

Opioids...or What? Think You Know Alternatives? Think Again!

QUESTIONNAIRE

This program meets the medical risk management requirement, including, but not limited to, prescribing controlled substances and pain for the Connecticut medical license renewal.

On May 12, 2018, FCMA held an Opioid Conference at Norwalk Hospital. Ten speakers presented various alternatives to prescribing opioids. If you view Dr. Michael Brennan's presentation online along with two other programs of your choice, complete the questionnaire, and return the questionnaire with this order form to FCMA, we will send you your *Certificate of Completion*.

ANSWER ONLY THE FIRST SET OF QUESTIONS (Responsible Opioid Use) AND TWO OTHER SETS OF YOUR CHOICE

Responsible Opioid Use - The Basics - Michael Brennan, MD

1. Fentanyl accounted for what percentage of deaths in 2017?
 - a. 18%
 - b. 53%
 - c. 67%
 - d. 83%

2. Which drug(s) are relatively safe opioids?
 - a. Tapentadol
 - b. Buprenorphine
 - c. Both Tapentadol and Buprenorphine
 - d. None of the above

Transcranial Magnetic Stimulation - Tarique Perera, MD

1. TMS can be used for:
 - a. Depression
 - b. Fibromyalgia
 - c. Migraines
 - d. All of the above

2. The typical TMS treatment course is:
 - a. 3 weeks
 - b. 6-8 weeks
 - c. 1 week
 - d. 6 months

Nutrition and Functional Medicine - Kenneth Litwin, MD

1. What diet is associated with lower inflammation?
 - a. Paleo diet
 - b. Weight Watchers
 - c. Mediterranean diets
 - d. Both Paleo and Mediterranean diets

2. Which foods should not be included in an anti-inflammatory plan?
 - a. Grain fed meats/dairy
 - b. Dark greens
 - c. Red/blue/purple fruits and vegetables
 - d. Fatty fish

Integrative Medicine - Danielle Greenman, MD

1. Holistic health centers on:
 - a. Mind
 - b. Spirit
 - c. Body
 - d. All of the above

2. Sixty-eight percent (68%) of Americans do not get enough magnesium in their diets. What is the recommended dosage:
 - a. 200-600 mg
 - b. 1500 mg
 - c. 2000 mg
 - d. 800-1200 mg

Medical Cannabis - Alex Bibikau, MD

1. When was the last recorded lethal overdose of cannabis?
 - a. 1897
 - b. 1962
 - c. None in the last 5,000 years
 - d. Most recently in Colorado in 2016

2. In human studies, endogenous cannabinoid syndrome deficiencies have been implicated in:
 - a. Migraine
 - b. Fibromyalgia
 - c. Schizophrenia
 - d. All of the above

Cognitive Behavioral Therapy (CBT), ETC. – Joann Smith, MD

1. It is well documented that catastrophizing:
 - a. Causes pain
 - b. Worsens pain
 - c. Perpetuates pain
 - d. All of the above

2. CBT is used for improving:
 - a. Medical conditions
 - b. Psychiatric conditions
 - c. Both A and B
 - d. None of the above

Restorative Biomechanics - Randy Trowbridge, MD

1. Thixotropy is why a patient may:
 - a. Feel stiff in the morning
 - b. Shake uncontrollably
 - c. Walk with a limp
 - d. None of the above

2. What percentage of Americans are health literate (including healthcare practitioners)?
 - a. 12%
 - b. 28%
 - c. 53%
 - d. 62%

Acupuncture - Mitchell Prywes, MD

1. Studies indicate acupuncture should be considered for:
 - a. Lower back pain
 - b. Neck pain
 - c. Headaches
 - d. All of the above

2. In Connecticut, licensed physicians are permitted to practice acupuncture within the scope of their practice once they:
 - a. Complete 60 semester hours of training
 - b. Are accredited by the ACAOM
 - c. Both A & B
 - d. No requirements are necessary, other than a medical license

Interventional Pain Management - Zhaodi Gong, MD

1. What is the practice spectrum of a pain management specialist?
 - a. Acute pain
 - b. Cancer pain
 - c. Chronic pain
 - d. All of the above

2. Which statement is incorrect?
 - a. Migraine botox injection therapy is the only FDA approved injection pattern for chronic migraine
 - b. Practitioners do not need training in its administration
 - c. 31 small injections are placed in various locations
 - d. Injections are repeated every 3 months

Regenerative Injection Therapy - Paul Tortland, DO

1. Which statement is not true:
 - a. Stem cell treatments use adult stem cells
 - b. Stem cell treatments use your own cells
 - c. Stem cell treatments use embryonic stem cells
 - d. Stem cells are obtained from bone marrow or from fat (liposuction)

2. Who is a candidate for stem cell treatments?
 - a. Those who never had surgery
 - b. Those who would like to delay or put off surgery
 - c. Those who are too risky for surgery
 - d. All of the above

I certify that I have viewed the Responsible Opioid Use video and two others, of my choice.

Signature

Date

To obtain a *Certificate of Completion* return this entire questionnaire with your order form to:
Fairfield County Medical Association, 917 Bridgeport Avenue, Shelton, CT 06484
Fax: 203-513-8036 / Scan/Email: Johanna@fcma.org

Physician's name: _____, MD/DO

Office Address: _____
Street City State Zip

Telephone: _____ Fax: _____ Email: _____