**AMERICAN BOARD OF PREVENTIVE MEDICINE**

**MAINTENANCE OF CERTIFICATION**

**Post-Test Questions**

**CENTRAL STATES OCCUPATIONAL & ENVIRONMENTAL MEDICINE ASSOCIATION**

**Annual Spring Seminar—Thursday, Friday & Saturday, March 12-14, 2020**

**THURSDAY, MARCH 12**

**INTRODUCTION**

1. What is the acceptable risk for sudden incapacitation?
   1. 0.1%
   2. 0.5%
   3. 1.0%
   4. 3.0%
   5. 10%

**ESSENTIAL JOB FUNCTIONS**

1. A clear understanding of essential job functions by physicians is essential to competent assessment of fitness for duty.
   1. True b. False

**POST OFFER AND PERIODIC EXAMS**

1. Which medical history question is specific to law enforcement?
   1. Alcohol Abuse
   2. Allergy to dogs
   3. Allergy to chili pepper
   4. Claustrophobia
   5. Fear of heights

**CORONARY ARTERY DISEASE**

1. Sudden cardiac death is the most common cause of on-duty death among fire fighters.
   1. True b. False

**DIABETES**

1. NFPA 1582 restricts firefighter with diabetes mellitus if they:
   1. Take insulin
   2. Take oral hypoglycemic agents
   3. Have a hypoglycemic episode requiring assistance within the past year
   4. None of the above

**MEDICATION**

1. During an annual evaluation, you find out that a law enforcement officer is taking donepezil (Aricept). You decide to do the following:
   1. Recommend temporary restrictions because the officer is taking a sedating medication.
   2. Inquire why the officer is taking this medication
   3. Recommend release to full and unrestricted duties because the side effects are minimal
   4. Order a functional capacity evaluation
   5. Recommend permanent restrictions.

**SEIZURE**

1. The duration of restrictions is the same for all types of seizures.
   1. True b. False

**HYPERTENSION**

1. According to NFPA 1582 and ACOEM LEO Guidance, all fire fighters and LEOs with Stage I hypertension should be restricted until they undergo treatment.
   1. True b. False

**MUSCULOSKELETAL**

1. Which of the following should be documented as part of the return to work determination for a law enforcement officer after surgical repair of his/her knee?
   1. Active range of motion in both extension and flexion
   2. Subjective and objective knee stability
   3. Quadriceps strength
   4. Return to training activities
   5. All of the above

**CANCER**

1. The NIOSH fire fighter cancer study published in 2013 found that fire fighters had a significantly increased risk of:
   1. Lung cancer
   2. Mesothelioma
   3. Brain cancer
   4. A and B
   5. B and C
   6. A, B and C

**VISION/HEARING**

1. Based on the newest NFPA 1582 fire fighters are allowed to wear hearing aids.
   1. True b. False

**PREGNANCY**

1. What is the major job-related hazard for a pregnant officer?
   1. Firearms training
   2. Physical workload
   3. Radiation exposure
   4. Pesticide exposure

**POLICE AND FIRE GEAR**

1. The average fire fighter’s ensemble weighs about
   1. 20 lbs.
   2. 40 lbs.
   3. 60 lbs.
   4. 80 lbs.

**ARRHYTHMIAS**

1. According to NFPA 1582 and ACOEM LEO Guidance, fire fighters and LEOs with an implantable cardiac defibrillator should be restricted.
   1. True b. False

**ASTHMA**.

1. According to NFPA 1582, fire fighters with asthma who required emergency room treatment of their asthma can return to full duty if the emergency room treatment was:
   1. 3 months ago
   2. 6 months ago
   3. 1 year ago
   4. 2 years ago
2. Police officers do not have to be screened for asthma because they are not exposed to any on-the-job substances that could trigger asthma.
   1. True b. False

**OTHER SAFETY SENSITIVE OCCUPATONS**

1. What is the most common method for US law enforcement bomb technicians to disrupt a threat?
   1. Hands-on render safe procedure
   2. Deploy an electric rail gun
   3. Remotely guide a robot
   4. Use electromagnetic pulse technology
2. Which color vision test is NOT acceptable for the periodic evaluation of law enforcement bomb technicians?
   1. Farnsworth D15 tests
   2. Ishihara pseudoisochromatic plates
   3. Farnsworth-Munsell 100 hue test
   4. Hardy Rand and Ritter test 4th Edition
3. What restriction is recommended for a paramedic with monocular vision present for more than 6 months?
   1. No patient care
   2. No tracheal intubation
   3. No emergency driving
   4. No night driving
4. What level of respiratory protection is indicated for the entry team in a currently active methamphetamine laboratory?
   1. Air-purifying respirator – APR
   2. Self contained breathing apparatus (SCBA)
   3. N 95 mask
   4. No protection needed

