CNE Quiz: Proton Pump Inhibitors and the Prescribing Cascade

1. What approximate percentage of nursing home residents use nine or more medications?
   A. 30%.
   B. 40%.
   C. 50%.
   D. 60%.

2. Polypharmacy is associated with an increased risk of:
   A. dyspepsia.
   B. dysphasia.
   C. dyspnea.
   D. dysphoria.

3. Worldwide, one of the most commonly prescribed drugs is:
   A. acetaminophen.
   B. propranolol.
   C. omeprazole.
   D. amitriptyline.

4. The main reason to prescribe a proton pump inhibitor (PPI) is for the treatment of:
   A. low back pain.
   B. nausea and vomiting.
   C. diarrhea.
   D. indeterminate chest pain.

5. Studies show PPI use in nursing home residents is associated with:
   A. muscle pains.
   B. anxiety.
   C. Clostridium difficile infection.
   D. urinary tract infection.

6. Vitamins in high doses can cause anorexia, constipation, or diarrhea because of:
   A. osmotic effect of vitamins.
   B. drug–nutrient interactions.
   C. vitamin-related acid suppression.
   D. anticholinergic effect of vitamins.
7. Excessive use of PPIs interferes with vitamin B12 absorption by:
   A. increasing gastrointestinal motility.
   B. reducing gastric acid secretion.
   C. blocking vitamin absorption receptors.
   D. diluting the gastric acid.

8. Koyama, Steinman, Ensrud, Hillier, and Yaffe (2013) suggest that there is a negative correlation between possible inappropriate medication use, anticholinergic load, and:
   A. hepatic metabolism.
   B. renal clearance.
   C. sensory perception.
   D. cognitive function.

9. Drugs that decrease the pressure of the lower esophageal sphincter are:
   A. anticholinergics.
   B. antibiotics.
   C. antiarrhythmias.
   D. antidiuretics.

10. Long-term use of PPIs can delay the diagnosis of:
    A. hepatitis.
    B. anemia.
    C. gastrinomas.
    D. dementia.

11. A nursing intervention that can be used to alleviate symptoms of dyspepsia is to:
    A. encourage larger portions.
    B. suggest foods higher in fat.
    C. limit ambulation following a meal.
    D. elevate the head of the bed.

12. A statistically significant variable with the use of PPI and H$_2$ receptor blockers was:
    A. cardiovascular drugs.
    B. number of oral products taken daily.
    C. vitamin/mineral/supplement use.
    D. anticholinergic burden.

CNE Answers
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