

# Care CEUs

## Thromboembolic Disease

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

- A. Individuals over the age of 50 are at increased risk for DVT.
  - B. Individuals over the age of 60 are at increased risk for DVT.
  - C. Individuals over the age of 65 are at increased risk for DVT.
  - D. Individuals over the age of 75 are at increased risk for DVT.
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**2. A 28-year-old pregnant patient has questions regarding DVT. Which of the following educational points should be expressed to the patient?**

- A. Women are at higher risk for DVT during pregnancy, childbirth, and up to 3-months after delivery.
  - B. Women are at higher risk for DVT during pregnancy, childbirth, and up to 6-months after delivery.
  - C. Women are at higher risk for DVT during pregnancy, childbirth, and up to 8-months after delivery.
  - D. Women are at a lower risk for DVT during pregnancy.
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**3. A 42-year-old male, obese patient has questions regarding DVT. Which of the following educational points should be expressed to the patient?**

- A. An individual may be considered to be obese when his or her BMI is greater than or equal to 28 kg/m<sup>2</sup>.
  - B. An individual may be considered to be obese when his or her BMI is greater than or equal to 30 kg/m<sup>2</sup>.
  - C. Obesity is not a risk factor for DVT.
  - D. Obesity is only a risk factor for DVT for women over the age of 65.
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**4. A health care professional has questions regarding thrombosis and COVID-19 vaccination. Which of the following informational points of interest should be communicated to the health care professional?**

- A. Research indicates that COVID-19 vaccine associated thrombosis only affects individuals under the age of 16.
  - B. COVID-19 vaccine associated thrombosis is associated with the Pfizer Vaccine.
  - C. Women younger than 50 years old should be aware of the rare risk of blood clots with low platelets after vaccination with the Johnson & Johnson/Janssen COVID-19 Vaccine.
  - D. Recently pregnant individuals should not receive the Johnson & Johnson/Janssen COVID-19 Vaccine due to the increased risk of blood clots with TTS.
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**5. According to the course, which of the following may be a sign/symptom of thrombosis and DVT?**

- A. Body aches
  - B. Extreme fatigue
  - C. Redness of the skin
  - D. Syncope
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**6. Which of the following statements is most accurate?**

- A. Most individuals suffering from DVT will be symptomatic.
  - B. Most individuals suffering from DVT over the age of 65 will be symptomatic.
  - C. Most individuals suffering from DVT under the age of 65 will be symptomatic.
  - D. Most individuals suffering from DVT will be asymptomatic.
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**7. A health care professional has questions regarding the thrombosis/DVT diagnostic process. Which of the following informational points of interest should be communicated to the health care professional?**

- A. Duplex ultrasonography should not be used in the DVT diagnostic process.
  - B. MRI is the most accurate test for diagnosing blood clots.
  - C. A positive D-dimer test may indicate the presence of a blood clot.
  - D. CT scans alone are often used to diagnose DVT.
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**8. According to the course, which of the following may be a sign/symptom of PE?**

- A. Low blood pressure
  - B. Blue fingernails
  - C. Epistaxis
  - D. Pruritus
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**9. A health care professional has questions regarding PTS. Which of the following informational points of interest should be communicated to the health care professional?**

- A. PTS is a chronic condition characterized by pain, swelling, and other symptoms related to PE.
  - B. PTS is a chronic condition characterized by pain, swelling, and other symptoms related to DVT of the leg.
  - C. PTS only affects individuals over the age of 65 with a history of PE.
  - D. PTS only affects males over the age of 40.
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**10. According to the course, risk factors for DVT recurrence include which of the following?**

- A. Hormone use
- B. A diet rich in protein

- C. History positive for DVT associated epistaxis
  - D. COVID-19 vaccination
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**11. A 24-year-old male patient has questions regarding physical activity and thrombosis prevention. Which of the following educational points should be expressed to the patient?**

- A. Adults should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups once a week.
  - B. Adults should do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week.
  - C. Adults under the age of 25 should avoid muscle-strengthening activities.
  - D. Adults over the age of 25 should avoid muscle-strengthening activities.
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**12. A 32-year-old pregnant patient has questions regarding physical activity and thrombosis prevention. Which of the following educational points should be expressed to the patient?**

- A. Women should do at least 30 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
  - B. Women should do at least 60 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
  - C. Women should do at least 90 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
  - D. Women should do at least 150 minutes of moderate-intensity aerobic activity a week during pregnancy and the postpartum period.
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**13. A 52-year-old female patient has questions regarding nutrition and thrombosis prevention. Which of the following educational points should be expressed to the patient?**