**POST-TEST QUESTIONS**

**FRIDAY, MARCH 13**

**Charles Mok: Immigration Physicals**

1. What is the purpose of an immigration physical?
   1. To determine whether the applicant has a medical condition that would render the applicant inadmissible/ineligible for adjustment of status
   2. To assess whether the applicant possesses desirable physical qualities for a lawful permanent resident
   3. To ensure all applicants have an annual physical assessment
   4. To provide justification for adjustment of status
2. Which of the following is a requirement for to become a civil surgeon?
   1. Minimum of 4 years medical experience, not including residency or training.
   2. Physician or licensed healthcare provider
   3. As this is a Federal exam, licensure only required in one state to perform exam in all states
   4. Must hold US citizenship
3. Which of the following is required for all applicants?
   1. Updated, age-appropriate vaccinations as defined by the CDC
   2. PPD (TB skin testing)
   3. Gonnorhea testing
   4. Syphilis testing

**Chandra Jefferson: OSHA: What You Need To Know**

1. The OSHA Mission is to assure safe and healthful working conditions for working men and women.
   1. True b. False
2. Compliance with OSHA regulations will make my workplace safer, but not safe.
   1. True b. False

1. What do I do if I have questions about OSHA?
   1. Call the area office.
   2. Contact the compliance assistance specialist.
   3. Search the website.
   4. All of the Above

**Joshua Blomgren: Concussion Management in Professional Athletes**

1. Common manifestations of concussion include all of the following EXCEPT:
   1. Brain fog
   2. Gelastic seizures
   3. Phonophobia
   4. Photophobia
2. The first imaging modality for suspected concussion is often:
   1. CT of the brain without contrast
   2. MRI of the brain without contrast
   3. CT of the brain with and without contrast
   4. Cerebral magnetic resonance angiogram
3. Supplements that have had recent employment in the treatment of concussion include:
   1. Alpha-1 canola oil
   2. Olive Oil
   3. Whale oil wax esters
   4. Omega-3 Fish Oil

**Douglas Martin: Marijuana and Drug Testing, An MRO Perspective**

1. Marijuana is a Schedule I drug under FDA rules, and continues to be illegal to use under Federal drug testing statutes.
   1. True b. False
2. THC is prohibited from being included in any product under all Federal rules, and is illegal to possess under all Federal statutes.
   1. True b. False
3. There are no states who have statutory protections for workers who use marijuana.
   1. True b. False

**M. Kathleen Figaro: Defeating Diabetes**

1. Which trial changed our perception of heart failure treatment in diabetes?
   1. CREDENCE
   2. DAPA-HF
   3. EMPAREG
   4. CANVAS
   5. LEADER
2. Which of the following classes of diabetes drugs causes glycosuria that limits the use of urinalysis for a medical assessment?
   1. GLP-1 agonists
   2. DPP-4 inhibitors
   3. SGLT-2 inhibitors
   4. Sulfonylureas
3. The treatment of diabetes is mostly about blood glucose; heart disease and obesity are minor elements.
   1. True b. False

**Brian Harrison: More Work Comp Look-Alikes and Work Comp in Disguise**

1. Certain antibiotics can directly cause tendonopathy.
   1. True b. False
2. The tissue pathology of adhesive capsulitis (frozen shoulder) relects primary (idiopathic) disease more than an effect of shoulder trauma.
   1. True b. False
3. Psuedogout (calcium pyrophosphate deposition disease can masquerade as acute tendonitis.
   1. True b. False

**David Hinkamp: Health Hazards in the Arts; Protecting Professionals, Students, Hobbyist, etc.**

1. Numerous art-making products that are available for general purchase contain hazardous materials such as carcinogens.
   1. True b. False
2. Hazardous art materials, tools and equipment used in hobby workspaces can be dangerous for family members and visitors.
   1. True b. False
3. Hazardous conditions in the performing arts can result in health- and life-threatening risks for professionals, but not hobbyists or students.
   1. True b. False

