

PRINTED TEST

NAME \_\_\_\_\_ 2020 DATE \_\_\_\_\_

Smith Seminars

Altitude-Related Disorders

1. \_\_\_\_ Three major syndromes association with high altitude are:
  - A) Acute mountain sickness (AMS)
  - B) High-altitude pulmonary edema (HAPE)
  - C) High-altitude cerebral edema (HACE)
  - D) All the above
  
2. \_\_\_\_ At high altitudes, changes occur at all levels of the oxygen transport system including:
  - A) Ventilation
  - B) Pulmonary diffusion
  - C) Circulation and tissue diffusion
  - D) All the above
  
3. \_\_\_\_ At sea level, the alveolar-arterial (A-a) gradient is:
  - A) 60 -117 mm Hg
  - B) 60 -170 mm Hg
  - C) 6 -17 mm Hg
  - D) None of the above
  
4. \_\_\_\_ At high altitude in unacclimatized persons:
  - A) Have fluid losses resulting from the insensible water losses associated with hyperventilation and low humidity, as well as diuresis induced by hypoxia and the cold environment
  - B) Have distaste for sweets and prefer fats
  - C) Appetite and caloric intake increase dramatically
  - D) All the above
  
5. \_\_\_\_ Changes in the ECG after ascent to high altitude:
  - A) Right-axis deviation, right precordial T-wave inversion from a normally upright adult T wave
  - B) T-wave changes in the left precordial leads in mountaineers
  - C) Loss of normal circadian rhythm and QTc prolongation in both infants and adults
  - D) All the above
  
6. \_\_\_\_ At high altitude, climbers with polycythemia:
  - A) Have reduced maximal oxygen consumption, even when they breathe 100% oxygen
  - B) Have increased maximal oxygen consumption when they breathe 100% oxygen
  - C) Have hyperviscosity and an increase in oxygen transport
  - D) None of the above

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7. \_\_\_\_ In AMS hypoxia leads to:

- A) Increased cerebral blood flow and elevated hydrostatic capillary pressure
- B) Capillary leak
- C) Edema
- D) All the above

8. \_\_\_\_ Sleep disruption at altitude results from a combination of many factors, including:

- A) Cold windy environment
- B) Crowded sleeping conditions
- C) Hypoxia
- D) All the above

9. \_\_\_\_ Unacclimatized persons with coronary artery disease:

- A) May develop increased anginal symptoms following ascent to altitude
- B) Should have a pre-ascent exercise test prior to trekking at high altitude.
- C) A & B
- D) None of the above

10. \_\_\_\_ Ascent to altitude in patients with primary pulmonary hypertension:

- A) Results in lower pulmonary artery pressures
- B) May cause fatigue, dyspnea, or even syncope
- C) A & B
- D) None of the above

# Evaluation Form

Course Sponsor: Smith Seminars (CRCE Sponsor)

Title of Activity: Altitude-Related Disorders

Title of Module: Altitude-Related Disorders

Learner's achievement of each objective. Rate each on a scale of 1=low 5=high. (Circle One)

## **Objective 1**

Be able to describe the various medical problems associated with ascent to high altitude.

Understand the altitude-related symptoms through acclimatization.

Know the treatment of the altitude-related disorders when they occur.

Become familiar with the effects of ascent on certain special populations.

1 2 3 4 5

## **Purpose/Goal of this activity**

Attendee will be aware of the current information and will be able to meet the required continuing education.

Relationship of objectives to overall Purpose/Goal of activity.

1 2 3 4 5

If conflict of interest, off-label use, commercial support, or in-kind support were evident in the education component of this program, were you notified? (Circle One)

N/A — not applicable for any of the above

Yes

No

Comments:

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Content was presented without bias of any commercial product or drug. (Circle One)

Yes

No

Comments:

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Will the information you gained from this program change your practice? (Circle One)

Yes

No

Comments:

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Additional comments or suggestions

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## Submission Instructions

Print the test, answer the questions, complete the evaluation, and fill out personal information.

Submission Method #1 – Go to [www.smithseminars.com](http://www.smithseminars.com) complete online test and evaluation

Submission Method #2 – Fax to us at 972-759-9791

Submission Method #3 – Smith Seminars, 3016 W. Hwy 114, Paradise, TX 76073 (if you use this method, your certificate will be dated the day it arrives in the office. If you need your certificate earlier, call the office and you will be instructed to supply the answers on the phone)

AARC members please include AARC membership number, if you have one.

This program is AARC-approved for 2 CRCE credits.

The test must be completed and passed prior to December 31 of the year of purchase.

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