

CONTINUING MEDICAL EDUCATION EXAMINATION

# The Treatment of Allergic Respiratory Disease During Pregnancy

Accreditation requested at the "Consejo Catalán de Formación Continuada de las Profesiones Sanitarias – Comisión de Formación Continuada del Sistema Nacional de Salud"

These credits can be earned by reading the text and taking this CME examination online through the SEAIC web site at [www.seaic.org](http://www.seaic.org)

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## CME Items

- Which of the following is true about asthma symptoms during pregnancy?
  - Most of the time, asthma symptoms are likely to improve during pregnancy
  - Controlled asthma symptoms are associated with a reduction in adverse maternal and fetal outcomes
  - Reported asthma symptoms are not helpful in making the diagnosis of asthma during pregnancy
  - Asthma symptoms might be confused with dyspnea of pregnancy because dyspnea of pregnancy is characteristically also associated with wheezing
- Which of the following is used in classifying severity in a pregnant asthmatic patient?
  - Symptom frequency
  - FEV<sub>1</sub>
  - Interference with daily activities
  - All of the above
- Which of the following is an appropriate interval for a follow-up appointment for a patient with uncontrolled asthma?
  - 6 months
  - 2 months
  - 1 month
  - 1 to 2 weeks
- The patient's asthma was classified as moderate-persistent during her visit, and she was prescribed an inhaled corticosteroid. She returns to your office with persistent uncontrolled symptoms. Which of the following is a reasonable next step?
  - Add a long-acting  $\beta$ -agonist
  - Add a leukotriene receptor antagonist
  - Add an oral corticosteroid
  - Add theophylline
- When managing a pregnant asthmatic patient with uncontrolled symptoms, which of the following should be addressed?
  - Presence of pets in the home
  - Adherence to asthma medications
  - Inhaler technique
  - All of the above
- What is appropriate treatment option for the pregnant patient with allergic rhinitis?
  - Allergen avoidance
  - Saline irrigation
  - Second-generation antihistamines
  - All of the above
- With which of the following complications has uncontrolled allergic rhinitis has been associated?
  - Small size for gestational age
  - Preterm birth
  - Low birth weight
  - Sleep disturbance
- With which of the following complications has uncontrolled maternal asthma has been associated?
  - Small size for gestational age
  - Preterm birth
  - Low birth weight
  - All of the above
- Which of the following has been reported to occur regarding medication adherence during pregnancy?
  - Adherence increases due to concerns for the health of the baby
  - Adherence increases due to worsening of asthma in the majority of patients
  - Adherence decreases due to concerns regarding the safety of the medications for the baby
  - Adherence decreases due to improvement of asthma in most patients
- Which of the following has been shown to be helpful in reducing asthma exacerbations during pregnancy?
  - Using FeNO to adjust asthma therapy
  - Using sputum eosinophils to adjust asthma therapy
  - Stopping inhaled corticosteroids
  - Relying on reliever therapy (short-acting  $\beta$ -agonists) to control daily asthma symptoms