

Post-test: Nutrition in the Management of Nonalcoholic Fatty Liver

Complimentary Continuing Education Course

Participant Information Form

Name: _____ Degree (RN, LPN, etc): _____ Date: _____

License # or SS#: _____ Name of Facility: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ E-mail: _____

***PLEASE NOTE: Full first name, last name, and e-mail address are REQUIRED to receive certificate. Please print legibly.**

Course Information

Course Overview:

This educational program is designed to teach, through independent study, micronutrition for the weight loss surgery patient, focusing on management of nonalcoholic fatty liver disease.

Course Objectives:

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

1. Explain characteristics of nonalcoholic fatty liver disease
2. Describe methods of diagnosis of nonalcoholic fatty liver disease
3. Discuss therapeutic options for the treatment of nonalcoholic fatty liver disease

Completion Time:

This educational program is accredited for a total of 1.5 contact hours.

Target Audience:

This accredited program is intended for nurses who treat obese patients.

Provider:

This educational program is provided by Matrix Medical Communications. Provider approved by the California Board of Registered Nursing, Provider Number 14887, for 1.5 contact hours.

Method of Participation:

Participants must read the designated article and take, submit, and pass the post-test by January 1, 2011. Participants must fill out the Participant Information Form, Answer Form, and Evaluation Form, answer at least 70 percent of the questions correctly, and mail the participant information/answer/evaluation forms to Matrix Medical Communications, Department of Continuing Education, 1595 Paoli Pike, Suite 103, West Chester, PA 19380. Participants also may fax the forms; Fax 484-266-0726. Upon successful completion, a certificate of completion will be e-mailed to the participant.

About the Instructor:

Dr. Jacqueline Jacques is a Naturopathic Doctor with more than a decade of expertise in medical nutrition. Dr. Jacques has spent much of her career in the dietary supplement industry as a formulator, speaker, writer, and educator. She is the Chief Science Officer for Catalina Lifesciences LLC, a company dedicated to providing the best of nutritional care to weight loss surgery patients.

Provider Contact Information

To submit post-tests or for questions, please contact:
Angela Hayes, Department of Continuing Education
Matrix Medical Communications, 1595 Paoli Pike, Suite 103
West Chester, PA 19380, toll free: 866-325-9907; fax: 484-266-0726;
E-mail: ahayes@matrixmedcom.com

Evaluation Form

1. Did the program meet the stated objectives? yes no

2. Was there any evidence of commercial bias? yes no

3. I have studied the article.
This nursing activity was:
 Extremely useful Somewhat useful Minimally useful

4. The overall quality of this activity was: Excellent Good Fair

5. I feel this activity could be improved by:

6. Suggestions for future educational activities/overall comments:

7. I would recommend this nursing activity to my colleagues for study: yes no

8. How long did it take you to read the entire module and complete the posttest and evaluation form? _____

9. Do you anticipate making any changes to your patient-care practice as a result of this activity? yes no

10. Which educational formats do you prefer? Rank order of preference with 1 being the most preferred and 6 being the least preferred:

___ Audio conference ___ Multimedia (online/CD-ROM) ___ Video Conference
___ Symposia ___ Printed enduring materials ___ Other: _____

11. Please indicate your willingness to participate in a follow-up survey to evaluate the impact of this nursing activity:
 yes, I will participate no, I will not participate.

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Instructions: To obtain contact hours, complete the Participant Information Form, record the best answer to each post-test question on the Answer Sheet (below), complete the evaluation form, and mail or fax to: Matrix Medical Communications, Department of Continuing Education, 1595 Paoli Pike, Suite 103, West Chester, PA 19380 or fax 484-266-0726

Name: _____

***PLEASE NOTE: Full first name and last name are REQUIRED to receive certificate. Please print legibly.**

Answer Sheet—Completely fill in each circle for that answer.

- | | |
|--|--|
| 1. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 5. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |
| 2. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 6. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |
| 3. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 7. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |
| 4. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D | 8. <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D |

Questions

- | | |
|---|--|
| 1. Currently, the only way to diagnose NAFLD is:
A. Evaluation of levels of aminotransferases
B. Liver biopsy and histology
C. Evaluation of fasting blood sugar levels
D. Both B and C | 5. N-acetylcysteine is known to:
A. Be an antidote to acetaminophen-induced liver toxicity
B. Act as a methyl donor
C. Be therapeutic for lowering triglycerides
D. Play a role in digestive health and immunity |
| 2. What two conditions have a high association with NASH in patients with morbid obesity:
A. Hypercholesterolemia and insulin resistance
B. Insulin resistance and hypertension
C. Hypertension and heart disease
D. Heart disease and hypercholesterolemia | 6. Pantethine is known to:
A. Play a role in digestive health and immunity
B. Be effective against a wide range of liver toxins
C. Lower total cholesterol
D. Act as a methyl donor |
| 3. What percentage of pre-surgical weight loss seems to be effective at normalizing liver enzyme levels and reversing liver enlargement in patients with obesity:
A. 5%
B. 10%
C. 15%
D. 20% | 7. Probiotics are:
A. Beneficial microorganisms that reside in the digestive tract
B. Proven to lower cholesterol
C. Proven to be useful in the treatment of acetaminophen-induced liver toxicity
D. Proven to be effective against hypertension |
| 4. Vitamin E is known to:
A. Be therapeutic for lowering triglycerides
B. Be effective against a wide range of liver toxins
C. Recycle homocysteine back into methionine in the liver
D. Effectively combat lipid peroxidation | 8. Which of the following may be useful in treating NAFLD prior to bariatric surgery:
A. Presurgery weight loss
B. Prescription of metformin or atorvastatin
C. Concurrent nutritional therapy
D. All of the above |



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