

Acute Respiratory Care of the Neonate, 3rd Edition—Course 1

TEST DIRECTIONS

1. Please fill out the answer form and include all requested information. We are unable to issue a certificate without complete information.
 2. All questions and answers are developed from the information provided in the book. Select the one best answer and fill in the corresponding circle on the answer form.
 3. Mail the answer form to NICU INK, 1425 N. McDowell Blvd., Ste. 105, Petaluma, CA 94954-6513 with a check for \$60 (processing fee) made payable to NICU INK. This fee is non-refundable.
 4. You will be notified of your test results within 6 weeks. Please retain the test for your records.
 5. An answer key is available upon request with completion of the exam.
 6. A total of 20 contact hours* for the course (including 2.8 hours of pharmacology credit) may be earned as CNE credit for reading the material and for completing a posttest and evaluation. To be successful the learner must obtain a grade of at least 80% on the test.
 7. No relevant financial interest or affiliation with any commercial interests was disclosed by members of the activity test panel. No commercial support/sponsorship was provided for this education activity. The Academy of Neonatal Nursing (ANN)/American Nurses Credentialing Center (ANCC) does not endorse any commercial products discussed in conjunction with this educational activity.
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- * Contact hours based on a 60-minute hour.

COURSE OBJECTIVES

After reading the book and taking the test, the participant will be able to:

1. Discuss lung mechanics in the premature infant.
2. Describe the pathophysiology of common lung diseases.
3. Summarize the pathophysiology of the three types of apnea.
4. Outline the nursing care of the infant in acute respiratory distress.
5. Interpret pulmonary function data.
6. Correctly analyze neonatal blood gases.
7. Explain the principles of mechanical ventilation.
8. Discuss the special aspects of the nursing care of neonates on various types of noninvasive ventilation.
9. Compare two types of mechanical ventilation as to which infants respond best to which therapy.
10. Discuss complications of positive pressure ventilation in the premature neonate.
11. Evaluate the impact of surfactant and inhaled nitric oxide therapies.
12. Compare and contrast high-frequency jet ventilation and high-frequency oscillatory ventilation.
13. List the criteria used to select infants as extracorporeal membrane oxidation candidates.

1. The structures of the respiratory system arise from which of the following structures?

- a. cardiac tube c. primitive esophagus
b. laryngotracheal groove

2. The onset of the canalicular stage of lung development is signaled by:

- a. branching of the terminal bronchioles
b. development of terminal sacculles
c. flattening of epithelial cells

3. Which of the following critical changes occurs in the terminal saccular stage?

- a. mature alveoli form
b. rudimentary blood vessels develop
c. surfactant secretion begins

4. Pulmonary cell proliferation is controlled by which gene?

- a. fibroblast growth factor 8
b. sonic hedgehog
c. thyroid transcription factor

-
5. In fetal pigs, ligation of one of the pulmonary arteries results in increased alveolar growth in:
- the affected lung
 - both lungs
 - the contralateral lung
-
6. In the fetal lung, vasculogenesis of the bronchial vessels is completed by week _____ of gestation.
- 16
 - 20
 - 24
-
7. The area of the alveolus where gas exchange occurs most rapidly is in the:
- cytoplasmic extensions
 - lamellar bodies
 - type II cells
-
8. Ninety percent of surfactant consists of:
- carrier molecules
 - lipid
 - protein
-
9. Secretion of surfactant into the alveoli is stimulated by which of the following?
- catecholamines
 - glucocorticoids
 - thyroid hormones
-
10. Fetal breathing movements are inhibited by:
- catecholamines
 - corticosteroids
 - prostaglandins
-
11. The normal volume of the neonatal lung at term is _____ mL/kg.
- 15
 - 20
 - 25
-
12. Tidal volume (V_T) refers to the volume of air:
- left in the alveoli on expiration
 - displaced with each breath
 - that moves in and out of the large airways
-
13. Looking at a pressure-volume loop, a vertical compliance line indicates a lung with:
- decreased compliance
 - increased compliance
 - increased work of breathing
-
14. A normal tidal volume for a term infant is _____ mL/kg.
- 2–4
 - 6–8
 - 10–12
-
15. The healthy term infant's partial pressure of oxygen (PaO_2) at birth is _____ mmHg.
- 25
 - 50
 - 75
-
16. Factors which predispose an infant to respiratory distress syndrome (RDS) include:
- female sex
 - first born twin
 - prematurity
-
17. Conditions which reduce the likelihood that a newborn will have RDS include:
- fetal growth restriction
 - maternal alcohol use
 - multiple gestation
-
18. An ominous sign in infants in early stage RDS is:
- apnea
 - grunting
 - retractions
-
19. Maternal asthma is thought to increase the risk of transient tachypnea of the newborn (TTN) by altering:
- airway resistance
 - lung volumes
 - sodium transport
-
20. In infants with TTN, fluid first clears from the:
- lower lung fields
 - perihilar area
 - upper lung fields
-
21. The most common route for acquisition of organisms causing neonatal pneumonia is:
- perinatal ascending
 - postnatal contact
 - transplacental
-
22. In a newborn with pneumonia, concurrent hepatosplenomegaly suggests that the infection is caused by a:
- bacterium
 - fungus
 - virus
-
23. Which of the following drugs is recommended for the treatment of pneumonia caused by Chlamydia?
- azithromycin
 - imipenem
 - piperacillin-tazobactam
-
24. A 33 percent reduction in the incidence of meconium aspiration syndrome (MAS) has been attributed to which of the following?
- enhanced fetal monitoring
 - fewer postterm deliveries
 - increased numbers of cesarean deliveries
-
25. Which of the following radiographic findings are typical of MAS?
- loss of volume
 - patchy infiltrates
 - uniform haziness
-
26. During auscultation, typical findings of persistent pulmonary hypertension of the newborn (PPHN) include a murmur that is:
- heard in the axilla
 - long and harsh
 - soft and musical
-
27. Differences between pre- and postductal saturations that exceed 15–20 mmHg indicate:
- lack of significant shunting
 - significant left-to-right shunting
 - significant right-to-left shunting
-

