

CONTINUING MEDICAL EDUCATION EXAMINATION

The Treatment of Allergic Respiratory Disease During Pregnancy

Instructions for obtaining 1.6 Continuing Medical Education Credits

Credits can be earned by reading the text and completing the CME examinations online throughout the year on the SEAIC web site at www.seaic.org



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CME Items

- Which of the following is true about asthma symptoms during pregnancy?
 - Most of the time, asthma symptoms are likely to improve during pregnancy
 - Controlled asthma symptoms are associated with a reduction in adverse maternal and fetal outcomes
 - Reported asthma symptoms are not helpful in making the diagnosis of asthma during pregnancy
 - Asthma symptoms might be confused with dyspnea of pregnancy because dyspnea of pregnancy is characteristically also associated with wheezing
- Which of the following is used in classifying severity in a pregnant asthmatic patient?
 - Symptom frequency
 - FEV₁
 - Interference with daily activities
 - All of the above
- Which of the following is an appropriate interval for a follow-up appointment for a patient with uncontrolled asthma?
 - 6 months
 - 2 months
 - 1 month
 - 1 to 2 weeks
- The patient's asthma was classified as moderate-persistent during her visit, and she was prescribed an inhaled corticosteroid. She returns to your office with persistent uncontrolled symptoms. Which of the following is a reasonable next step?
 - Add a long-acting β -agonist
 - Add a leukotriene receptor antagonist
 - Add an oral corticosteroid
 - Add theophylline
- When managing a pregnant asthmatic patient with uncontrolled symptoms, which of the following should be addressed?
 - Presence of pets in the home
 - Adherence to asthma medications
 - Inhaler technique
 - All of the above
- What is appropriate treatment option for the pregnant patient with allergic rhinitis?
 - Allergen avoidance
 - Saline irrigation
 - Second-generation antihistamines
 - All of the above
- With which of the following complications has uncontrolled allergic rhinitis has been associated?
 - Small size for gestational age
 - Preterm birth
 - Low birth weight
 - Sleep disturbance
- With which of the following complications has uncontrolled maternal asthma has been associated?
 - Small size for gestational age
 - Preterm birth
 - Low birth weight
 - All of the above
- Which of the following has been reported to occur regarding medication adherence during pregnancy?
 - Adherence increases due to concerns for the health of the baby
 - Adherence increases due to worsening of asthma in the majority of patients
 - Adherence decreases due to concerns regarding the safety of the medications for the baby
 - Adherence decreases due to improvement of asthma in most patients
- Which of the following has been shown to be helpful in reducing asthma exacerbations during pregnancy?
 - Using FeNO to adjust asthma therapy
 - Using sputum eosinophils to adjust asthma therapy
 - Stopping inhaled corticosteroids
 - Relying on reliever therapy (short-acting β -agonists) to control daily asthma symptoms