**Test Questions for a Continuing Education Activity**

**Program Name:**

**Program Date:** (Questions must be submitted to [ContinuingEd@hhchealth.org](mailto:ContinuingEd@hhchealth.org) at least 5 business days prior to the scheduled activity)

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

**Instructions:**

1. Place an “X” under the FIRST column for all correct answers. There is space for 5 questions in this list. Use a second form if more than 5 questions.
2. Please review the Best Practice for Writing Test Questions at [hhchealth.cloud-cme.com/about/resources](file:///\\hhcsystem.org\hhc\Professional%20Education\CME\CME%20Blank%20Forms%20Application,%20CME%20Certif,%20Evals,%20Sign%20in%20Sheets\Archived%20forms\hhchealth.cloud-cme.com\about\resources). Attestation questions are *not* allowed for credit purposes.
3. Submit the questions to [ContinuingEd@hhchealth.org](mailto:ContinuingEd@hhchealth.org) at least 5 business days prior to your activity so that they may be entered into CloudCME.

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 and reaching muscle fatigue requiring the Valsalva maneuver is to be avoided and 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. | |
|  |  | | |  |
| **1** | **Question** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
|  |  | | |  |
| **2** | **Question** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
|  |  | | |  |
| **3** | **Question** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
|  |  | | |  |
| **4** | **Question** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
|  |  | | |  |
| **5** | **Question** | |  | |
|  | Answer A |  | |
|  | Answer B |  | |
|  | Answer C |  | |
|  | Answer D |  | |
|  | Answer E |  | |
| **Rationale for**  **correct answer** | |  | |
|  |  | | |  |