- A. More than 10 percent of calories per day should come from saturated fat.
  - B. More than 15 percent of calories per day should come from saturated fat.
  - C. Individuals should consume more than 2,300 milligrams per day of sodium.
  - D. Individuals should consume less than 2,300 milligrams per day of sodium.
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**14. A health care professional has questions regarding nutrition and thrombosis prevention. Which of the following informational points of interest should be communicated to the health care professional?**

- A. Female adults and female older adults should take in approximately 1,600 to 2,400 calories per day, depending on activity level.
  - B. Female adults and female older adults should take in approximately 1,800 to 2,800 calories per day, depending on activity level.
  - C. Female adults and female older adults should take in approximately 1,900 to 2,900 calories per day, depending on activity level.
  - D. Female adults and female older adults should take in approximately 2,000 to 3,000 calories per day, depending on activity level.
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**15. Which of the following statements is most accurate?**

- A. The risk for heart disease and type 2 diabetes goes up with a waist size that is greater than 35 inches for women/greater than 40 inches for men.
  - B. The risk for heart disease and type 2 diabetes goes up with a waist size that is greater than 38 inches for women/greater than 42 inches for men.
  - C. The risk for heart disease and type 2 diabetes goes up with a waist size that is greater than 40 inches for women/greater than 44 inches for men.
  - D. The risk for heart disease and type 2 diabetes is not associated with waist size.
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**16. A 28-year-old overweight patient has questions regarding weight loss and thrombosis prevention. Which of the following educational points should be expressed to the patient?**

- A. The initial goal of weight loss should be to reduce the patient's body weight by about 20 percent from baseline.
  - B. The initial goal of weight loss should be to reduce the patient's body weight by about 25 percent from baseline.
  - C. Reducing dietary fat alone is sufficient for weight loss.
  - D. Reducing dietary fat alone without reducing calories is not sufficient for weight loss.
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**17. A 72-year-old female patient has questions regarding graduated compression stockings and thrombosis prevention. Which of the following educational points should be expressed to the patient?**

- A. Graduated compression stockings, typically, fit tighter around the ankle and may feel "looser" as they progress up the leg.
  - B. Graduated compression stockings, typically, fit "looser" around the ankle and may feel tighter as they progress up the leg.
  - C. Individuals under the age of 85 should note wear graduated compression stockings.
  - D. Female individuals under the age of 85 should note wear graduated compression stockings.
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**18. A health care professional is developing an HA-VTE prevention protocol? Which of the following points should the health care professional include in the completed HA-VTE prevention protocol?**

- A. Health care professionals should not exclude patients who would be unlikely to develop a HA-VTE.
  - B. Health care professionals may reliably exclude patients who would be unlikely to develop a HA-VTE.
  - C. Health care professionals should work to increase the need for laboratory investigations and complex calculations.
  - D. Health care professionals should work to increase the need for laboratory investigations for patients over the age of 65.
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**19. Which of the following best represents an American Society of Hematology Treatment Recommendation?**

- A. For patients with DVT and/or PE, health care professionals should consider using direct oral anticoagulants over vitamin K antagonists.
  - B. For patients with DVT and/or PE, health care professionals should consider using vitamin K antagonists over direct oral anticoagulants.
  - C. For patients with DVT and/or PE, health care professionals should consider using direct oral anticoagulants and vitamin K antagonists.
  - D. Patients with DVT and/or PE should not receive direct oral anticoagulants.
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**20. Which of the following best represents an American Society of Hematology Treatment Recommendation?**

- A. For patients with PE and hemodynamic compromise, health care professionals should consider using thrombolytic therapy followed by anticoagulation over anticoagulation alone.
  - B. For patients with PE and hemodynamic compromise, health care professionals should consider using anticoagulation followed by thrombolytic therapy over anticoagulation alone.
  - C. For patients with PE and hemodynamic compromise, health care professionals should only use anticoagulation.
  - D. For patients with PE and hemodynamic compromise, health care professionals should not use thrombolytic therapy.
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**21. Which of the following best represents an American Society of Hematology Treatment Recommendation?**

- A. For patients with extensive DVT in whom thrombolysis is considered appropriate, health care professionals should consider using systemic thrombolysis over catheter-directed thrombolysis.
  - B. For patients with extensive DVT in whom thrombolysis is considered appropriate, health care professionals should consider using catheter-directed thrombolysis over systemic thrombolysis.
  - C. For patients with extensive DVT in whom thrombolysis is considered appropriate, health care professionals should not use catheter-directed thrombolysis.
  - D. For patients with extensive DVT in whom thrombolysis is considered appropriate, health care professionals should only use systemic thrombolysis.
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**22. Which of the following best represents an American Society of Hematology Treatment Recommendation?**

- A. For patients with DVT and/or PE who have completed primary treatment and will continue to receive secondary prevention, health care professionals should consider using anticoagulation over aspirin.
- B. For patients with DVT and/or PE who have completed primary treatment and will continue to receive secondary prevention, health care professionals should consider using aspirin over anticoagulation.

