

# Care CEUs

## Osteoporosis

1. A health care professional has questions regarding osteoporosis. Which of the following informational points of interest should be communicated to the health care professional?

- A. Osteoporosis typically develops with many symptoms, including pain and weight loss.
  - B. Osteoporosis typically develops without any symptoms or pain, and it is usually not discovered until the weakened bones cause painful fractures.
  - C. Osteoporosis does not typically lead to fractures in postmenopausal women.
  - D. Osteoporosis does not typically lead to fractures in older adult men.
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2. Which of the following statements best defines the term "osteopenia?"

- A. Osteopenia may refer to a condition characterized by high bone mass.
  - B. Osteopenia may refer to a condition characterized by bone loss that is more severe than osteoporosis.
  - C. Osteopenia may refer to a condition characterized by low bone mass that is more severe than osteoporosis.
  - D. Osteopenia may refer to a condition characterized by low bone mass that is not severe enough to be called osteoporosis.
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3. Long-term use of which of the following medications may increase the risk of developing osteoporosis?

- A. Selective serotonin reuptake inhibitors
  - B. Opioids
  - C. Benzodiazepines
  - D. Beta blockers
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4. A health care professional is developing an educational lecture focused on osteoporosis and BMD test results. Which of the following informational points of interest should be included in the health care professional's lecture?

- A. BMD tests should only be used on older adult males over the age of 75.
- B. BMD tests should only be used on older adults males over the age of 85.
- C. A score of 0 means an individual's BMD is equal to the norm for a healthy young adult.

**D. A score of -1 means an individual's BMD is equal to the norm for a healthy young adult.**

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**5. Which of the following statements is most accurate?**

- A. A T-score of 0 indicates that an individual has osteoporosis.**
  - B. A T-score between +1 and ?1 indicates that an individual has osteoporosis.**
  - C. A T-score between ?1 and ?2.5 indicates that an individual has osteoporosis.**
  - D. A T-score of ?2.5 or lower indicates that an individual has osteoporosis.**
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**6. The NOF recommends measurement of BMD in which of the following patient populations?**

- A. Women aged 55 years and older and men aged 65 years and older, regardless of clinical risk factors.**
  - B. Women aged 65 years and older and men aged 70 years and older, regardless of clinical risk factors.**
  - C. Women aged 75 years and older and men aged 65 years and older, regardless of clinical risk factors.**
  - D. Women aged 75 years and older and men aged 80 years and older, regardless of clinical risk factors.**
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**7. The AACE recommends measurement of BMD in which of the following patient populations?**

- A. All women aged 45 years and older.**
  - B. All women aged 55 years and older.**
  - C. Any male individuals, over the age of 16, with a history of fracture not caused by severe trauma.**
  - D. Any adult with a history of fracture not caused by severe trauma.**
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**8. The ACPM recommends measurement of BMD in which of the following patient populations?**

- A. Women aged 65 and older.**
  - B. Women aged 75 and older.**
  - C. Men aged 75 and older.**
  - D. Men aged 80 and older.**
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**9. A health care professional has questions regarding osteoporosis and COVID-19. Which of the following informational points of interest should be communicated to the health care professional?**

- A. There should be a one week interval between IV bisphosphonate infusion and COVID-**

- 19 vaccination to allow for distinguishing between putative acute phase reactions resulting from either IV bisphosphonate administration or COVID-19 vaccination.
- B. There should be a two week interval between IV bisphosphonate infusion and COVID-19 vaccination to allow for distinguishing between putative acute phase reactions resulting from either IV bisphosphonate administration or COVID-19 vaccination.
- C. There should be a three week interval between IV bisphosphonate infusion and COVID-19 vaccination to allow for distinguishing between putative acute phase reactions resulting from either IV bisphosphonate administration or COVID-19 vaccination.
- D. Individuals receiving IV bisphosphonate should not receive COVID-19 vaccination at any time.
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10. Which of the following best represents a complication associated with osteoporosis?

- A. Extreme weight loss
- B. Active tremor
- C. VCF
- D. Epistaxis
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11. How much calcium should individuals 31 to 50 years old take in per day?

