

# 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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