use in your clinical practice.

8. If CME certification is important to you, where do you prefer it come from?

Professional Society Medical School/Hospital Private CME provider Does not matter

9. What topics would you suggest for future issues?

CME INSTRUCTIONS

This issue of *Clinical Cornerstone*[®] provides 1.75 free Category 1 CME credits. To receive FREE CME credit, forward the Test Answer Sheet and Evaluation Form to the address shown below. A photocopy of this form is acceptable. (Refer to p. S3 for CME Information.)

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