Care CEUs

Identifying and Managing Epilepsy and Seizures

1. Which of the following types of seizures is characterized by brief, sudden lapses of consciousness?

A. Absence seizures
B. Tonic-clonic seizures
C. Simple focal seizures
D. Complex focal seizures

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2. According to the course, what is the typical duration of the first stage of a tonic-clonic seizure?

A. 2 - 4 seconds
B. 10 - 20 seconds
C. 2 - 4 minutes
D. 8 - 10 minutes

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3. A health care professional has questions regarding seizure first aid. Which of the following informational points of interest should be communicated to the health care professional?

A. Always hold down an individual having a seizure.
B. Attempt to stop the movements of an individual having a seizure.
C. Put something in the individual having a seizure's mouth when he or she is having a seizure.
D. Do not try to give mouth-to-mouth breaths (e.g., CPR) to individuals having a seizure.

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4. Which of the following statements regarding Sudden Unexpected Death in Epilepsy (SUDEP) is most accurate?

A. Risk factors for SUDEP include uncontrolled seizures and frequent seizures.
B. Risk factors for SUDEP include weight loss.
C. Children with uncontrolled epilepsy or frequent seizures are at the lowest risk for SUDEP.
D. SUDEP does not affect children.

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5. A 62-year-old male patient suffering from epilepsy has questions regarding how much sleep he should get per 24 hours. Which of the following educational points should be expressed to the patient?

A. Individuals 61 - 64 years old should sleep between 6 - 7 hours per 24 hours.
B. Individuals 61 - 64 years old should sleep between 7 - 9 hours per 24 hours.
C. Individuals 61 - 64 years old should sleep between 10 - 12 hours per 24 hours.
D. Individuals 61 - 64 years old should sleep between 12 - 14 hours per 24 hours.

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6. According to the course, what is the clinically effective serum level for phenytoin?

A. 5 - 10 mcg/mL
B. 10 - 20 mcg/mL
C. 20 - 30 mcg/mL
D. 30 - 40 mcg/mL

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7. What is the recommended starting dose of gabapentin for patients 12 years of age and older?

A. 100 mg three times daily
B. 200 mg three times daily
C. 300 mg three times daily
D. 400 mg three times daily

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8. How can health care professionals prevent the transmission of the COVID-19 virus when caring for patients suffering from epilepsy?

A. Wear a cloth mask when caring for patients with suspected or confirmed COVID-19.
B. Do not wear eye protection with a respirator.
C. Health care professionals should perform hand hygiene before and after all patient contact.
D. Health care professionals should not use dedicated medical equipment when caring for patients with suspected or confirmed COVID-19.

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9. Which of the following best represents an epilepsy patient care recommendation?

A. Only encourage medication adherence when caring for patients over the age of 65.
B. Only encourage medication adherence when caring for patients over the age of 18.
C. Encourage medication adherence.
D. Do not encourage medication adherence.

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10. A 28-year-old male patient presents with questions regarding epilepsy and weight loss. A health care professional determines that the aforementioned patient's BMI is 28. According to the patient's BMI, which of the following weight categories does the patient fall into?

A. Underweight
B. Normal weight
C. Overweight
D. Obese

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