

CME Section

CME SECTION

The *Journal of Pediatric Rehabilitation Medicine: An Interdisciplinary Approach* is sponsored by Children's Hospital & Research Center Oakland to provide physicians with the opportunity of earning category 1 CME credits by reading the designated articles, by following the instructions for the self-assessment exam, and by sending the completed documentation to Rob Newells, Managing Editor, *Journal of Pediatric Rehabilitation Medicine: An Interdisciplinary Approach*, Children's Hospital & Research Center Oakland, 747 52nd Street, Oakland, CA 94609.

The CME article published in the January 2008 issue is valid for CME credit through December 31, 2008. There is no additional cost to current *Journal* subscribers for participating in the CME activity. Non-*Journal* subscribers may participate in the activity at a cost of \$15 per exam per issue. The \$15 exam fee must be submitted to Children's Hospital with each answer sheet and with the completed evaluation and certification page. Participants should retain a copy of any materials submitted.

Every question or request for information on the exam answer sheet, the evaluation, and the certification pages must be completed to be eligible for CME credit. Leaving any item unanswered will make void the participant's response, and no credit will be awarded.

Participants may read the articles, take the exam by issue (1 credit/issue), or wait to study several issues together. Documentation can be received at the *Journal* office at any time throughout the year, and accurate records will be maintained for each participant. CME certificates are issued only once per year, in January, for the total number of credits earned during the prior year.



Children's Hospital & Research Center Oakland is accredited by the Institute of Medical Quality and the California Medical Association to provide continuing medical education for physicians. Children's Hospital & Research Center Oakland takes responsibility for the content, quality and scientific integrity of this CME activity.

Children's Hospital & Research Center Oakland designates this educational activity for a maximum of 1 hour of Category 1 credit toward the California Medical Association's Certification in Continuing Medical Education and the AMA's Physician Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

If you have any questions, please email the editor (jneufeld@mail.cho.org).

This is an adult learning experience and there is no requirement for obtaining a certain score. The objective is to have each participant learn from the total experience of studying the article, taking the exam, and being able to immediately receive feedback with the correct answers. For complete information, please see "Instructions for Obtaining Continuing Medical Education Credit" at the front of this issue.

CME Objectives:

Vol. 1, No. 2 · May 2008

CME Article Number 2: *S. Apkon, et al.*

On completion of this article, the reader should be able to 1) describe the prevalence of fractures in cerebral palsy, 2) describe the use of dual-energy x-ray absorptiometry (DXA) in determining bone mineral density, 3) describe current treatment options for osteoporosis in children with cerebral palsy.

Level: Moderate.

INSTRUCTIONS TO OBTAIN CATEGORY 1 CME CREDITS:

1. Read the Designated CME Article in this issue.
2. Read the following CME Self-Assessment Exam Questions.
3. Photocopy and complete the CME Self-Assessment Exam Answer Sheet and CME Evaluation.
4. Send the completed Answer Sheet and Evaluation to: *Journal of Pediatric Rehabilitation Medicine*, Children's Hospital & Research Center Oakland, 747 52nd Street, Oakland, CA 94609.

CME Self-Assessment Exam Questions

CME Article Number 1: *S. Apkon, et al.*

1. When interpreting DXA results in children, one must compare the patient to other children the:
 - A. Same age and disability
 - B. Same sex and disability
 - C. Same age and sex
 - D. Same age and height
 - E. Same age and weight
2. The best site to obtain bone density measurements on a child with cerebral palsy is:
 - A. Distal femur
 - B. Femoral neck
 - C. Greater trochanter
 - D. Lumbar spine
 - E. Wrist
3. Risk factors for reduced bone mineral density in children with cerebral palsy include the following:
 - A. Spasticity and anti-epileptic medications
 - B. Anti-epileptic medications and undernutrition
 - C. Undernutrition and frequent hospitalizations
 - D. Vitamin D deficiency and history of spica casts
 - E. Frequent hospitalizations and anti-epileptic medications
4. Which non-pharmacological interventions for the treatment of reduced bone mineral density has demonstrated a benefit in the femur?
 - A. Use of a gait trainer
 - B. Treadmill training
 - C. Use of a vibrating platform
 - D. Use of a stander
 - E. Active weight bearing activities
5. Clinicians should consider the use of IV pamidronate in the following child with cerebral palsy?
 - A. GMFCS classification IV
 - B. Gastrostomy tube fed
 - C. seizure disorder and on carbamazepine
 - D. Z-score of -3.5 obtained on baseline testing
 - E. Recent history of femur fracture due to transfer from wheelchair

CME Self-Assessment Exam Answer Sheet

**JOURNAL OF PEDIATRIC REHABILITATION MEDICINE: AN
INTERDISCIPLINARY APPROACH**

Vol. 1, No. 2 · May 2008

CME Article Number 1: S. Apkon, et al.

Circle the appropriate answers.

- | | | | | | |
|----|---|---|---|---|---|
| 1. | A | B | C | D | E |
| 2. | A | B | C | D | E |
| 3. | A | B | C | D | E |
| 4. | A | B | C | D | E |
| 5. | A | B | C | D | E |

After finishing this exam:

1. Complete the CME Evaluation and Certification page and mail to *Journal of Pediatric Rehabilitation Medicine*, Children's Hospital & Research Center Oakland, 747 52nd Street, Oakland, CA 94609.
2. This educational activity must be completed and postmarked by December 31, 2008.

CME EVALUATION & CERTIFICATION

	Poor	Satisfactory	Outstanding
Was the article consistent with the stated objectives?	1	2	3
Did reading this article prepare you to achieve its stated objective?	1	2	3
Is reading this article likely to enhance your professional effectiveness?	1	2	3
Was the article format conducive to learning?	1	2	3

Suggestions for future topics?: _____

I, _____, certify that I have met the criteria for CME credit by studying the designated materials, by responding to the self-assessment questions, by reviewing those parts of the article dealing with any question(s) answered incorrectly, and by referring to the supplemental materials listed in the references.

This educational activity is designated for 1 category 1 CME credit.

Indicate total credits claimed: _____ (maximum of 1 credits)

Signature of Participant _____ Date _____

Do you have any individual subscription to the *Journal*? Yes No

If you are not a *Journal* subscriber, have you enclosed payment of \$15 with your exam? Yes No

Payment Options: Check (Payable to Children's Hospital) VISA Mastercard

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