- A. 200 mg/day
- B. 400 mg/day
- C. 500 mg/day
- D. 1,000 mg/day
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12. How much vitamin D should male individuals 51 to 70 years old take in per day?

- A. 100 IU/day
- B. 200 IU/day
- C. 600 IU/day
- D. 1,000 IU/day
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13. A 68-year-old female patient suffering from osteoporosis has questions regarding weight loss. Which of the following educational points should be expressed to the patient?

- A. A diet that is individually planned to help create a deficit of 200 - 800 kcal/day may be used to help patients achieve a weight loss of one to five pounds per week.
- B. A diet that is individually planned to help create a deficit of 500 - 1,000 kcal/day may be used to help patients achieve a weight loss of one to two pounds per week.
- C. A diet that is individually planned to help create a deficit of 200 - 800 kcal/day may be used to help patients achieve a weight loss of one to five pounds per month.

**D. A diet that is individually planned to help create a deficit of 500 - 1,000 kcal/day may be used to help patients achieve a weight loss of one to two pounds per month**

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**14. A health care professional has questions regarding tobacco cessation. Which of the following informational points of interest should be communicated to the health care professional?**

- A. Health care professionals should not encourage patients to choose a specific quit date.**
  - B. Health care professionals should encourage patients to choose a specific quit date.**
  - C. Health care professionals should not ask every patient about his or her tobacco use at every visit.**
  - D. Health care professionals should only ask patients over the age of 21 about their tobacco use at every visit.**
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**15. Which of the following medications is indicated for the treatment and prevention of osteoporosis in postmenopausal women?**

- A. Alendronate**
  - B. Denosumab**
  - C. Alfuzosin**
  - D. Tamsulosin**
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**16. Which of the following best represents a fall precaution?**

- A. Keep patients' bed brakes locked**
  - B. Do not keep patients' bed brakes locked**
  - C. Do not keep patients' personal possessions within safe reach of the individual patient**
  - D. Avoid the use of call lights**
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**17. Which of the following statements best defines the Snellen eye test?**

- A. The Snellen eye test may refer to a visual acuity test that may be used to determine the smallest letters an individual can read on a standardized chart held 10 feet away from the individual.**
  - B. The Snellen eye test may refer to a visual acuity test that may be used to determine the smallest letters an individual can read on a standardized chart held 20 feet away from the individual.**
  - C. The Snellen eye test may refer to a visual acuity test that may be used to determine the smallest letters an individual can read on a standardized chart held 30 feet away from the individual.**
  - D. The Snellen eye test may refer to a visual acuity test that may be used to determine the smallest letters an individual can read on a standardized chart held 40 feet away from the individual.**
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**18. A health care professional is instructed to measure an older adult's orthostatic blood pressure. What should be the health care professional's first step?**

- A. Instruct the older adult patient to lie down for five minutes.**
  - B. Instruct the older adult patient to lie down for 25 minutes.**
  - C. Instruct the older adult patient to stand up for five minutes without moving.**
  - D. Instruct the older adult patient to stand up for 15 minutes without moving.**
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**19. A 70-year-old female patient suffering from osteoporosis has questions about footwear. Which of the following educational points should be expressed to the patient?**

- A. It is okay to wear socks without shoes.**
  - B. Avoid wearing socks without shoes.**
  - C. Wearing slippers is encouraged.**
  - D. Walking around barefoot for extended periods of time is encouraged.**
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**20. A health care professional has questions regarding PTHrP. Which of the following informational points of interest should be communicated to the health care professional?**

- A. PTHrP is available as an injection and is usually prescribed for postmenopausal women who have a history of fractures.**
  - B. PTHrP is only available as an oral tablet and is usually prescribed for postmenopausal men who have a history of fractures.**
  - C. PTHrP is available as an injection and is usually prescribed for postmenopausal men who have a history of fractures.**
  - D. PTHrP is only available as an oral tablet and is usually prescribed for postmenopausal women who have a history of fractures.**
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