

## CME Section

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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.

### **CME on Neurogenic Bowel and Continence Programs for the Individual with Spina Bifida**

#### **CME article number 4: Susan Leibold, MSN, RN, CDDN**

1. What is the typical colonic transit time in someone with a L1 lesion versus a S1 lesion?

- a. It is the same.
  - b. It is longer in the person with a L1 lesion level.
  - c. It is longer in the person with a S1 lesion level.
  - d. None of the above.
2. Tap water enemas cause:
- a. Hyponatremia.
  - b. No electrolyte changes.
  - c. Hypernatremia
  - d. None of the above
3. Which suppository has the most rapid action?
- a. Bisacodyl in a vegetable oil base.
  - b. Glycerin/docusate sodium mini enemas.
  - c. Bisacodyl in a polyethylene glycol-base.
  - d. They are all the same.
4. The enema continent catheter causes all of the following except?
- a. Time it takes for the bowel to empty.
  - b. Expulsion of the catheter.
  - c. Leakage and busting of the balloon.
  - d. None of the above.
5. Which assessment tool is validated to estimate colonic transit time?
- a. Bristol Stool Form Scale.
  - b. St Mark's Incontinence Assessment Tool.
  - c. The Cleveland Clinic Assessment Tool.
  - d. The Neurogenic Bowel Dysfunction Score.
6. The age of individual is important in assessing the type of bowel program to implement because?
- a. You want to make sure the individual likes the program.
  - b. You want the individual to cooperate with the program.
  - c. The program is designed for independence at the appropriate age.
  - d. None of the above.
7. Suppositories may not be effective because?
- a. They melt.
  - b. They may not be inserted properly if the rectal tone is low.
  - c. They may cause cramping or other sensations.
  - d. All of the above.
8. One of the goals of a bowel continence program is ?
- a. It is portable and flexible.
  - b. It takes 60 minutes.
  - c. It always requires assistance.
  - d. All of the above.
9. The timing of the oral medications is important to?
- a. Train parents to be in a routine.
  - b. Trigger the emptying at a time convenient to the family and shorten the sitting time.
  - c. Help the child learn to tell time.

- d. All of the above.
10. The MACE procedure may include the following problem(s):
- a. Independence.
  - b. Washout failure.
  - c. Leaking of bowel fluid through the stoma.
  - d. B and C.