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28. Treatment of PPHN with hyperventilation has been found to increase the risk of:
- a. cardiac failure c. renal damage
b. poor neurologic outcomes
-
29. Apnea with muscle activity and absent airflow is termed:
- a. central c. obstructive
b. mixed
-
30. Where are the most important of the peripheral chemoreceptors in the respiratory feedback loop located?
- a. carotid bodies c. superior vena cava
b. descending aorta
-
31. Compared to adults, peripheral chemoreceptor activity is:
- a. decreased c. the same
b. increased
-
32. The ventilatory response to PCO₂ begins to increase after how many weeks of gestation?
- a. 28 c. 32
b. 30
-
33. Chest distortion occurring during rapid eye movement sleep stimulates which of the following reflexes?
- a. diving
b. Hering-Breuer
c. intercostal phrenic inhibitory
-
34. Sighs are thought to play a role in apnea by decreasing:
- a. dead space ventilation c. PCO₂ levels
b. lung volumes
-
35. Which of the following maternal medications is implicated in newborn apnea?
- a. indomethacin c. magnesium sulfate
b. labetalol
-
36. Stimulation of what receptors triggers the diving reflex?
- a. central chemoreceptors c. stretch receptors
b. laryngeal receptors
-
37. Methylxanthines prevent apnea by blocking:
- a. adenosine c. endorphins
b. dopamine
-
38. At what postconceptional age in weeks does the risk of apnea in preterm infants become equivalent to that of term infants?
- a. 39–40 c. 43–44
b. 41–42
-
39. The first period of reactivity after birth typically encompasses the first _____ minutes of life.
- a. 30 c. 90
-
- b. 60
-
40. In newborns, the most sensitive thermal receptors are located in which area of the body?
- a. abdomen c. face
b. scapula
-
41. Which of the following encourages heat loss through convection?
- a. bathing
b. cool drafts
c. placing the infant directly on an x-ray cassette
-
42. Gestational age assessment is less accurate in the presence of:
- a. low birth weight c. neurologic injury
b. intrauterine growth restriction
-
43. In three newborns with the same PaO₂, which one is more likely to appear cyanotic? One with a hemoglobin of:
- a. 13 g/dL (130 g/liter) c. 19 g/dL (190 g/liter)
b. 16 g/dL (160 g/liter)
-
44. Fine crackles reflect sounds generated in the:
- a. distal airways c. trachea
b. mainstem bronchi
-
45. A molecule of hemoglobin is capable of combining with how many molecules of oxygen?
- a. 2 c. 4
b. 3
-
46. Which of the following shifts the oxygen disassociation curve to the right?
- a. acidosis c. low PCO₂
b. hypothermia
-
47. Arteries recommended for intermittent arterial punctures include the:
- a. dorsalis pedis c. temporal
b. femoral
-
48. Heelstick sampling may result in false elevation of which of the following?
- a. calcium c. sodium
b. potassium
-
49. On chest x-ray, which of the following heart shapes is characteristic of tetralogy of Fallot?
- a. boot c. snowman
b. egg
-
50. Which of the following is an example of a condition associated with an opaque chest x-ray?
- a. MAS
b. pulmonary hemorrhage
c. pulmonary interstitial emphysema (PIE)
-

