

## 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](mailto:ceuprograms@ctsma.org)

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

Make Checks Payable to CSMA.

# POST TEST

## 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.