

Advances in the Management of Allergic Rhinitis and Chronic Idiopathic Urticaria

POSTTEST

Postgraduate Institute for Medicine respects and appreciates your opinions. To assist us in evaluating the effectiveness of this activity and to make recommendations for future educational offerings, please take a few minutes to complete this evaluation form. **(You must complete this evaluation form in its entirety to receive acknowledgment for completing this activity.)**

Please record the best answer to each question in the answer key on the following page.

- Which of the following symptoms of allergic rhinitis is present in the early-phase response, but not the late-phase response?**
 - Sneezing
 - Pruritis
 - Rhinorrhea
 - Congestion
- Nasal congestion in allergic rhinitis is correlated to the release of all of the following mediators, EXCEPT:**
 - Leukotrienes
 - Bradykinin
 - Platelet-activating factor
 - Prostaglandins
- Which of the following is NOT correct with regard to trial results for second-generation H1-antihistamines in chronic urticaria?**
 - There are many randomized double-blind, placebo-controlled clinical trials
 - There are few studies in infants, young children, or the elderly
 - Grade for evidence of use is A
 - There are many comparative studies among H1-antihistamines
- Oral, non-sedating antihistamines have beneficial pharmacologic effects against all of the following, EXCEPT:**
 - Congestion
 - Rhinorrhea
 - Nasal itch
 - Sneezing
- Which of the following is correct with regard to side effects of therapies for allergic rhinitis?**
 - Intranasal steroids have no side effects
 - First-generation antihistamines have not been linked to pilot fatalities and industrial accidents
 - Second-generation antihistamines are non-sedating at recommended doses
 - Topical antihistamines do not cause sedation
- Which of the following is NOT correct with regard to H1-receptor antagonists in management of chronic urticaria?**
 - Both hydroxyzine 25 mg three-times-daily and cetirizine 10 mg daily significantly decreased the number of episodes of hives, the number and size of lesions, and itching
 - Desloratadine was significantly more effective than placebo in reducing itch, number of hives, size of largest hive, and total symptoms
 - Levocetirizine 5 mg once-daily was significantly more effective than placebo in reducing total and individual symptom scores and improving the Dermatology Quality of Life Index
 - Cetirizine 10 mg daily had a faster onset of action (effective on day 1), but caused significantly more adverse effects compared to hydroxyzine 25 mg three-times-daily
- Which of the following is correct with regard to second-generation antihistamines?**
 - H1-receptor selectivity is equal to first-generation antihistamines
 - They readily cross the blood-brain barrier relative to first-generation antihistamines
 - They are generally safe with no tachyphylaxis, tolerance, or rebound
 - They have increased anticholinergic/antiserotonergic side effects
- Which of the following is NOT an H1-antihistamine anti-inflammatory effect?**
 - Reduced vascular permeability
 - Reduced inflammatory cell migration
 - Decreased release of inflammatory mediators
 - Increased activation of inflammatory cells
- Based upon the recently published guidelines in Clinical & Experimental Allergy by Powell et al, which of the following is the least often used therapy in implementing an action plan for management of chronic urticaria?**
 - Patient education with regard to the disease and avoidance of triggers
 - Use of standard doses of non-sedating H1-antihistamines
 - Use of higher doses of non-sedating H1-antihistamines or combinations of non-sedating H1-antihistamines
 - Use of sedating H1-antihistamine at night or leukotriene receptor antagonists
- With regard to grades of recommendation, which of the following is correct for use in treatment of chronic urticaria?**
 - First-generation H1-antihistamines are A,B
 - Second-generation H1-antihistamines are A
 - H2-antihistamines are B
 - Second-generation H1-antihistamines are B

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POSTTEST EVALUATION FORM

Project ID: 5155-E-S13

Posttest Answer Key

1	2	3	4	5	6	7	8	9	10

Please answer the following questions by circling the appropriate rating:

1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

Extent to Which Program Activities Met the Identified Objectives

After completing this activity, I am now better able to:

- Summarize the process of inflammation and its relationship to symptoms associated with allergic rhinitis and chronic idiopathic urticaria
1 2 3 4 5
- Describe the anti-inflammatory and anti-pruritic efficacy and symptom reduction of conventional H1 receptor antagonists in the management of allergic rhinitis and chronic idiopathic urticaria
1 2 3 4 5
- Compare the efficacy and safety profiles of novel H1 antagonists
1 2 3 4 5
- Outline how to implement an action plan for the management of allergic rhinitis and chronic idiopathic urticaria
1 2 3 4 5

Overall Effectiveness of the Activity

The content presented:

- Was timely and will influence how I practice
1 2 3 4 5
- Enhanced my current knowledge base
1 2 3 4 5
- Addressed my most pressing questions
1 2 3 4 5
- Provided new ideas or information I expect to use
1 2 3 4 5
- Addressed competencies identified by my specialty
1 2 3 4 5
- Avoided commercial bias or influence
1 2 3 4 5

Impact of the Activity

Name one thing you intend to change in your practice as a result of completing this activity:

Please list any topics you would like to see addressed in future educational activities:

Please complete this evaluation form and send pages 2 & 3 via fax to:
Postgraduate Institute for Medicine

Fax: (303) 790-4876

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Additional comments about this activity:

Speakers	Effective in Presenting the Material					Avoided Commercial Bias or Influence				
	1	2	3	4	5	1	2	3	4	5
Bradley E. Chipps, MD										
F. Estelle R. Simons, MD										

Follow-up

As part of our continuous quality improvement effort, we conduct postactivity follow-up surveys to assess the impact of our educational interventions on professional practice. Please indicate if you would be willing to participate in such a survey:

- Yes, I would be interested in participating in a follow-up survey.
- No, I'm not interested in participating in a follow-up survey.

For Physicians Only

I certify my actual time spent to complete this educational activity to be:

- I participated in the entire activity and claim 1.0 credit(s). I participated in only part of the activity and claim ____ credit(s).

If you wish to receive acknowledgment for completing this activity, please complete the posttest by selecting the best answer to each question, complete this posttest evaluation form, and fax pages 2 & 3 to: (303) 790-4876

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