

Continuing Education Quiz

Insomnia and New Drugs to Treat It: Lunesta and Rozerem

- The balance in concentrations of sleep-controlling neurotransmitters includes which of the following to the LEAST extent?
 - Acetylcholine
 - Gamma-aminobutyric acid
 - Norepinephrine
 - Serotonin
- Excessive nighttime urination is referred to as:
 - anuria.
 - oliguria.
 - nocturia.
 - polyuria.
- Sleep offset insomnia best defines:
 - early morning awakenings.
 - frequent or sustained awakenings.
 - difficulty falling asleep.
 - persistent sleepiness despite sleep of adequate duration.
- There is clear evidence of an increased risk of which of the following adverse consequences associated with insomnia?
 - Alzheimer's dementia
 - Paroxysmal psychosis
 - Anxiety neurosis
 - Major depression
- Lunesta is a stereoselective isomer of:
 - zalcitibine.
 - zolpidem.
 - zaleplon.
 - zopiclone.
- The mechanism of action of Lunesta is believed to result from agonistic interaction with a complex of:
 - acetylcholine receptors.
 - gamma-aminobutyric acid receptors.
 - melatonin receptors.
 - serotonin receptors.
- The recommended starting dose of Lunesta for non-elderly adults is:
 - 1 mg within 30 minutes of bedtime.
 - 2 mg immediately before bedtime.
 - 4 mg immediately before bedtime.
 - 8 mg within 30 minutes of bedtime.
- Rozerem is an agonist to which of the following types of receptors?
 - Acetylcholine
 - Melatonin
 - Gamma-aminobutyric acid
 - Serotonin
- All of the following are appropriate patient information for both Lunesta and Rozerem EXCEPT:
 - take this medicine with or immediately after a high-fat, heavy meal.
 - do not drink alcohol or take other sedative drugs at the same time as this medicine.
 - call your doctor if you experience worsening insomnia, or any disturbing thoughts or behavior or any other bothersome side effects.
 - do not engage in hazardous activities such as operating a motor vehicle.
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 - 2 mg immediately before bedtime.
 - 4 mg immediately before bedtime.
 - 8 mg within 30 minutes of bedtime.

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Answer sheet may be copies as needed but original of answers is required.

COURSE EVALUATION

Evaluation Must Be Completed To Obtain Credit

How much time did this lesson require? _____

Today's Date _____

EXPIRATION DATE: 12-15-08

Learning objectives on first page were addressed.

1 Disagree - 5 Agree

Objective 1	1	2	3	4	5
Objective 2	1	2	3	4	5
Objective 3	1	2	3	4	5
Material was well organized and clear.	1	2	3	4	5
Content sufficiently covered the topic.	1	2	3	4	5
Material was non-commercial in nature.	1	2	3	4	5

Answer Sheet:

- | | |
|------------|-------------|
| 1. a b c d | 6. a b c d |
| 2. a b c d | 7. a b c d |
| 3. a b c d | 8. a b c d |
| 4. a b c d | 9. a b c d |
| 5. a b c d | 10. a b c d |