



## 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

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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.