

CONTINUING MEDICAL EDUCATION EXAMINATION

Treatment of Recalcitrant Chronic Urticaria With Nonsedating Antihistamines: Is There Evidence for Updosing?

Instructions for obtaining 1.3 Continuing Medical Education Credits

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CME Items

1. The proportion of patients with chronic urticaria who respond to conventional doses of antihistamines is
 - a) About 10 %
 - b) About 100 %
 - c) About 44 %
 - d) Less than 5 %
2. The preferred first-line pharmacological treatment for chronic urticaria is
 - a) First-generation antihistamines
 - b) Dapsone
 - c) Intravenous gammaglobulin
 - d) Nonsedating antihistamines
3. Second-generation antihistamines frequently induce the following adverse effects
 - a) Urinary retention
 - b) Sedation
 - c) Cardiac arrhythmias
 - d) None of the above
4. The second-line of therapy for chronic spontaneous urticaria is
 - a) First-generation antihistamines
 - b) Increased doses of nonsedating antihistamines
 - c) Ciclosporin A
 - d) Methotrexate
5. Antihistamines that have been shown in controlled studies to induce improved responses in patients with urticaria when administered in higher doses include
 - a) Cetirizine and fexofenadine
 - b) Levocetirizine, cetirizine, and desloratadine
 - c) Ebastine and rupatadine
 - d) Desloratadine and bilastine
6. Increased doses of second-generation antihistamines are associated with
 - a) Cardiotoxicity
 - b) Cholinergic side effects
 - c) Increased rates of sedation
 - d) None of the above
7. First-generation antihistamines are not currently recommended for patients with urticaria due to
 - a) High rates of sedation
 - b) Lower rates of clinical responses
 - c) Lower efficacy than other therapies
 - d) High costs
8. Oral corticosteroids
 - a) Are recommended as a long-term treatment for nonresponsive chronic urticaria
 - b) Are very safe when used for long periods of time
 - c) Are the most efficacious and safe alternative therapy for patients with chronic urticaria
 - d) Are only recommended for short periods of time as rescue medication in patients with chronic urticaria
9. Alternative drugs recommended by current guidelines for the treatment of chronic urticaria include all of the following, with the exception of
 - a) Theophylline
 - b) Leukotriene receptor antagonists
 - c) Omalizumab
 - d) Anti-H₂ antihistamines
10. In patients who do not respond to conventional doses of nonsedating antihistamines present recommendations include the following, with the exception of
 - a) Increased doses of nonsedating antihistamines
 - b) Addition of anti-H₂ antihistamine
 - c) Addition of long-term oral corticosteroids
 - d) Addition of montelukast