- C. For patients with DVT and/or PE who have completed primary treatment and will continue to receive secondary prevention, health care professionals should use aspirin and anticoagulation.
- D. For patients with DVT and/or PE who have completed primary treatment and will continue to receive secondary prevention, health care professionals should avoid using anticoagulation.
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**23. A 72-year-old male patient with DVT and/or PE completes his primary treatment and will continue VKA therapy as secondary prevention. According to the American Society of Hematology Treatment Recommendations, what should be the patient's target INR range?**

- A. 1.5 - 1.9
  - B. 1.5 - 2.5
  - C. 2.0 - 3.0
  - D. 2.0 - 4.0
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**24. Which of the following best represents a recommendation provided by the National Institutes of Health?**

- A. Patients who are receiving anticoagulant or antiplatelet therapies for underlying conditions should continue anticoagulant or antiplatelet medications if they receive a diagnosis of COVID-19.
  - B. Patients who are receiving anticoagulant or antiplatelet therapies for underlying conditions should not continue anticoagulant or antiplatelet medications if they receive a diagnosis of COVID-19.
  - C. All patient anticoagulant or antiplatelet medications should be discontinued if COVID-19 is suspected.
  - D. All medications should be discontinued when a patient receives a diagnosis of COVID-19.
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**25. Which of the following best represents a recommendation provided by the National Institutes of Health?**

- A. Patients with COVID-19 may be discharged from the hospital while on VTE prophylaxis.
  - B. Patients with COVID-19, under the age of 65, may be discharged from the hospital while on VTE prophylaxis.
  - C. Patients with COVID-19, under the age of 40, may be discharged from the hospital while on VTE prophylaxis.
  - D. Hospitalized patients with COVID-19 should not routinely be discharged from the hospital while on VTE prophylaxis.
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**26. Which of the following best represents a recommendation provided by the National Institutes of Health?**

- A. If antithrombotic therapy is prescribed during pregnancy prior to a diagnosis of COVID-19, antithrombotic therapy should be continued.
- B. If antithrombotic therapy is prescribed during pregnancy prior to a diagnosis of COVID-19, antithrombotic therapy should not be continued.

- C. For pregnant patients, over the age of 25, hospitalized for severe COVID-19, prophylactic dose anticoagulation is not recommended.
- D. For pregnant patients hospitalized for severe COVID-19, prophylactic dose anticoagulation is contraindicated.
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**27. A health care professional is administering heparin to a patient. Which of the following recommendations can help the health care professional prevent a thrombosis-related medical error?**

- A. Health care professionals should utilize programmable pumps in order to provide consistent and accurate dosing when heparin is administered intravenously and continuously.
- B. Health care professionals should utilize programmable pumps in order to provide consistent and accurate dosing when heparin is administered intramuscularly.
- C. Health care professionals should not utilize programmable pumps when administering heparin intravenously and continuously.
- D. Health care professionals should only administer heparin via subcutaneous injection.
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**28. A health care professional is administering care to a patient suffering from thrombosis. The health care professional wants to work to prevent thrombosis-related medical errors. Which of the following recommendations can help the health care professional prevent a thrombosis-related medical error?**

- A. Use at least one patient identifier when providing care, treatment, and service.
- B. Use at least two patient identifiers when providing care, treatment, and service.
- C. Use a patient's room number as an identifier.
- D. Use a patient's physical location as an identifier.
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**29. A health care professional wants to prevent thrombosis-related medical errors from occurring. Therefore, the health care professional has questions regarding Lovenox. Which of the following informational points of interest should be communicated to the health care professional?**

- A. Lovenox is not a high-alert medication.
- B. Lovenox is not associated with anemia or thrombocytopenia.
- C. Contraindications associated with Lovenox include active major bleeding.
- D. Doses of Lovenox should be adjusted for patients with creatinine clearance  $<20\text{mL/min}$ .
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**30. A health care professional is administering care to a patient suffering from thrombosis. The health care professional wants to work to prevent thrombosis-related medical errors. Which of the following recommendations can help the health care professional prevent a thrombosis-related medical error?**

- A. The use of gloves replaces the need for hand hygiene.
- B. Gloves provide complete protection against hand contamination.
- C. Wear double gloves when providing care to patients.
- D. Health care professionals should remove gloves after caring for a patient.
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