

NAOEM 2018 Annual Conference
MOC Questions

September 7, 2018

Industrial Plant Tour: Vigor Shipyard, Seattle, WA

8:00am-12:00pm

Instructor/Speaker:

Bert Berney, MD, Occupational Medicine Specialist, East Portland Medical Associates; Portland, OR

1. An employer is required to institute a medical surveillance program for all employees who are or will be exposed to asbestos at or above OSHA's PEL for asbestos in the workplace of:
 - a. 10 fibers/cc of air (8-hour TWA)
 - b. 1 fiber/ cc of air (8-hour TWA)
 - c. 0.1 fiber/ cc of air (8-hour TWA)
 - d. 0.01 fiber/ cc of air (8-hour TWA)

2. Four diseases related to asbestos include lung cancer, asbestosis mesothelioma AND:
 - a. Leukemia
 - b. GI cancers
 - c. Tinnitus
 - d. Diabetes

3. According to the Nat'l Cancer Institutes' Surveillance, Epidemiology and End Results database (SEER), doctors in the US diagnose approximately _____ new cases of mesothelioma each year.
 - a. 30
 - b. 500
 - c. 3000
 - d. 10,000

4. The term "Monday Fever" refers to:
 - a. Condition in welders who develop a tolerance to metal fume and resultant fume fever symptoms over the work week, then exhibit a relapse of flu-like symptoms upon returning to work after several days off.
 - b. Hangover from excessive weekend alcohol consumption
 - c. Lethargy caused by residual cannabis in weekend marijuana smokers
 - d. Fatigue and myalgia due to poor work fitness exacerbated by inactivity over the weekend.

5. Which of the following is NOT a first control measure for protecting employees from metal working fluid exposure?
 - a. Full-face respirator
 - b. Machine/tool enclosure
 - c. Local exhaust ventilation
 - d. Use of mist suppressant to increase the droplet size

6. According to the new OSHA silica standard, employers are required to offer medical examination to employees exposed at or above the PEL for 30 or more days a year beginning:
 - a. June 23rd, 2018
 - b. June 23rd, 2020
 - c. June 23rd, 2022
 - d. There is no mandatory medical examination requirement.

7. Silicosis victims are also at high risk of developing:
 - a. Diabetes
 - b. Cataracts
 - c. Dermatitis
 - d. Tuberculosis

8. Which of the following is not a typical sign or symptom of low to moderate lead toxicity?
 - a. Irritability
 - b. Myalgia or paresthesia
 - c. Abdominal pain
 - d. Respiratory distress
 - e. Lethargy

9. The best screening and confirmatory diagnostic tool for evaluating recent or ongoing lead exposures is:
 - a. Abdominal radiographs
 - b. Hair assay
 - c. Venous Blood Lead Level
 - d. Complete Blood Count (CBC)

10. Concerning medical removal criteria for workers with significant lead exposure, ACOEM recommends pregnant workers, or those who are trying to or may become pregnant maintain BLL below:
 - a. 50ug/dL
 - b. 20ug/dL
 - c. 10ug/dL
 - d. 5ug/dL
 - e. 1ug/dL

11. In occupational settings the most commonly reported effects of chronic chromium exposure include all of the following EXCEPT:
 - a. Contact dermatitis
 - b. Irritation and ulceration of the nasal mucosa
 - c. CNS depression/narcosis
 - d. Conjunctivitis

12. The Longshore and Harbor Workers' Compensation Act (LHWCA) is a federal workers' compensation act that primarily governs workers' compensation for maritime employers

and employees and civilian employees on military bases worldwide.

Which class of employees are NOT covered by this act?

