



Continuing Education Quiz for Counselors

Substance abuse counselors can earn two nationally certified continuing education (CE) hours by reading the indicated articles and completing the multiple-choice quiz below. This is an open-book exam. Complete the quiz by circling one or more of the multiple-choice answers. Be sure to answer all questions; unanswered questions will be scored as incorrect. You must score at least 70 percent to earn CE hours. Please note that we must receive your quiz by March 31, 2008.

Marijuana Dependence and Its Treatment—page 4

- Marijuana dependence in clinical populations is similar to dependence on other drugs in that:
 - researchers have established a neurobiological basis for marijuana withdrawal;
 - adult patients typically report many years of abuse and multiple unsuccessful quit attempts;
 - some people feel unable to stop the abuse even though they recognize that it is causing serious social, psychological, and physical impairments;
 - all of the above.
- Which tested intervention or combination has proven most effective for helping adults reduce or quit marijuana abuse?
 - cognitive-behavioral therapy (CBT);
 - motivational enhancement therapy (MET);
 - CBT plus MET;
 - CBT plus MET plus contingency management.
- Initial studies suggest that treatment that targets the use of marijuana by individuals whose primary drug of abuse is a stimulant or opiate:
 - can be effective without significant adverse effects on the treatment for the primary drug if the appropriate clinical strategies are used;
 - should always be initiated at the same time as treatment for the primary drug;
 - is necessary to make progress in the treatment for the primary drug;
 - can adversely impact treatment for the primary drug if the patient is not highly motivated to quit smoking marijuana.

Hepatitis C for Addiction Professionals—page 34

- Approximately what percentage of hepatitis C patients who take pegylated interferon and ribavirin achieve a “sustained virologic response” after treatment, a milestone that suggests possible cure?
 - 10 percent;
 - 30 percent;

- 55 percent;
 - 75 percent.
- HCV can be transmitted by:
 - sexual activity;
 - sharing of needles and syringes, cookers and cotton, and cocaine-snorting paraphernalia;
 - vertical transmission from mother to fetus or baby during pregnancy or birth;
 - all of the above.
 - A positive finding for HCV in an antibody-mediated immunoassay indicates:
 - HCV infection;
 - HCV exposure, but not necessarily infection;
 - liver damage;
 - all of the above.

Managing Addiction as a Chronic Condition—page 45

- Because many addiction patients do not fully recover after a single course of treatment, clinicians and researchers are generating new approaches to the long-term management of substance use disorders that involve:
 - monitoring and early reintervention;
 - improving the continuity of care;
 - providing supports such as self-help groups, self-monitoring services, and peer-based support;
 - all of the above.
- Studies have shown that, on average, patients treated for substance use disorders attain a year of sustained abstinence after:
 - one episode of treatment;
 - two episodes of different kinds of treatment;
 - three to four episodes of different kinds of treatment;
 - four to five episodes of different kinds of treatment.
- Addiction treatment organizations that switch to a chronic care model must be prepared to implement the following types of changes:
 - restructuring funding, changing information organization and recordkeeping, and retraining staff;
 - instituting the “implementation science” protocols of the National Institutes of Health, and obtaining accreditation from the Institute of Healthcare Improvement;
 - maintaining an acute care program for patients who can be treated therein and relying on recovering patients’ self-motivation to follow through with continuing care;
 - all of the above.

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- all of the above.

This issue of *Addiction Science @ Clinical Practice* has the following objectives for drug abuse treatment providers and researchers:

- to demonstrate that substance use disorders often require multiple episodes of different types of treatment to obtain a successful outcome;
- to stress the importance of treating comorbid disorders and diseases, such as dependence on two or more drugs, or dependence plus hepatitis C; and
- to explain the various instruments available for diagnosing substance use disorders and to explore some of the advantages and potential difficulties of their use.

Please rate the following on a 1 to 5 scale, by circling the appropriate number:

- To what extent did these articles accomplish these learning objectives?

Completely	Adequately	Not at All
1	2	3 4 5
- To what extent did you learn something useful to your profession?

Completely	Adequately	Not at All
1	2	3 4 5
- Was the information well presented?

Completely	Adequately	Not at All
1	2	3 4 5

Please print legibly, copy page, and mail with your \$25 payment to: AS&CP CE Quiz, MasiMax Resources, Ste. 175, 1375 Piccard Drive, Rockville, MD 20850. Quiz and payment must be received by March 31, 2008.

Name _____

Address _____

City _____

State _____ ZIP _____

Phone () _____

I certify that I have answered the test questions without any help.

Signed _____ Date _____

Check VISA MasterCard

Card No. _____ Expiration Date _____

Name, exactly as it appears on card

Signed _____

Make checks payable to MasiMax Resources, Inc. In about 6 weeks you will receive notification of the results and, if you score 70 percent or higher, a certificate of completion. The National Institute on Drug Abuse, publisher of *Addiction Science @ Clinical Practice*, is a NAADAC-approved provider of continuing education home study.