

POST TEST

Gut Reactions: Probiotics and Their Role In Gastrointestinal Care

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Deadline September 30, 2017

Please email test to ceuprograms@ctsma.org

Or mail to Jennifer Amaral CMA(AAMA) 208 Deerfield Ridge Dr, Mystic CT 06355

Make Checks Payable to CSMA.

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Gut Reactions: Probiotics and Their Role In Gastrointestinal Care

1) After participating in this activity, how confident are you in your ability to describe the role of microbiota in gastrointestinal (GI) health?

- A** Very confident
- B** Moderately confident
- C** Only a little confident
- D** Not at all confident

*** 2) After participating in this activity, how often do you plan to discuss strategies for appropriate use of probiotic therapy with patients who present with GI disorders?**

- A** Always or most of the time
- B** Sometimes
- C** Rarely
- D** Never

*** 3) A relative decrease in the population of _____ is among the most consistent findings in studies of alterations in the function and composition of endogenous intestinal flora among patients with GI disorders.**

- A** *Lactobacillus*
- B** *Bifidobacteria*
- C** *Helicobacter pylori*
- D** *Saccharomyces*

*** 4) The therapeutic mechanisms of probiotics include all of the following except _____.**

- A** interference with the ability of pathogens to colonize and infect the mucosa
- B** modulation of local and systemic immune responses
- C** increasing luminal pH and decreasing production of bactericidal proteins
- D** inhibition of epithelial cell apoptosis

*** 5) In a study by Whorwell et al, _____ was associated with a significant decrease in abdominal pain/discomfort (primary end point) and decreases in bloating/distension, sensation of incomplete evacuation, passage of gas, straining, and bowel habit satisfaction (secondary end points)**

- A** *B. infantis* 35624
- B** butyric acid and fiber supplementation
- C** *Escherichia coli* Nissle 1917
- D** *L. rhamnosus*

*** 6) In a meta-analysis and systematic review on probiotics, the American College of Gastroenterology Task Force on irritable bowel syndrome found that probiotics were beneficial in reducing _____.**

- A** flatulence
- B** abdominal pain
- C** bloating
- D** all of the above

* 7) In a recent review of 19 randomized controlled trials examining adjunctive use of 6 different probiotic mixtures in *H. pylori* eradication therapy, McFarland et al recently found that _____ most significantly improved eradication rates, reaching 96%.

- A *Helveticus/L. rhamnosus*
- B *L. acidophilus/B. animalis*
- C *B. bifidum*
- D *L. plantarum/L. reuteri*

* 8) Which of the following statements about ulcerative colitis is true?

- A It induces chronic gastritis with potentially severe consequences including peptic ulcers, gastric adenocarcinoma, and gastric mucosa associated lymphoid tissue lymphoma.
- B Intestinal inflammation often occurs in anatomical areas with low bacterial numbers.
- C Studies have demonstrated a role for probiotics in maintaining but not inducing remission
- D In patients with active disease, VSL #3 and *E. coli Nissle 1917* have shown the most benefit among probiotic strains.

* 9) Colonization by *Clostridium difficile* infection can arise from _____.

- A treatment with probiotics that normally are not present in the gut
- B disruption of normal intestinal flora by antibiotics
- C *Lactobacillus*-containing probiotic mixtures
- D toxic megacolon

* 10) Which of the following is true of yogurt-based probiotics?

- A They are regulated by the FDA as drugs.
- B Pasteurization encourages increased bacteria growth
- C Not all of the live cultures contained in yogurt survive well in an acidic environment
- D Current US regulations mandate that labeling indicates strain designations.