

Pelvic Health: Optimizing Care

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CME Test Questions

1. Uterine fibroids are common in adult women. Fibroids:
 - a. almost always become symptomatic with time
 - b. should be monitored with annual ultrasound exams
 - c. may be unrelated to pelvic symptoms
 - d. can only be treated with hysterectomy

2. Medical treatments for idiopathic menorrhagia include all of the following except:
 - a. a progesterone-releasing IUD
 - b. NSAIDs
 - c. oral contraceptives
 - d. levothyroxine

3. As an option for treatment of idiopathic menorrhagia, hysterectomy
 - a. should be recommended in most cases
 - b. is preferred by some women because it is a definitive treatment
 - c. should rarely be recommended because minimally invasive options are not readily available
 - d. should only be discussed after other treatments have failed

4. Women who are interested in endometrial ablation for idiopathic menorrhagia can be correctly informed that
 - a. Endometrial ablation usually leads to amenorrhea.
 - b. Endometrial ablation is appropriate for women who plan to become pregnant in the future.
 - c. According to current data, about three-quarters of women who have endometrial ablation are able to avoid future surgery for menorrhagia.
 - d. Endometrial ablation requires a one-day hospital stay.

5. A correct diagnosis is the first step in proper treatment of stress urinary incontinence (SUI). Symptoms of SUI may include
 - a. leakage of urine with high-impact exercise
 - b. unpredictable leakage of urine when at rest
 - c. a sense of urinary urgency, whether or not the bladder is full
 - d. pain with urination
 - e. a and c only
 - f. a, b, and c

6. Regarding treatment for stress urinary incontinence, which of the following is correct?
 - a. Kegel exercises have been proven to be highly effective and require minimal instruction.
 - b. The use of a tension-free vaginal tape (TVT) midurethral sling has been extensively evaluated for effectiveness.
 - c. Evidence shows that “mini-slings,” which require only a small vaginal incision, have the highest long-term effectiveness of any treatment for SUI.
 - d. Currently, the most common surgical treatment for SUI is effective about 45% of the time.

7. The use of a pessary can be an effective way to manage pelvic organ prolapse (POP). Which of the following is correct?
 - a. A pessary is a good choice for a woman who has trouble with activities of daily living, because it does not require any maintenance.
 - b. Pessary use should be avoided in women who plan to have surgery for POP.
 - c. A pessary is considered definitive treatment for POP.
 - d. Pessary use requires an investment of time on the part of both patient and provider.

8. Symptoms which are likely to be due to pelvic organ prolapse include:
- a. Urinary urgency
 - b. The sense of something “falling out” of the vagina
 - c. Low back pain
 - d. A feeling of fullness in the pelvis
 - e. a and b
 - f. a, b, and c
9. When surgery is chosen as a treatment for pelvic organ prolapse:
- a. The procedures currently in use have about the same effectiveness as Kegel exercises, when the Kegel exercises are done correctly.
 - b. Recurrence is common only when apical repair is part of the procedure.
 - c. Most procedures currently in use are supported by large, double-blind, randomized clinical trials.
 - d. All surgical options require abdominal incisions and multi-day hospital stays.
 - e. all of the above
 - f. none of the above
10. Survey data and other evidence suggest that pelvic health problems are underdiagnosed and undertreated. Based on information included in the program, which of the following is correct?
- a. Women who have heavy periods almost always recognize that their periods are not “normal.”
 - b. Women who have signs of pelvic organ prolapse should be treated whether or not they have symptoms.
 - c. Women may not mention pelvic health problems to their doctors, even when symptoms interfere with their quality of life.
 - d. Most women are aware that stress urinary incontinence can be treated effectively.

CME Evaluation

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1. Overall, how do you rate the concept of CME presented on the Discovery Health Channel?

- Excellent Good Fair Poor

2. Was the topic relevant to your needs and interests?

- Yes No

3. Was the information presented useful in your practice?

- Yes No

4. Were the course objectives met?

- Yes No

5. Did you find the information presented on the program to be fair, balanced, and free of commercial bias?

- Yes No

If no, please state reasons:

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- Not at all Somewhat Very Extremely

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