

## CME Section

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The *Journal of Pediatric Rehabilitation Medicine: An Interdisciplinary Approach* is sponsored by Children's Hospital & Research Center Oakland to provide physicians with the opportunity of earning category 1 CME credits by reading the designated articles, by following the instructions for the self-assessment exam, and by sending the completed documentation to Lila Lee-Tramiel, Managing Editor, *Journal of Pediatric Rehabilitation Medicine: An Interdisciplinary Approach*, Children's Hospital & Research Center Oakland, 747 52<sup>nd</sup> Street, Oakland, CA 94609.

The CME article published in the January 2008 issue is valid for CME credit through December 31, 2008. There is no additional cost to current *Journal* subscribers for participating in the CME activity. Non-*Journal* subscribers may participate in the activity at a cost of \$15 per exam per issue. The \$15 exam fee must be submitted to Children's Hospital with each answer sheet and with the completed evaluation and certification page. Participants should retain a copy of any materials submitted.

Every question or request for information on the exam answer sheet, the evaluation, and the certification pages must be completed to be eligible for CME credit. Leaving any item unanswered will make void the participant's response, and no credit will be awarded.

Participants may read the articles, take the exam by issue (1 credit/issue), or wait to study several issues together. Documentation can be received at the *Journal* office at any time throughout the year, and accurate records will be maintained for each participant. CME certificates are issued only once per year, in January, for the total number of credits earned during the prior year.

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If you have any questions, please email the editor ([jneufeld@mail.cho.org](mailto:jneufeld@mail.cho.org)).



This is an adult learning experience and there is no requirement for obtaining a certain score. The objective is to have each participant learn from the total experience of studying the article, taking the exam, and being able to immediately receive feedback with the correct answers. For complete information, please see "Instructions for Obtaining Continuing Medical Education Credit" at the front of this issue.

### CME Cardiac Involvement in the Dystrophinopathies

#### CME Article number 1: *Mark W. Russell, M.D.*

1. Duchenne Muscular Dystrophy, Becker Muscular Dystrophy and X-linked Dilated Cardiomyopathy
  - a. Can all be due to mutations affecting the dystrophin gene
  - b. Have different clinical presentations
  - c. Never cause symptoms in females
  - d. a and b
  - e. a, b and c
2. Patients with mutations affecting the dystrophin gene should have a cardiac examination
  - a. As soon as skeletal muscle weakness is noted
  - b. At the time of diagnosis
  - c. At the age of 10 years
  - d. At the onset of cardiac symptoms
  - e. Never

3. Symptoms of congestive heart failure in patients with Duchenne Muscular Dystrophy
  - a. Are difficult to distinguish from the skeletal muscle manifestations of the disease
  - b. Include anorexia and weight loss
  - c. Include fluid retention and weight gain
  - d. a and b
  - e. a and c
4. Initial treatment for the cardiac manifestations of the dystrophinopathies
  - a. Includes the use of ACE inhibitors
  - b. Is never instituted before the onset of detectable cardiac dysfunction
  - c. Involves gene transfer of a mini-dystrophin
  - d. Does not include traditional heart failure medications
5. Patients with Duchenne Muscular Dystrophy present a unique challenge during procedures requiring sedation or general anesthesia due to
  - a. Increased risk of rhabdomyolysis with inhaled anesthetics and succinylcholine
  - b. High incidence of significant respiratory depression and need for ventilatory support
  - c. Sensitivity to fluid shifts requiring close monitoring of intravascular volume status
  - d. Increased risk of cardiac arrhythmias
  - e. All of the above

Answers: 1. d; 2. b; 3. d; 4. a; 5. e.

### CME Self-assessment Exam Answer Sheet

#### Journal of Pediatric Rehabilitation Medicine: An interdisciplinary approach

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CME Article Number 1: *Mark W. Russell*

*Circle the appropriate answers:*

- |    |    |    |    |    |
|----|----|----|----|----|
| 1. | A. | B. | C. | D. |
| 2. | A. | B. | C. | D. |
| 3. | A. | B. | C. | D. |
| 4. | A. | B. | C. | D. |
| 5. | A. | B. | C. | D. |

#### After finishing this exam:

1. Complete the CME evaluation and certification page and mail to: **Lila J. Lee-Tramiel, Managing Editor of the *Journal of Pediatric Rehabilitation Medicine: An Interdisciplinary Approach*, Children's Hospital and Research Center Oakland, 747 52nd Street, Oakland, CA 94609, USA.**
2. **This educational activity must be completed and post marked by December 31, 2009.**