

PRINTED TEST

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

Smith Seminars

Polysomnography and Obstructive Sleep Apnea Online Test

1. \_\_\_\_ Polysomnography (PSG):
  - A. Can be done as a single-night PSG.
  - B. Consists of a simultaneous recording of multiple physiologic parameters related to sleep and wakefulness.
  - C. Is used to evaluate abnormalities of sleep and/or wakefulness
  - D. All the above
  
2. \_\_\_\_ Evaluation of the eye movements is necessary because:
  - A. Documentation of the onset of rapid eye movement (REM) sleep
  - B. The presence of slow-rolling eye movements that usually accompany the onset of sleep are noted.
  - C. A & B
  - D. None of the above
  
3. \_\_\_\_ Delta EEG:
  - A. Has a frequency of 0.5-2 cps
  - B. Has a frequency of 3-7 cps
  - C. Has a frequency of 12-14 cps
  - D. None of the above
  
4. \_\_\_\_ The risk for OSA increases with:
  - A. BMI less than 30
  - B. Truncal obesity
  - C. Increased age, particularly after 30 years old
  - D. All the above
  
5. \_\_\_\_ Untreated sleep apnea:
  - A. Can cause irritability, moodiness, and depression
  - B. Excessive sleepiness or fatigue during the day
  - C. A & B
  - D. None of the above
  
6. \_\_\_\_ Sinus congestion:
  - A. Can cause sleep fragmentation and daytime somnolence
  - B. Helps CPAP function properly
  - C. Can decrease vasomotor rhinitis
  - D. All the above

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7. \_\_\_\_ Surgical technique such as genioglossus advancement:
- A. Is reserved for patients who cannot tolerate CPAP
  - B. Can be very effective, especially if performed as staged procedures
  - C. A & B
  - D. None of the above
8. \_\_\_\_ Sedative-hypnotics can:
- A. Prevent airway closures and stop the apneic event
  - B. Decrease some of the arousals and sleep fragmentation
  - C. May resolve the underlying pathophysiologic cause
  - D. Fix the primary problem of sleep apnea
9. \_\_\_\_ Excessive weight and weight gain:
- A. Tends to cause a deposition of fat in the lower airways
  - B. Can cause or precipitate OSA
  - C. Widens oropharyngeal patency
  - D. B & C
10. \_\_\_\_ Sleep disorders:
- A. Create an imbalance of leptin and ghrelin
  - B. Tend to elevate cortisol levels
  - C. Promotes weight gain
  - D. All the above

# Evaluation Form

Course Sponsor: Smith Seminars (CRCE Sponsor)

Title of Activity: Polysomnography and Obstructive Sleep Apnea

Title of Module: Polysomnography and Obstructive Sleep Apnea

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

## **Objective 1**

Understand the importance of polysomnography in diagnosing obstructive sleep apnea.

Know the components of polysomnography and the factors monitored.

Be aware of the adverse effects of obstructive sleep apnea.

Become aware of the possible treatments for obstructive sleep apnea.

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, PO Box 940, Springtown, TX 76082 (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.

You must complete 70% correctly to receive your certificate of completion.

Certificate delivery will be according to your request below, please allow 36 hours for emailed and faxed copies.

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