

Title: "Hidden in Plain Sight: Common Presenting Pain Complaints in Anorexia and Bulimia"

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Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. The elements of the SCOFF questionnaire include which of the following?

- a. Do you make yourself sick because you feel uncomfortably full?
- b. Do you worry that you have lost control over how much you eat?
- c. Have you recently lost over 14 lb in a 3-month period?
- d. All of the above

2. Causes of chest pain in patients with anorexia nervosa include all of the following EXCEPT:

- a. Costochondritis (inflamed cartilage adjacent to the sternum)
- b. Hypertension
- c. Pericardial effusions
- d. Anxiety

3. Which of the following treatment team members are vital to the successful treatment of a patient with a severe eating disorder?

- a. Therapist
- b. Psychiatry provider
- c. Dietitian
- d. Medical provider
- e. All of the above

4. Which of the following problems caused by anorexia or bulimia will likely persist long term despite treatment and resolution of the eating disorder?

- a. Dizziness
- b. Osteoporosis
- c. Urinary Tract Infections
- d. Hypokalemia (low potassium)

5. Which of the following contribute to dehydration related headaches in patients with eating disorders?

- a. Caffeine ingestion, stool softeners, and excessive exercise
- b. Excessive sodium ingestion, tachycardia, and vasospasm
- c. Restricting, laxative abuse, diuretic abuse, and vomiting
- d. Raynaud's phenomenon and hyperaldosteronism

6. What minimum score on the SCOFF questionnaire indicates a likely case of anorexia or bulimia?

- a. 2
- b. 3
- c. 4
- d. 5

7. Gastroparesis improves almost immediately with increased nutrition. T or F

8. Restricting behavior can cause which of the following GI concerns?

- a. Mallory-Weiss tears
- b. Ulcerative Colitis
- c. Gastroparesis
- d. Liver Cancer

9. Which of the following indicate the patient may need a higher level of care?

- a. Worsening eating disorder behaviors
- b. A very low BMI
- c. Failure to weight restore
- d. Low Potassium
- e. All of the above

10. Which of the following types of pain or painful conditions are caused by eating disorders?

- a. Spiritual pain
- b. Rheumatoid arthritis
- c. Celiac disease
- d. Sickle cell disease