**Richard Scheuring: The Human Space Flight Environment and Potential Impacts to Crew Health**

1. Which US environmental cooling substance poses the greatest health threat if released to the crew on board the ISS?
   1. CO2
   2. NH3
   3. Freon
   4. Ethylene Glycol
2. Of the following, what is the initial response for the crew to a fire alarm indication on the US segment of the ISS?
   1. Call mission control for help.
   2. Donn a portable breathing apparatus (PBA)
   3. Close hatch in the effected segment
   4. Confirm the alarm annunciation is a real event
3. The current 24 hour limit for crew exposure to cabin CO2 is?
   1. 7.6mmHg
   2. 5.00mmHg
   3. 3.00mmHg
   4. 15.00mmHg

**SATURDAY, MARCH 14th**

**Kathleen Kelly: A Pre-Travel Consultation for the International Traveler**

1. Typhoid vaccine has an IM and oral form. The IM give 5 years of protection.
   1. True b. False
2. Yellow Fever vaccine should be given with caution to travellers over 60 years of age.
   1. True b. False
3. What issue affects international travelers more?
   1. motor vehicle accidents
   2. travellers diarrhea

**Larry Betts: A Walk Along the Less Travel(l)ed Road- Occ Health- Past, Present, and Future**

1. Which of the following is an agent or stressor that MUST BE considered during the evaluation of a workplace—and the workers from that workplace?
   1. a. Chemicals, noise, and non-ionizing radiation
   2. b. Ionizing radiation, illumination, and temperature (heat & cold stress)
   3. c. Psychological aspects associated with work-shift rotation, speed of processes, work at elevated heights, and ergonomic considerations
   4. d. Biologic organisms (viruses, bacteria, fungi, and more!)
   5. e. All of the above
2. Which of the following DOES NOT provide essential information regarding an environmental exposure of an individual needed for a medical assessment?
   1. a. The Biological Exposure Indices (BEI®)
   2. b. Safety Data Sheets (SDSs)
   3. c. A manufacturer’s medical representative
   4. d. Inexperience with the stressor(s) or condition(s)
   5. e. Environmental (industrial hygiene) sampling and assessment data
3. The role of sampling, measurement, and assessment of workplace/environmental exposure(s) in the practice of OCCUPATIONAL and ENVIROMENTAL MEDICINE is essential.
   1. True b. False

**Melissa Bean: Utilization Review is Not a Bad Word- Practical Considerations and Approaches**

1. Which statement is **CORRECT**?
   1. It is the peer review physician’s responsibility to connect with the treating clinician if he or

she has a question about the medical necessity of the treatment request.

* 1. It is the treating clinician’s responsibility to connect with the peer review physician who

calls to speak with the treater.

* 1. It is the UR Company’s responsibility to support the telephonic communication efforts of the peer review physician.
  2. A and B
  3. All of the Above

1. Which statement is **INCORRECT**?
   1. The peer review does not address compensability of a condition.
   2. The peer review establishes medical necessity of a treatment and renders a certification decision.
   3. If a request does not meet established evidence-based guidelines, then it is always

appropriate to non-certify the request.

* 1. The peer reviewer should identify if a medication that is not certified needs to be weaned.
  2. The peer reviewer needs to consider both population data and the unique individual patient

when making a certification decision.

1. Which statement is **CORRECT**?
   1. Peer reviewers have a clinical and ethical responsibility to consider the risks and benefits of

proposed treatments when determining their medical necessity.

* 1. Peer reviewers should carry E&O (errors and omissions) insurance.
  2. Carriers, third party administrators, and clinicians are responsible for providing the pertinent clinical information needed to make an informed decision.
  3. ACOEM has educational resources to assist peer review physicians and treating clinicians.
  4. All of the above

**Theodore Aquino: Overview of the World Trade Center Health Program**

1. The World Trade Center Health Program was created by which federal law?
   1. James Zadroga 9/11 Health and Compensation Act
   2. Global War on Terrorism
   3. World Trade Center Presumption Law
2. All of the following conditions are certifiable in the World Trade Center Health Program, **except**:
   1. Gastroesophageal Reflux Disease
   2. Chronic Obstructive Pulmonary Disease
   3. Angina
   4. Post-Traumatic Stress Disorder
   5. Melanoma
3. The World Trade Center health Program is approved for funding until fiscal year 2090.
   1. True b. False

