Myasthenia Gravis: A Nursing Perspective and Clinical Guidelines Online CE Program

Post Test
QUESTION 1

Myasthenia Gravis is characterized by:

A) Unilateral ocular muscle weakness
B) Chronic, hereditary muscle weakness
C) Chronic nerve pain
D) Fatigable muscle weakness
Question 2

Myasthenia Gravis occurs:
A) More in men than women
B) More in men in the 6\textsuperscript{th} decade
C) More in women in the 6\textsuperscript{th} decade
D) More in children than adults
Question 3

The **onset** of MG may occur in association with:

A) The use of birth control pills  
B) The use of antibiotics  
C) During pregnancy or post partum  
D) During overexertion
Question 4

Myasthenia Gravis is:

A) An autoimmune disease
B) Always associated with antibodies
C) Treated by thyroid surgery
D) A pre-synaptic disease
Question 5

MG patients may present with all of the following symptoms:

A) ptosis, diplopia, dysphagia, dysarthria, and arm weakness
B) dysphagia, neck weakness, numbness, and pupil asymmetry
C) leg pain, slurred speech, double vision, and bowel incontinence
D) paresthesia, ptosis, dysphagia, and agnosia
Question 6

The MG classification system:
A) Includes ocular and bulbar divisions
B) Uses a modification from the stroke scale
C) Has only two categories
D) Is only to be used in research studies
Question 7

The diagnosis of Myasthenia Gravis includes the results of the following:

A) Lumbar puncture
B) Electrocardiogram
C) Ach R antibody test
D) Muscle biopsy
Question 8

A symptomatic treatment for Myasthenia Gravis is:

A) Cyclophosphamide
B) Rituximab
C) Methotrexate
D) Pyridostigmine Bromide
Question 9

The major side effects of Prednisone include:

A) Thrombocytopenia, hepatotoxicity
B) Weight gain, osteoporosis
C) Anemia, insomnia
D) Cataracts, cardiomegaly
The side effects of other immunosuppressant agents used to treat MG include:

A) Osteoporosis, avascular necrosis of the hip
B) Hepatotoxicity, nephrotoxicity
C) Increased fertility, libido
D) Hyperglycemia, Type II Diabetes
Question 11

Treatments for Myasthenia Crisis include:

A) Prednisone, Thymectomy
B) Plasma exchange, Intravenous IgG
C) Tageted Immunosuppressants
D) Calcium Channel Blockers
Question 12

Which of the following would exacerbate or worsening MG?

A) Ciprofloxacin, Magnesium, Botulinum toxin
B) Stress, hyponatremia, vitamin C deficiency
C) Infection, stress, insomnia
D) Penicillin, laxatives, edrophonium
Question 13

The nursing assessment of patients with myasthenia gravis includes testing the following:

A) Muscle strength and fatigability
B) Visual acuity
C) Incentive spirometry
D) Auditory comprehension
Question 14

Identify the most common adverse effect of Pyridostigmine Bromide.

A) Acne
B) Neutropenia
C) Diarrhea
D) Hepatotoxicity
Question 15

What are the adverse effects of Azathioprine?

A) Leukopenia, hepatotoxicity
B) Cushingoid appearance, osteoporosis
C) Infusion reactions
D) Hypertension, tachycardia
Question 16

Who is the key support organization in North America for MG patients and families?

A) National Organization of Rare Disorders (NORD)
B) Mayo Clinic
C) Myasthenia Gravis Foundation of America, Inc. (MGFA)
D) Muscular Dystrophy Association (MDA)
A Myasthenic Crisis may be identified by the following symptoms:

A) Ptosis, diplopia
B) Diaphoresis, bradycardia
C) Dyspnea, dysphagia
D) Diarrhea, flaccid muscles
Question 18

Cholinergic Crisis is associated with which of the following:

A) Recent surgery
B) Thyroid problems
C) Overmedication
D) Undermedication
Question 19

Education of MG patients and family members includes an understanding of the following:
A) The disease process, therapy and potential side effects.
B) The need to restrict activity and depend on family members.
C) The importance of taking over-the-counter drugs to control any symptoms.
D) The importance of living in a warm, humid climate to improve condition.
Question 20

The first sign of worsening respiratory status in a MG patient is:

A) Decreasing $O_2$ saturation
B) Elevated temperature
C) Diarrhea and abdominal cramps
D) Decreased forced vital capacity (FVC)
Question 21

The following immunosuppressive agent is used for short term and long term therapy in Myasthenia Gravis:

A) Azathioprine (Imuran)
B) Tacrolimus (Prograf)
C) Glucocorticosteroids (Prednisone)
D) Mycophenolate (Cell Cept)
Question 22

The immune system dysfunction in Myasthenia gravis results in:

A) Destruction of the presynaptic membrane
B) Inadequate amount of acetylcholine
C) Excessive amount of cholinesterase
D) Destruction of the postsynaptic membrane
Question 23

The neurotransmitter at the neuromuscular junction (NMJ) that facilitates transmission of impulses resulting in muscle contraction is:

A) Serotonin
B) Epinephrine
C) Acetylcholine
D) Cholinesterase
Question 24

The acetylcholine receptors at the neuro-muscular junction (NMJ) are located in the:

A) Presynaptic membrane
B) Postsynaptic membrane
C) Presynaptic vesicles
D) Synaptic Cleft
The immune system dysfunction of Myasthenia gravis is primarily associated with:

A) The bone marrow  
B) The thymus gland  
C) The thyroid gland  
D) The spleen
Question 26

The indication for the use of targeted immunosuppressives in the treatment of myasthenia gravis is:

A) Increase the production of T and B cells
B) Decrease antibody production by T cells
C) Decrease the dosage of steroids
D) Decrease the dosage of anti-acetylcholines
Question 27

The patient problems most commonly associated with myasthenia gravis are:
A) Activity intolerance, impaired verbal communication and vision.
B) Risk of aspiration, anorexia, and injury
C) Impaired visual acuity, sensory perception and swallowing.
D) Impaired respiratory function, nutritional status and hearing.
Question 28

Energy conservation strategies for the patient with myasthenia gravis include:

A) Avoid taking medication prior to activities.

B) Modify daily activities to include rest periods.

C) Increase strenuous activities to increase muscle strength and endurance.

D) Take a hot bath to increase muscle relaxation.
Question 29

A thymectomy is indicated in autoimmune MG for:

A) a thymoma only
B) mild to moderate MG
C) non-thymomatous MG
D) immediate symptom relief
Question 30

The complement system is:

A) a series of plasma proteins that are normally active
B) activated by an antigen-antibody reaction
C) essential to prevent cell/tissue damage
D) responsible for antibody production
Question 31

The post operative care for a thymectomy patient always includes:

A) decreasing the MG medication dosage
B) administering Magnesium to aid relaxation
C) monitoring chest tube drainage system
D) monitoring respiratory status for risk of myasthenic crisis
Question 32

Plasmapheresis:

A) depletes antibodies by the removal of anti-AChR & other antibodies
B) neutralizes the blocking effects of antibodies
C) is risk free of complications
D) removes the source of dysregulated T cells