



## CME POST-TEST

All post-tests must be completed and submitted online.

EXPIRATION DATE: DECEMBER 2022

Earn Category I CME Credit by reading both CME articles in this issue, reviewing the post-test, then taking the online test at <http://cme.aapa.org>. Successful completion is defined as a cumulative score of at least 70% correct. This material has been reviewed and is approved for 1 hour of clinical Category I (Preapproved) CME credit by the AAPA.

### ADHESIVE CAPSULITIS

- Which physical examination finding differentiates adhesive capsulitis from other shoulder pathologies?
  - Loss of active ROM in the affected shoulder
  - Loss of passive ROM in the affected shoulder
  - Loss of passive and active ROM in the affected shoulder
  - Decrease in muscle size in the affected shoulder
- Which of the following is a common systemic risk factor for developing adhesive capsulitis?
  - hypertension
  - diabetes
  - obesity
  - osteoporosis
- Which are the most common chief complaints in patients with adhesive capsulitis?
  - Shoulder stiffness and shoulder muscle spasms
  - Shoulder and arm numbness
  - Pain that radiates to the thumb
  - Shoulder stiffness and shoulder and upper arm pain that often radiates down the arm
- Which of the following are options for nonsurgical management of adhesive capsulitis?
  - Physical therapy, anti-inflammatory medications, and intra-articular injections
  - Physical therapy, anti-inflammatory medications, and a short-term course of opioids
  - Anti-inflammatory medications, intra-articular injections, and meditation
  - Intra-articular injections, anti-inflammatory medications, and shoulder immobilization
- What proportion of patients with adhesive capsulitis attain symptom resolution with nonsurgical management?
  - Less than 25%
  - About half
  - 65%
  - Nearly 90%

### RESISTANT HYPERTENSION

- According to the AHA, what is the definition of resistant hypertension?
  - BP at goal on two or more medications, including ACE inhibitors
  - BP not at goal despite the use of three medications of different classes
  - BP at goal on an ACE inhibitor and two diuretics
  - BP not at goal on more than three medications including clonidine
- Which medication class should be added after a patient has not met BP goals on three or more medications with maximally tolerated doses?
  - Mineralocorticoid receptor antagonist
  - Beta receptor antagonist
  - Nitrates
  - Alpha receptor antagonist
- Which drug is known to augment the effect of the DASH diet?
  - Beta receptor blockers
  - Calcium channel blockers
  - ACE inhibitors
  - Thiazide diuretics
- Which of the following properly defines true drug resistance?
  - When a patient self-terminates a drug
  - When a patient is on the maximum tolerated dose without BP meeting goal
  - When a patient has failed one medication
  - When a patient refuses medical therapy
- Which of the following does not directly contribute to resistant hypertension?
  - Prescribing inappropriate drug regimens
  - Patient non-adherence
  - Sedentary lifestyle
  - Comorbidities