

# SDB & Comorbidities: Discovering the Connection

# Test

You are seeking credits for:     RPSGTs     RCPs     Nurses

Completing this test after participation in the **SDB & Comorbidities: Discovering the Connection** course qualifies you for one hour of continuing education. You must complete this test in its entirety and return it to the ResMed instructor at the end of the session.

**PLEASE PRINT CLEARLY**

Name:		Date:
Employer:		Position:
Mailing Street Address:		
City:	State:	Zip code:
Email Address:		

**Answer all of the following:**

1. Which type of SDB is characterized by lack of airflow for 10 seconds or more with no chest or abdominal effort to breathe?
  - a. Obstructive Sleep Apnea (OSA)
  - b. Central sleep apnea (CSA)
2. Which of the following statements are true?
  - a. Obesity is the primary risk factor for OSA
  - b. BMI is the primary indicator of OSA in adults
  - c. As level of obesity increases, OSA risk increases
  - d. Waist circumference is a more important indicator for OSA than neck circumference
3. As the severity of OSA increases, the risk of type 2 diabetes increases.
  - a. True
  - b. False
4. According to Einhorn et al 2007, \_\_\_\_% of patients with type 2 diabetes have SDB.
  - a. 10
  - b. 48
  - c. 75
  - d. 80
5. Patients with heart disease often have SDB because the mechanism of cardiovascular disease causes patients to stop breathing at night.
  - a. True
  - b. False
6. Having CSA is a predictor of mortality in heart failure patients.
  - a. True
  - b. False
7. **Select all that apply:** Which of the following were discussed in the course as being comorbidities with sleep apnea?
  - a. Congestive heart failure (CHF)
  - b. Cancer
  - c. Hypertension
  - d. Type 2 diabetes
  - e. Arrhythmias
8. Which of the following are things that can improve outcomes for your patients?
  - a. Using humidification
  - b. Making sure mask fits comfortably and doesn't leak
  - c. Encouraging patient to use therapy every night for at least 4 hours
  - d. Insuring patient is on appropriate device
  - e. Using PAP during the day
9. If you are assessing patients in a doctor's office, which three questions should you add to your patient assessment form?
  - a. Do you snore?
  - b. Do you wake up tired after a full night of sleep?
  - c. Do you experience shortness of breath while laying on your back?
  - d. Do you have high blood pressure?
10. Under-treating with CPAP is better than not receiving treatment at all.
  - a. True
  - b. False