

SDB & Comorbidities: Discovering the Connection

Test Answer Key

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**