**BACKUP PRESENTATIONS**

**Thomas Kibby: USP 800 and Medical Monitoring**

1. Each of the following are sufficient to define a Hazardous Drug except:
   1. carcinogenic
   2. antibiotic
   3. genotoxic
   4. reproductive hazard
2. There is a statistically significant relationship between surface contamination with antineoplastic drugs and worker absorption, as measured by urine biologic monitoring.
   1. True b. False
3. The following are true for surface monitoring for Hazardous Drugs except:
   1. Identifies “hot spots” of failures of containment, handling practice and decontamination
   2. Evaluate the efficacy of cleaning
   3. Increases awareness: sampling alone may increase compliance
   4. Has accepted surface limits for each drug

**Mark Roberts:COVID-19 Updates**

1. How is the COVID-19 experience similar to the SARS-MERS outbreaks?
2. What viral group does COVID-19 belong?
3. What is the number one method of preventing COVID-19?

**AMERICAN BOARD OF PREVENTIVE MEDICINE**

**MAINTENANCE OF CERTIFICATION**

**Post-Test Answers**

**CENTRAL STATES OCCUPATIONAL & ENVIRONMENTAL MEDICINE ASSOCIATION**

**Annual Spring Seminar—Thursday, Friday & Saturday, March 12-14, 2020**

**THURSDAY, MARCH 12**

**Samo, Introduction to Public Safety Course:**

1. C

**Czarnecki, Essential Job Function**

1. TRUE

**Czarnecki, Post Offer and Periodic Exams**

1. C

**Hales, Coronary Heart Disease**

1. TRUE

**Samo, Diabetes**

1. C

**Czarnecki, Medication**

1. B

**Samo, Seizures**

1. FALSE

**Hales, Hypertension**

1. False

**Samo, Musculoskeletal**

1. E

**Hales, Cancer**

1. D

**Samo, Vision/Hearing**

1. TRUE

**Czarnecki, Pregnancy**

1. A

**Hales, Samo, Czarnecki—Police and Fire Gear**

1. C

**Hales, Arrhythmias**

1. TRUE

**Hales, Asthma**

1. D
2. FALSE

**Czarnecki, Other Safety Sensitive Occupations**

1. C
2. B
3. C
4. B

**FRIDAY, MARCH 13**

**Mok, Immigration Physicals**

1. A
2. A
3. A

**Jefferson, OSHA**

1. TRUE
2. TRUE
3. D

**Blomgren, Concussion Management in Professional Athletes**

1. B
2. A
3. D

**Martin, Marijuana and Drug Testing**

1. TRUE
2. FALSE
3. FALSE

**Figaro, Defeating Diabetes**

1. B
2. C
3. FALSE

**Harrison, More Work Como Look-Alikes & Work Comp in Disguise**

1. TRUE: fluoroquinolone antibiotics cause tendonopathy (including rupture) in 0.14% to 0.4% of patients treated in an otherwise healthy population.
2. TRUE: True; histology of affected specimens primarily show fibroblasts mixed with type I and type III collagen. These fibroblasts were observed to transform into smooth muscle phenotype (myofibroblasts), which is assumed to be responsible for capsular contracture.
3. TRUE: Any joint can be involved, but the most common site of acute attacks is the knee, followed by the wrist, shoulder, ankle, and elbow.

**Hinkamp, Health Hazards in the Arts**

1. TRUE
2. TRUE
3. FALSE

**Scheuring, The Human Space Flight Environment**

1. B
2. D
3. C

**SATURDAY, MARCH 14**

**Kelley, A Pre-Travel Consultation for the International Traveler**

1. FALSE
2. TRUE
3. A

**Betts, A Walk Along the Less Travel(l)ed Road- Occupational Health- Past, Present and Future**

1. E
2. D
3. True

**Bean, Utilization Review is Not a Bad Word**

1. E
2. C
3. E

**Aquino, Overview of the World Trade Center Health Program**

1. A
2. C
3. TRUE

**BACKUP PRESENTATIONS—**

**Kibby: UPS 800 and Monitoring**

1. A
2. False
3. D

**Roberts, COVID-19 Update**

28. COVID-19, SARS and MERS are viruses with animal hosts as intermediaries.

29. COVID-19 is a corona virus

30. Best method of preventing COVID-19 is hand washing.