1. The basic defect in cystic fibrosis is related to the movement in and out of the cells of:
   a. chloride
   b. potassium
   c. sodium
   d. bicarbonate

2. CF is a genetic disease that affects:
   a. endocrine glands
   b. lymph glands
   c. exocrine glands
   d. thyroid glands

3. You receive notification one of your newborns had a positive screen for CF. You should:
   a. contact the state NBS program to find out what information the parents have received
   b. contact the closest accredited CF care center to coordinate diagnostic testing and information
   c. tell the parents not to believe anything on the Internet
   d. not contact anyone, as it is the responsibility of the state NBS program and the CF center to follow up

4. Which test is considered the primary test for diagnosing CF?
   a. newborn screening
   b. genetic testing
   c. sweat chloride test
   d. sweat sodium test

5. A 25-year-old male patient has had multiple office visits in the past year for chronic bronchitis. On your initial assessment, he mentions having a recent workup for infertility. You suspect he may have:
   a. a reproductive tumor
   b. pulmonary fibrosis
   c. low testosterone
   d. cystic fibrosis

6. People with CF can minimize exposure to germs by:
   a. avoiding others with CF
   b. increasing fluids
   c. avoiding respiratory irritant
   d. wearing a mask

7. A 4-year-old boy with CF comes to the office for his immunizations. His mother says he is less active, coughing more and not eating as much. You tell the mom to contact:
   a. the CF center because you suspect a pulmonary exacerbation
   b. the state department of health because of delayed immunizations
   c. you if he develops a fever
   d. you if his appetite does not improve

8. All of the following is a part of a CF nutrition management EXCEPT:
   a. monitoring of growth and weight maintenance
   b. 110-220 percent above ADA caloric intake
   c. pancreatic enzyme replacement therapy
   d. diet of low fat, low protein

9. People with CF are at risk for hyponatremia and dehydration in hot weather. Educate the parents and child to:
   a. avoid strenuous physical activity
   b. drink more water
   c. increase salt and fluids
   d. avoid outdoor activity

10. The best healthcare setting for the treatment and management of CF is:
    a. CF Foundation-accredited care center
    b. primary care provider office
    c. urgent care clinic
    d. hospital emergency room

Evaluation

1. I can describe the pathophysiology, clinical manifestations and management of cystic fibrosis.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can identify the diagnostic testing for cystic fibrosis.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can detail the role of the nurse in promoting health and quality of life for the person with cystic fibrosis.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

Cystic Fibrosis

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10. A B C D

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○ CRNA ○ Dermatology ○ Dialysis
○ Education ○ ED/ER ○ Geriatrics/Long Term Care
○ Gastroenterology ○ Gerontology ○ Home Health
○ Hospice ○ ICU ○ Infection Control
○ IV Therapy ○ Managed Care ○ Management
○ Medical/Surgical ○ Mental Health ○ Administrative
○ Neonatal/Neonatal ○ Neurology ○ Mammography
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