

Answer Sheet (circle the correct answer)

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|----|---|---|---|---|-----|---|---|---|---|---|
| 1. | A | B | C | D | 6. | A | B | C | D | |
| 2. | A | B | | | 7. | A | B | C | D | E |
| 3. | A | B | C | D | 8. | A | B | C | D | |
| 4. | A | B | C | D | 9. | A | B | | | |
| 5. | A | B | C | | 10. | A | B | C | D | |

CME EVALUATION FORM

Please indicate the degree to which you believe you are able to achieve the stated learning objectives after completing this program:

	Completely	Partly	Not at All
• Describe the pathophysiologic mechanisms underlying supraesophageal and nighttime GERD			
• Identify the limitations associated with current GERD diagnostic modalities			
• Critically assess the relationship between GERD and sleep disturbances			
• Construct an approach to accurately diagnose patients with supraesophageal and nighttime GERD			
• Examine information about the economic impact of GERD, and describe the correlation between nighttime GERD, quality of life, and work productivity			

Please circle the response below that best describes your experience with this CME activity.

	Poor		Satisfactory		Excellent
1. Program topic and content	1	2	3	4	5
2. How well program met your expectations	1	2	3	4	5
3. Level of difficulty of material	1	2	3	4	5
4. Applicability of program examination questions	1	2	3	4	5
5. Absence of commercial bias	1	2	3	4	5
6. Potential impact on your practice	1	2	3	4	5
7. Overall opinion of the program	1	2	3	4	5

Additional comments: _____

Suggestions for future CME topics: _____

Strangers in the Night: Case-Based Learnings on Nighttime and Supraesophageal GERD

CME ASSESSMENT TEST

1. Approximately what percentage of heartburn patients suffer from nighttime symptoms?
 - a. ~44-49%
 - b. ~54-59%
 - c. ~64-69%
 - d. ~74-79%

2. Daytime GERD has a greater impact on quality of life than nighttime GERD.
 - a. true
 - b. false

3. Which of the following changes occurs during nighttime and puts patients at greater risk to suffer from GERD?
 - a. decreased salivation
 - b. decreased peristalsis
 - c. decreased gravity-mediated drainage
 - d. all of the above

4. Approximately what percentage of GERD patients are of working age?
 - a. 25%
 - b. 50%
 - c. 75%
 - d. 100%

5. Which of the following statements is true?
 - a. Daytime GERD is associated with a higher proportion of severe cases than nighttime GERD
 - b. Nighttime GERD is associated with a higher proportion of severe cases than daytime GERD
 - c. Daytime and nighttime GERD are associated with equal proportions of severe cases

6. Nocturnal GER has been shown to occur in the majority of cases for which of the following?
 - a. pediatric asthma (moderate and severe)
 - b. pediatric allergic rhinitis
 - c. pediatric somnambulism
 - d. none of the above

7. Which of the following statements about supraesophageal GERD (SEGERD) is true?
 - a. Esophagitis is found in the majority of GERD patients
 - b. Very few SEGERD patients deny heartburn or acid regurgitation sensations
 - c. Loss of taste is not associated with SEGERD
 - d. PPI therapy has been shown to alleviate SEGERD more effectively with concurrent reflux precautionary measures (RPM)
 - e. None of the above

8. What percentage of the general population experiences heartburn that wakes them from sleep?
 - a. 10%
 - b. 15%
 - c. 25%
 - d. 50%

9. Patients do not always remember awakenings due to GER.
 - a. true
 - b. false

10. During which part of the night are patients most likely to be awakened by reflux?
 - a. first quarter
 - b. second quarter
 - c. third quarter
 - d. fourth quarter