- a. Longshoremen and others who assist in loading and unloading vessels
- b. Ship repairmen
- c. Shipbuilders
- d. Shipbreakers
- e. Mechanics or repairmen for recreational vessels
- f. Dry dock workers
- g. Drivers of trucks that take shipping containers to and from ships

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September 8, 2018
Educational Conference, Cedarbrook Lodge, Seattle WA
8:00am-9pm

(Buchta0

13. According to a November 2017 poll of delegates of the ACOEM House of Delegates, which of the following factors will impact occupational medicine by 2037?
- Provider burn-out
 - Training for new occupational providers
 - Fragmentation and competition with other specialties
 - Automation in the workforce, such as driverless trucks
 - All of the above
14. "The network of physical objects (devices, vehicles, and other items) embedded with electronics, software, sensors, and network connectivity that enables these objects to collect and exchange data" is a definition of which of the following terms:
- Big data
 - Bioinformatics
 - Internet of things
 - Robotics
 - Block chain technology
15. Which of the following processes or conditions pose(s) a threat to proper incorporation of technology into occupational medicine practice and procedures?
- Worker engagement with technology changes
 - Standardization of technology platforms
 - Privacy and security breaches
 - All of the above

(Rothfels)

16. Which of the following modifiable factors influence work return following an episode of work injury/disability? Choose the best factor(s) from the list below:
- (1) Perceived Justice
 - (2) Patient Expectations of Recovery
 - (3) Pain Beliefs
- (1) and (2)
 - (2)
 - (1), (2), and (3)
 - (2) and (3)
17. The paradigm shift in Work Disability Prevention (WDP) is based upon:
- Health Care Provider having a strong understanding of WDP

- b. Supporting the worker and workplace as prime players in WDP
- c. Advocacy for workers and employers
- d. All of the above

18. Which of the following is most true?

- a. Assisting your patient/client to get an extra 2 weeks of time off/wage loss replacement results in better long term financial stability for your patient
- b. Reframing advocacy in terms of social determinants of health naturally results in early safe return to work
- c. Access to advanced imaging and/or specialist consultations improves most outcomes
- d. Prescribing opioid analgesics for most acute musculoskeletal conditions will result in better outcomes/less disability duration

(Cloeren)

19. This term is used to describe the claim status of a case in which the claims examiner is reviewing the evidence in order to adjudicate a claim. While a claim is in this status, no bills will be paid.

- a. Under Review (UR)
- b. Processing Under Way (PUW)
- c. Under Development (UD)
- d. Adjudication Pending (AP)

20. How often does a claimant need to provide medical documentation supporting ongoing disability if a claim is in Periodic Rolls (PR) status?

- a. Every 4 months
- b. Annually
- c. Every 3 years
- d. Never

21. When do wage replacement benefits end for a claimant determined by OWCP to be permanently and totally disabled?

- a. After 10 years
- b. Upon settlement
- c. At the age of retirement (65)
- d. At death

(Kelman)

22. The level of impairment in a worker who smoked recreational marijuana the night before reporting for work cannot be established from urinary analyses because:

- a. THC can slowly continue to partition out of body stores even though the individual abstained from marijuana use.
- b. There are no published data relating urinary levels of marijuana and performance 12 hours after smoking.
- c. Marijuana-induced neurocognitive deficits may be seen 12 hours after exposure due to delayed acute, chronic, or withdrawal effects, depending on use history.

- d. Bioavailability differences between ingestion and inhalation exposure of cannabis.
23. Which of the following chemicals are responsible for the toxic effects of some fungi in the workplace?
- Ochratoxins
 - Water/Dampness
 - Beta(1→3)-glucans
 - Alcohols
24. Which of the following should be considered when assessing the claim of *aerotoxic syndrome* due to exposure to tricresyl phosphates by airline crew members?
- Collect urine samples from the airline crew members and assess for the presence of triorthocresyl phosphate metabolites.
 - Test for carboxyhemoglobin levels.
 - Investigate alternative explanations for the reported symptoms.
 - Prescribe an antidote to increase the elimination of triorthocresyl phosphate and its metabolites.

