

Chapter 30. Multiple Sclerosis, Self-Assessment Questions

1. Which of the following medications is *preferred* for treatment of acute relapses?
 - A. Interferon β -1a
 - B. Glatiramer acetate
 - C. Methylprednisolone
 - D. Tizanidine
 - E. Any of the above is acceptable
2. Which of the following may help decrease the severity of flu-like symptoms from β -interferons?
 - A. Taking ibuprofen about 30 minutes prior to giving the injection
 - B. Using the buttocks as an injection site
 - C. Applying hydrocortisone 1% cream to the injection site about 30 minutes prior to the injection, then wiping it off with an alcohol wipe just prior to performing the injection
 - D. Rotating the injection sites
 - E. All of the above
3. Which of the following medications may be *most helpful* for MS-associated fatigue?
 - A. Carisoprodol
 - B. Tizanidine
 - C. Amantadine
 - D. Dicyclomine
 - E. A and C
4. Which of the following toxicities is associated with mitoxantrone therapy?
 - A. Neuropathy

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- B. Cardiac
 - C. Renal
 - D. Pulmonary
 - E. None of the above
5. When should treatment to prevent MS relapses begin?
- A. As soon as possible after diagnosis
 - B. After the fourth relapse
 - C. When the patient experiences functional impairment
 - D. Any time after age 35 years
 - E. None of the above
6. What is the purpose of symptomatic therapies in MS treatment?
- A. Speed the recovery of the patient after an acute relapse
 - B. Decrease the number of relapses
 - C. Prevent permanent neurologic damage
 - D. Minimize the impact of MS on quality of life
 - E. B and D
7. Living in which of the following places would *most* increase a patient's chances of developing MS?
- A. Minnesota
 - B. Kentucky
 - C. Georgia
 - D. Texas
 - E. All confer equal risk

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8. A patient tells you that she is really afraid of needles and would like the *least* frequently administered product for self-injection to prevent MS exacerbations. Which of the following will you recommend?
- A. Interferon β -1a IM
 - B. Interferon β -1a SQ
 - C. Interferon β -1b SQ
 - D. Glatiramer acetate
 - E. Peginterferon β -1a SQ
9. A patient with aggressive MS decides she would like to become pregnant. Because of her aggressive disease, her treatment team decides to use a disease-modifying therapy during pregnancy. Which medicine is *best*?
- A. Fingolimod
 - B. Interferon β -1a SQ
 - C. Mitoxantrone
 - D. Teriflunomide
 - E. Any of the above
10. If a patient develops a serious adverse effect requiring discontinuation of the disease-modifying therapy, with which of the following is it necessary to do accelerated elimination procedures?
- A. Interferon β -1b SQ
 - B. Fingolimod
 - C. Glatiramer acetate
 - D. Natalizumab

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E. Teriflunomide

11. Which of following medications is effective for progressive MS without relapses?

A. Fingolimod

B. Interferon β -1a SQ

C. Mitoxantrone

D. Teriflunomide

E. None of the above

12. Treatment of CIS with which of the following is *most* appropriate?

A. Dimethyl fumarate

B. Fingolimod

C. Interferon β -1a SQ

D. Mitoxantrone

E. None of the above

13. Dalfampridine should not be initiated in which of the following patients?

A. Patient with diabetes

B. Patient with hypertension

C. Patient with rheumatoid arthritis

D. Patient with seizure disorder

E. Dalfampridine can be initiated in any of these patients

14. Which of the following is an appropriate treatment goal for a bed-bound patient treated with tizanidine?

A. Patient will ambulate without assistive devices

B. Patient will walk 25 feet (~7.5 meters) in 10 seconds

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- C. Patient will be free of pain related to spasticity
 - D. Patient will not have inappropriate emotional outbursts
 - E. Patient will not have urinary tract infections related to catheterization
15. Which of the following conditions can cause a transient worsening in MS symptoms?
- A. Having an influenza immunization
 - B. Taking a sauna
 - C. Taking a water aerobics class
 - D. Taking guitar lessons
 - E. Walking in the snow

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Answers

1. C
2. E
3. C
4. B
5. A
6. D
7. A
8. E
9. B
10. E
11. E
12. C
13. D
14. C
15. B