

# Pets and People: The Power of the Health Connection

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## CME Test Questions

1. Which of the following is correct?
  - a. Pet ownership is a proven adjunct to medical treatment of hypertension.
  - b. There is some evidence to support the theory that pets can help reduce stress-related rises in blood pressure.
  - c. A study of dogs and people at risk of heart disease showed that owners are less likely to have coronary events.
  - d. Evidence shows that acquiring a pet can prolong life after a myocardial infarction.
  
2. Many dog owners enjoy walking with their pets. Which of the following is supported by current evidence?
  - a. When pets are in good physical shape, owners are more likely to be fit, as well.
  - b. Although being overweight is unhealthy for people, it does not have a significant effect on pets' health.
  - c. Exercising with a pet can be an effective way to lose weight.
  - d. Exercising with a pet will benefit the pet physically, but only has emotional benefit for the owner.
  
3. Hippotherapy is:
  - a. Horseback riding lessons that have been designed for people with disabilities.
  - b. Intensive training that allows horses to act as service animals.
  - c. Physical or occupational therapy designed to incorporate horseback riding.
  - d. Not supported by any evidence.

4. One of the patients profiled in the program is a little boy who has marked neurological delays and muscle weakness. Goals of hippotherapy for a child like this might include all of the following except:
  - a. Stronger muscles
  - b. Better confidence
  - c. Improved cognitive skills
  - d. The ability to ride alone
  
5. Which of the following statements about assistance dogs is correct?
  - a. Assistance dogs are trained so that they will work equally well with any owner.
  - b. The presence of an assistance dog tends to reduce the owner's interactions with other people.
  - c. Dogs can be trained to open doors, but turning lights on and off is too complicated.
  - d. Assistance dogs can provide emotional as well as physical benefits.
  
6. The program featured a young boy with autism, who has been helped by an assistance dog. Which of the following is correct?
  - a. The use of assistance dogs for children with autism is a well-established practice.
  - b. The presence of a dog can help others feel more comfortable around a child with a disability.
  - c. The dog that was trained for this child has the same set of skills as a dog trained to help a person with a physical disability.
  - d. Although people with physical disabilities must be taught how to work with an assistance dog, this training is not necessary with a condition like autism.
  
7. The program also featured a college student who is confined to a wheelchair and has only partial use of one arm. Which of the following is NOT a way in which a service dog can help someone like this?
  - a. Bringing his wallet and identification to a cashier
  - b. Opening the refrigerator and fetching food
  - c. Pressing a button to open an electronic door
  - d. All of the above are actions a service dog can perform

8. In the program, a group of breast cancer patients and survivors is portrayed. Which of the following is demonstrated by this group?
  - a. When pet owners form social groups based on their love for their pets, their pets benefit but their own personal lives generally are not affected.
  - b. People with serious illnesses can find solace and support from their pets, as well as from their families and friends.
  - c. Pet ownership creates a burden when an owner becomes seriously ill, and most owners should be counseled to give up their pets until they are healthy again.
  - d. It is likely that only “traditional” pets such as dogs and cats provide a sense of social support to their owners.
  
9. The term “certified therapy dog” usually means that:
  - a. The animal is highly trained to assist disabled patients with activities of daily living.
  - b. The dog is trained to participate in occupational therapy.
  - c. The pet has been tested for temperament, training, and the ability to remain calm in varied situations.
  - d. The animal has undergone standardized conditioning to be comfortable in a hospital setting.
  
10. Therapy dogs can help with patients’
  - a. Emotional needs
  - b. Physical rehabilitation
  - c. Speech therapy
  - d. All of the above

## CME Evaluation

### Pets and People: The Power of the Health Connection

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

7. Please list topics and/or therapeutic categories you would be interested in seeing on future Discovery Health CME programs:

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