



## CME POST-TEST

All post-tests must be completed and submitted online.

EXPIRATION DATE: OCTOBER 2024

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### OBSTRUCTIVE SLEEP APNEA

1. What percentage of US adults have OSA?
  - a. 5% to 9%
  - b. 9% to 38%
  - c. 38% to 49%
  - d. 49% to 58%
2. Apnea is defined as
  - a. disruption in airflow.
  - b. lack of CNS-generated respiratory effort.
  - c. respiratory rate of less than 10.
  - d. cessation of breathing for 5 seconds or longer.
3. The differential diagnosis for OSA includes
  - a. insufficient sleep, central sleep apnea, periodic limb movement disorder, restless leg syndrome, and hypothyroidism.
  - b. restless leg syndrome, Kleine-Levin syndrome, structural brain lesion, fibromyalgia, and schizophrenia.
  - c. Kleine-Levin syndrome, structural brain lesion, fibromyalgia, depression, and sedating medications.
  - d. insufficient sleep, central sleep apnea, periodic limb movement disorder, fibromyalgia, and hemochromatosis.
4. Which of the following is considered the first-line therapy for OSA?
  - a. CPAP
  - b. APAP
  - c. BiPAP
  - d. home oxygen therapy
5. Which statement is correct about using oral appliances to treat OSA?
  - a. They do not require a dentist evaluation for custom fitting.
  - b. Oral appliances may be considered for patients with mild to moderate OSA.
  - c. They are designed to keep the airway open during sleep by moving the tongue posteriorly to decrease the diameter of the upper airway.
  - d. They are equal to PAP therapy in reducing the AHI for patients with severe OSA.

### HOSPITALIZED PATIENTS WITH COVID-19

6. In the United States, how many deaths related to COVID-19 have been reported?
  - a. less than 100,000
  - b. about 250,000
  - c. 755,000
  - d. more than 1.1 million
7. COVID-19-specific therapies have the greatest benefit for hospitalized patients who
  - a. are older than age 65 years.
  - b. have acute hypoxic respiratory failure.
  - c. have immunocompromise.
  - d. have chronic kidney, liver, heart, or lung disease.
8. For patients with a known COVID-19 infection, the CDC recommends vaccination
  - a. when the patient first presents with symptoms.
  - b. when the patient first tests negative for COVID-19.
  - c. beginning after the resolution of symptoms or at the end of the isolation period in asymptomatic patients.
  - d. beginning after at least 3 months following resolution of symptoms or the end of the isolation period in asymptomatic patients.
9. What is the mainstay treatment for patients with COVID-19 and respiratory failure?
  - a. dexamethasone
  - b. anticoagulants
  - c. hydroxychloroquine
  - d. ivermectin
10. Which novel therapy for COVID-19 was trialed and subsequently not recommended?
  - a. dexamethasone
  - b. anticoagulants
  - c. convalescent plasma
  - d. remdesivir