

# C E E X A M

## New Options in the Treatment of Arthritis

Upon completion of this article, the successful participant should be able to:

1. Compare and contrast osteoarthritis (OA) and rheumatoid arthritis (RA).
2. Appreciate the health care resource utilization of OA and RA.
3. Describe the pharmacotherapy of OA and RA.
4. Understand the rationale for COX-2 inhibitors and how they differ from conventional NSAID therapy.

### SELF-ASSESSMENT QUESTIONS

1. Which of the following statement about the metabolism of celecoxib is TRUE?
  - a. It is predominantly metabolized by the cytochrome P450 CYP2C19.
  - b. It is predominantly metabolized by the cytochrome P450 CYP2C9.
  - c. It has demonstrated saturable kinetics when studied at supratherapeutic doses.
  - d. None of the above.
2. Which statement is TRUE?
  - a. The prostaglandins produced by COX-1 regulate many physiologic processes under normal resting conditions.
  - b. COX-2 plays a role in platelet aggregation.
  - c. Both COX-1 and COX-2 have protective effects on the GI mucosa.
  - d. Both COX-1 and COX-2 play a role in inflammation and pain.
3. The rationale for research and development of COX-2 inhibitors includes which of the following statements?
  - a. Conventional NSAID therapies were ineffective in relieving the pain and inflammation associated with arthritis.
  - b. Conventional NSAID therapies, while effective, have tolerability problems, particularly GI toxicity.
  - c. The recent discovery of a second, inducible, form of cyclooxygenase, COX-2, stimulated research and interest in producing NSAIDs that are inherently safer while maintaining efficacy.
  - d. b and c
4. What are the PG-dependent protective factors in the gastric mucosa?
  - a. Mucous production
  - b. Bicarbonate secretion
  - c. Mucosal blood flow
  - d. All of the above
5. Which of the following statements is TRUE?
  - a. OA and RA are similarly distributed in the population.
  - b. About 5% of OA patients require hospitalization.
  - c. Pharmaceuticals represent the most expensive treatment category for OA.
  - d. Generally, patients with RA require fewer visits to physicians than patients with OA.
6. The most common serious complication of NSAID therapy often is reported to be:
  - a. Perforated ulcer
  - b. Gastric outlet obstruction
  - c. GI bleeding
  - d. Dyspepsia
7. What complications for NSAID therapy add to the overall cost of treatment?
  - a. Dyspepsia
  - b. Perforated ulcer
  - c. Gastric outlet obstruction
  - d. All of the above
8. Which of the following statements is TRUE?
  - a. Osteoarthritis is primarily a disease of joint inflammation.
  - b. Risk factors for developing OA include obesity and joint overuse and injury.
  - c. Drug therapy for osteoarthritis includes methotrexate and NSAIDs.
  - d. All of the above
9. Which of the following statements about NSAID therapy is TRUE?
  - a. Most side effects of the NSAIDs are mild and abate upon discontinuation of the drug.
  - b. A serious side effect involves the GI tract.
  - c. Traditional NSAIDs inhibit COX-1 and COX-2.
  - d. All of the above
10. The new approach to RA management includes:
  - a. Less aggressive treatment in early stages.
  - b. An emphasis on limiting the destruction of joints.
  - c. Use of NSAIDs to provide the least toxic means of treating patients.
  - d. All of the above



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# CE EXAM

## DEMOGRAPHIC INFORMATION (not for scoring)

11. In what type of setting do you work (leave blank if none of the responses below applies)?

- a. HMO.
- b. PPO.
- c. Indemnity insurance.
- d. Pharmacy benefits management.
- e. Other.

12. Did this program achieve its educational objectives?

- a. Yes.
- b. No.

13. How many minutes did it take you to complete this program, including the quiz (fill in on answer sheet)?

14. Did this program provide insights relevant or practical for you or your work?

- a. Yes.
- b. No.

15. Please rate the quality of this CE article.

- a. Excellent.
- b. Good.
- c. Fair.
- d. Poor.

## INSTRUCTIONS



This quiz affords 1 hour (.1 CEU) of continuing pharmaceutical education in all states that recognize the American Council on Pharmaceutical Education. To receive credit, you must score at least 70% of your quiz answers correctly. To record an answer, darken the appropriate block below. Mail your completed answer sheet to: Academy of Managed Care Pharmacy, 100 N. Pitt Street, Suite 400, Alexandria, VA 22314. Assuming a score of 70% or more, a certificate of achievement will be mailed to you within 30 days. If you fail to achieve 70% on your first try, you will be allowed only one retake. The ACPE Provider Number for this lesson is 233-000-99-005-H01. This offer of continuing education credits expires October 31, 2000.

- 1.  A  B  C  D
- 2.  A  B  C  D
- 3.  A  B  C  D
- 4.  A  B  C  D
- 5.  A  B  C  D

- 6.  A  B  C  D
- 7.  A  B  C  D
- 8.  A  B  C  D
- 9.  A  B  C  D
- 10.  A  B  C  D

- 11.  A  B  C  D  E
- 12.  Yes  No
- 13. Minutes \_\_\_\_\_
- 14.  Yes  No
- 15.  A  B  C  D

### Participant Identification: Please type or print

Date \_\_\_\_\_

Social Security # \_\_\_\_\_  
For Identification Purposes Only

Name \_\_\_\_\_  
Last First Middle

Work Phone # \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_  
Street (with Apt. No.) or P.O. Box City State Zip

State and Lic. No. \_\_\_\_\_  
State No.

Member Type:  Active  Supporting Associate  
 Student  Nonmember

Signature \_\_\_\_\_

*I verify by my signature above that I have completed this examination independently.*