

**Preventive Medicine 2009 Session 6:
Improving Indoor Air Quality and Managing
Asthma from the Clinic to the Community: A
Skill-Building: Institute for Health Care
Professionals**



American Board of Preventive Medicine (ABPM) Maintenance of
Certification (MOC)

EPIQ

SELF-ASSESSMENT Instructions and Answer Sheet
for ABPM Diplomates Board Certified in 1998 or Later

Personal Information:

Full Name: _____

Daytime Phone Number: _____

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I am a member of ACPM

ACPM Number _____ (email jedwards@acpm.org for number)

Instructions:

- o Answer all of the self-assessment questions.
- o Mail in, fax or email the ENTIRE packet to ACPM:

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- o Once processed, ACPM will report your credits directly to ABPM. Nothing more is required of you.

Self-assessment questions:

Select an answer for each question.

1. As part of the Chronic Care Model, patient education is a vital component to successful management of asthma because
 - a. Health care providers are well trained to assess and educate patients on environmental triggers of asthma
 - b. NHLBI guidelines recommend patient education as part of the treatment plan
 - c. Research substantiates that behavioral changes are effective and patients and families who are informed activated participants in their own care have better outcomes in disease management.
 - d. The majority of asthma visits are for acute exacerbations and patients would benefit from education as part of an effective treatment plan.

2. Counseling a family residing in public housing on a practical reduction of dust mites might include
 - a. vacuuming the carpet daily
 - b. recommending encasing mattresses and pillows with allergen proof covers
 - c. washing all sheets and bed linens in 130 degree hot water
 - d. limiting fluffy objects in the child's bedroom

3. Incorporating culturally appropriate health literacy materials for asthma education is an example of what component of the Care Model
 - a. Clinical information systems
 - b. Health Care Organization
 - c. Self Management Support
 - d. Delivery System Design

4. Which of the following social factors have been demonstrated to impact asthma outcomes in children?
 - a. cockroach allergen, dust mites, and rodents in the home
 - b. mental health of the child's mother
 - c. violence in the community
 - d. all of the above

5. Which of the following is an example of preventive law?
 - a. Legal work on behalf of a family who has received an eviction notice.
 - b. Legal work for a family who is falling behind in utility bills, and is worried that service may eventually be cut off.
 - c. Legal work for a family who reports that they ran out of formula and basic food supplies last night.

6. Which of the following statements best matches the arguments made by MLPs for the co-location of legal services and medical services?
 - a. Legal representation for low-income people is rare; making it free is critical.
 - b. One-stop-shopping promotes the use of legal services among low-income people.
 - c. Legal remedies may be key in removing social determinants of health.

7. The Environmental Management of Pediatric Asthma Guidelines for Health Care Providers are intended to be used:
 - a. As part of a comprehensive asthma management plan for children already diagnosed with asthma
 - b. As part of a comprehensive asthma management plan for children not yet diagnosed with asthma

- c. As part of a comprehensive asthma management plan for children spending the majority of their time in occupational environments
 - d. By health care providers after pharmacological options have been exhausted
8. The Environmental Management of Pediatric Asthma Guidelines contain of the following components?
- a. Fact sheets for patients, train-the-trainer guidelines, and environmental history form
 - b. Testing kit for allergens, reminder stickers for patient charts, and environmental history form
 - c. Fact sheets for patients, testing kit for allergens, and environmental intervention guidelines
 - d. Competencies, environmental history form, and environmental intervention guidelines
9. What is an Environmental History Form?
- a. An outline of the knowledge and skills that health care providers and health professional students should master and demonstrate in order to incorporate management of environmental asthma triggers into pediatric practice
 - b. A quick, user-friendly document that can be used as an intake tool designed to capture patients' environmental asthma trigger areas
 - c. A quick intake form containing multiple-choice and short answer questions used to gather details on asthma triggers
 - d. Follow-up questions and intervention solutions to environmental asthma triggers
10. Which of the following statements best describes key components to community health worker asthma education?
- a. Recognizing asthma episodes, understanding the signs and symptoms of asthma, and trigger reduction management all make up comprehensive asthma management
 - b. A written asthma action plan is the main component of comprehensive asthma management
 - c. Low cost interventions are the most effective
 - d. Asthma should always be treated with controller medication
11. How can families reduce their exposure to mold in their home?
- a. Wash mold off right away and make sure it is completely dry
 - b. Keep windows closed when showering, using the dishwasher or cooking
 - c. Clean mold with soap and water
 - d. Use blinds rather than curtains
12. Which is the best way to reduce trigger exposure to smoking and strong odors?
- a. Empty ashtrays daily when smoking in your home or allowing others to smoke in your home
 - b. Only smoke with the windows opened
 - c. Use perfumes, scented candles, or potpourri to extinguish odors
 - d. Avoid exposure to cleaning products