(Brown)

25. A 55 yr. old career drywaller has chronic, episodic pain over the lateral aspect of the elbow. His pain is exacerbated when reaching outward and applying upward pressure with his taping/mudding knife. What muscle tendon origin is likely to be involved in his injury?
- Distal biceps brachii
 - Extensor carpi radialis longus
 - Brachioradialis
 - Extensor carpal radialis brevis
26. What is the characteristic histopathologic/microscopic finding that would be associated with the condition in the previous patient?
- Hemorrhagic tissue with acute inflammatory neutrophil infiltration
 - Angiofibroblastic dysplasia
 - Cystic degeneration and fatty infiltration
 - Organized tenocyte hypertrophy
27. A 62 yr. old long haul truck driver complains of increasing frequency of pain and numbness in the small and ring fingers of his left hand. He reports a sense of weakness in his grip, and the pain/tingling has started waking him up at night. What is the appropriate first line treatment for the presumed condition?
- Urgent referral to surgeon for nerve decompression/transposition
 - Ultrasound guided epineural injection with corticosteroid
 - NSAIDs, activity modification, and consistent night splinting
 - Cervical MRI

(Kessinger)

28. How frequent are foot and ankle injuries based upon a 1-year study of new workplace injuries?
- < 5%

- b. 5-10%
- c. 10-15%
- d. >15%

29. What is the most frequent diagnosis encountered?

- a. Metatarsal fracture
- b. Contusion
- c. Over-use injury
- d. Sprain

30. What occupational group is most likely to experience foot and/or ankle injuries?

- a. Agricultural/Farm industry
- b. Vehicular operations/manual materials handling
- c. Construction

(McKelvey)

31. Of the knowledge gained in medical training/practice, what has the highest market value outside clinical medicine?

- a. pharmacology
- b. pathophysiology
- c. those 2 lectures on biostatistics you slept through
- d. learning how to learn

32. Of the skills gained in medical training/practice, what has the highest market value outside clinical medicine?

- a. information gathering
- b. hypothetico-deductive reasoning
- c. effective translation of complex subject matter to nonexperts
- d. academic writing

33. Of the values emphasized in medical training/practice, what has the highest market value outside clinical medicine?

- a. Energy
- b. Empathy
- c. Intellect
- d. Integrity

(Cherry & residents)

34. Which of the following may reduce the risk of coughing at work?

- a. Improved ventilation indoors
- b. Proper treatment of the underlying condition, such as asthma
- c. Use of a respirator
- d. All the above

35. Which of the following activities should be avoided in the first six months following a lung transplant?

- a. Sharing a respirator with co-workers

- b. Gardening
- c. Caring for a group of preschool children
- d. All the above

36. What are reasonable accommodations for a nurse with contact dermatitis affecting her hands?

- a. Cotton liner under gloves
- b. Fragrance free, preservative free soap
- c. Fragrance free, preservative free moisturizing cream
- d. All the above

(Santoro)

37. The oriental medical concept of Qi is best described as

- a. The flow of life energy through the body
- b. A neuromuscular response to the stimulation of acupuncture points
- c. A neuro-humeral phenomenon
- d. All of the above

38. The most commonly used acupuncture channels used in the treatment of low back pain are

- a. Stomach and Spleen
- b. Lung and Large Intestine
- c. Bladder and Gallbladder
- d. Tai Chi and QiGong

39. The Elements of Classic Chinese Medicine are

- a. Earth, Wind, Fire and Water
- b. Earth, Sky, Heaven and Hell
- c. Earth, Wood, Fire, Water and Metal
- d. Gold, Myrrh and Frankincense

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Sept. 7 – Answer Key

1. c
2. b
3. c
4. a
5. a
6. a
7. d
8. d
9. c
10. d
11. c
12. e

Sept. 8 Answer Key

- | | | |
|-------|-------|-------|
| 13. e | 24. c | 35. d |
| 14. c | 25. d | 36. d |
| 15. d | 26. b | 37. d |
| 16. c | 27. c | 38. c |
| 17. d | 28. b | 39. d |
| 18. b | 29. d | |
| 19. c | 30. c | |
| 20. c | 31. d | |
| 21. d | 32. c | |
| 22. b | 33. d | |
| 23. a | 34. d | |