**Test Question Template for Continuing Education**

Program Name:

Total # of Questions:      (minimum: 2 questions/15 minute activity, 4/45-60 minutes)

**Instructions:** (See sample below)

1. Rationale AND a peer-reviewed citation or link are *required* for each question regarding the correct answer
2. Place an “X” in the FIRST column to designate the correct answer
   * There can only be ONE correct answer (No “*Select all that apply*”)
   * Use a second form if more than 5 questions.
3. You may include an image in the test question
   * Note in the question that there is an image required and attached it to the email
4. Review the [Best Practice for Writing Test Questions](https://hhchealth.cloud-cme.com/assets/hhchealth/PDF/Best%20Practice%20Recommendations%20for%20Multiple%20Choice%20Questions.pdf) prior to writing your questions.
   * A*ttestation questions are NOT allowed for credit purposes*
5. Submit questions to [ContinuingEd@hhchealth.org](mailto:ContinuingEd@hhchealth.org) a minimum of 5 days prior to go-live or the live activity

**\*\*** Default passing score for CME purposes is 75%.

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| **Sample Question** | **Question** | | A 45-year-old woman presents for routine check-up after successful ascending aortic replacement after Type A aortic dissection repair 3 months earlier. CT angiogram shows residual dissection throughout the arch, descending and abdominal aorta without significant dilation. She was discovered to have a heritable thoracic aortic aneurysm condition due to an *ACTA2* gene mutation. Her children are undergoing genetic testing to determine if any harbor the same genetic mutation. The patient was very active before the dissection, had participated in bodybuilding and weight training, and asks about being active again and returning to exercise. What advice is recommended at this time? | |
|  | Answer A | There are no restrictions required on exercise at this time | |
| X | Answer B | Evaluation of the resting heart rate and blood pressure and the response of the blood pressure during low to moderate exertion, such as that during cardiac rehabilitation may assist with guiding the exercise recommendations | |
|  | Answer C | The member may safely return to her past level of intense weight training and bodybuilding | |
|  | Answer D | Lifting weights up to the member’s body weight, reaching muscle fatigue, and performing the Valsalva maneuver during exercise is considered low-risk | |
|  | Answer E | Prophylactic aortic surgery on the remaining dissection involving the thoracoabdominal aorta is recommended to allow return to normal physical activities | |
| **Rationale for**  **correct answer** | | After aortic dissection, the appearance of the aorta and aortic size will inform exercise recommendations. Because intense exercise and especially intense isometric exercise may lead to surges in blood pressure, restrictions on weightlifting, straining and intense physical activity are recommended after aortic dissection. Avoiding heavy weight lifting. Reaching muscle fatigue requiring the Valsalva maneuver is to be avoided. Low-level isometric exercise with low repetitions is recommended.  For most individuals after aortic dissection, low to moderate aerobic exercise, performed at a recreational level is considered low-risk. Assessing the response of the blood pressure (and heart rate) to exercise during cardiac rehabilitation may be especially helpful in determining individual exercise recommendations. Some individuals have a hypertensive response to exercise and methods to lessen this response may be helpful. | |
|  | **Peer-reviewed Citation or Link** | | Hornsby, Whitney E., et al. "Cardiopulmonary exercise testing following open repair for a proximal thoracic aortic aneurysm or dissection." Journal of cardiopulmonary rehabilitation and prevention 40.2 (2020): 108. | |
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| **1** | **Question 1** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
| **Peer-reviewed Citation or Link** | |  | |
|  |  | | |  |
| **2** | **Question 2** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
| **Peer-reviewed Citation or Link** | |  | |
|  |  | | |  |
| **3** | **Question 3** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
| **Peer-reviewed Citation or Link** | |  | |
|  |  | | |  |
| **4** | **Question 4** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
| **Peer-reviewed Citation or Link** | |  | |
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| **5** | **Question 5** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
| **Peer-reviewed Citation or Link** | |  | |
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