



CME POST-TEST

All post-tests must be completed and submitted online.

EXPIRATION DATE: JULY 2025

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IRRITABLE BOWEL SYNDROME

1. What is the average time to IBS diagnosis?
 - a. 2 years
 - b. 4 years
 - c. 6 years
 - d. 8 years
2. What are the two cardinal features that characterize IBS?
 - a. chronic recurrent abdominal pain and leukocytosis
 - b. hematochezia and headache
 - c. chronic recurrent abdominal pain and altered bowel habits in the absence of an organic cause
 - d. hematemesis and melena
3. Which statement best describes the symptoms and their frequency and chronicity of IBS according to the Rome IV criteria?
 - a. Severe constant abdominal pain at least once a month with abnormal bowel movement occurring less than once a week over the previous 6 months.
 - b. Recurrent abdominal pain on average at least 2 days/month in the past 3 months with at least one of the following: pain is related to defecation, pain is associated with a change in stool frequency, or pain is associated with a change in stool form.
 - c. Recurrent abdominal pain on average at least 1 day/month in the past 6 months with at least two of the following: pain is related to defecation, pain is associated with a change in stool frequency, or pain is associated with a change in stool form.
 - d. Recurrent abdominal pain on average at least 1 day/week in the past 3 months with at least two of the following: pain is related to defecation, pain is associated with a change in stool frequency, or pain is associated with a change in stool form.
4. What specific biomarker is used to diagnose IBS?
 - a. A complete metabolic panel
 - b. Stool guaiac
 - c. No specific biomarkers can diagnose IBS
 - d. CBC count
5. Which statement is correct about IBS?
 - a. fodmap foods may contribute to symptoms of gas, bloating, pain, and altered bowel habits.
 - b. Extensive research has proven probiotics to be ineffective in improving IBS symptoms.
 - c. Limiting physical activity often improves IBS symptoms.
 - d. Pharmacologic therapies are considered first-line treatment for IBS.



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HEALTH OUTCOMES IN YOUNG FOSTER CHILDREN

6. According to a 2021 study, what percentage of children in foster care younger than age 36 months had a failing ASQ score?
 - a. less than 10%
 - b. 25%
 - c. 50%
 - d. 75%
7. In the United States in 2023, how many children and youth were estimated to be in foster care?
 - a. 34,891
 - b. 242,981
 - c. 342,981
 - d. 423,891
8. What is the definition of a kinship family?
 - a. biological relatives or other adults who have an established bond with the child.
 - b. foster families who are not required to pass background checks.
 - c. adults who have been matched to the child using artificial intelligence.
 - d. adults who have never previously met the child.
9. Which statement is correct about ACEs?
 - a. Children with one household challenge ACE had 25% greater odds of developmental delay, and those with three or more ACEs had two times the odds of developmental delays, compared with a reference group with no ACEs.
 - b. Children with one household challenge ACE had 35% greater odds of developmental delay, and those with three or more ACEs had 2.5 times the odds of developmental delays, compared with a reference group with no ACEs.
 - c. Children with one household challenge ACE had 55% greater odds of developmental delay, and those with three or more ACEs had three times the odds of developmental delays, compared with a reference group with no ACEs.
 - d. There was no difference in the odds of developmental delay in children experiencing ACEs compared with a reference group with no ACEs.
10. Formal screenings such as the ASQ are recommended for foster children by Bright Futures and AAP for children at specific ages. Which statement accurately describes these recommendations?
 - a. The ASQ is recommended at ages 6, 12, and 18 months. At 12 and 20 months, screening for autism spectrum disorder (ASD) also is recommended.
 - b. The ASQ is recommended at ages 9, 18, and 30 months. At 18 and 24 months, screening for ASD also is recommended.
 - c. The ASQ is recommended at ages 12 and 24 months. At 36 months, screening for ASD also is recommended.
 - d. The ASQ is recommended at ages 3, 6, 9, and 12 months. At 15 months, screening for ASD also is recommended.