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73. Which of the following blood gas sources most accurately reflects placental status?
- fetal scalp sampling
 - umbilical arterial blood
 - umbilical venous blood
-
74. Newborns begin to appear cyanotic at an approximate PaO₂ of ____ mmHg.
- 40
 - 50
 - 60
-
75. An arterial blood gas is obtained in a 2-hour-old, 35-week newborn. The results are as follows: pH 7.31, PCO₂ 48, PO₂ 50, HCO₃⁻ 24. The best interpretation for this gas is:
- compensated respiratory alkalosis
 - compensated metabolic acidosis
 - uncompensated respiratory acidosis
-
76. Pressure-cycled ventilators give a breath to a preset:
- time
 - pressure
 - volume
-
77. Volume ventilation for a nonhomogenous lung condition such as pneumonia increases the risk of:
- airway collapse
 - overdistension
 - ventilation-perfusion mismatching
-
78. With a pressure-limited ventilator, the primary determinant of V_T is:
- airway pressure gradient (ΔP)
 - PEEP
 - peak inspiratory pressure (PIP)
-
79. Alveolar ventilation can be estimated by multiplying the ventilator rate by the:
- ΔP
 - PIP
 - PEEP
-
80. The minimum flow rate for a mechanically ventilated infant is how many times the infant's minute ventilation?
- 2
 - 3
 - 4
-
81. Increasing PEEP without changing the PIP is most likely to result in which of the following?
- decreased oxygenation
 - decreased ventilation
 - increased ventilation
-
82. Which of the following maneuvers can be used to increase mean airway pressure (Paw)?
- decrease the ventilator rate
 - decrease the PEEP
 - increase the inspiratory flow rate
-
83. Compliance refers to the lung's ability to:
- remain open
 - recoil
 - stretch
-
84. The major determining factor of lung compliance is:
- alveolar surface tension
 - chest wall rigidity
 - lung volume
-
85. The most important factor determining resistance through an endotracheal (ET) tube is:
- flow rate
 - tube radius
 - tube length
-
86. In a 3-mm ET tube, turbulent flow occurs when the flow rate reaches ____ liters/minute.
- 7
 - 7.5
 - 8
-
87. Which of the following is an example of a restrictive lung disorder?
- congenital cystic adenomatoid malformation
 - pneumonia
 - TTN
-
88. Which of the following has been reported as a benefit of bubble CPAP? It:
- delivers high humidity to the airways
 - generates variable gas flow rates
 - produces chest wall vibrations
-
89. According to the American Association for Respiratory Care, oxygen flow rates for nasal cannula should be limited to ____ liters/minute.
- 1
 - 2
 - 3
-
90. Minute ventilation is calculated by multiplying respiratory rate by:
- FRC
 - inspiratory pressure
 - V_T
-
91. The use of CPAP in neonates has been shown to stimulate the secretion of:
- antidiuretic hormone
 - cytokines
 - glucagon
-
92. In the first study of the INSURE method of respiratory support the number of neonates requiring mechanical ventilation decreased by ____ percent.
- 25
 - 50
 - 70
-
93. The minimum flow level for effective noninvasive ventilation (NIV) is ____ liters/minute.
- 3
 - 5
 - 7
-

-
94. Complications reported with early generation face mask CPAP include:
 a. cerebellar hemorrhage c. pneumothorax
 b. nasal septal erosion
-
95. Ideal characteristics of nasal prongs include which of the following features? They:
 a. can be firmly secured
 b. are long
 c. rest against the nasal septum
-
96. Reported complications of NIV include:
 a. decreased cardiac output c. tracheomalacia
 b. laryngeal edema
-
97. The most common cause of nasal trauma in NIV is:
 a. inadequate humidity c. prongs that are too small
 b. incorrect prong position
-
98. The minimum recommended gas temperature for NIV is ____°C.
 a. 34.5 c. 36.5
 b. 35.5
-
99. Criteria for intubating a baby on NIV includes the need for > ____ percent FiO₂.
 a. 40 c. 60
 b. 50
-
100. Which of the following scenarios best represents SIMV?
 a. every patient-initiated breath is supported to a preset level
 b. a preset number of breaths per minute are introduced by the ventilator
 c. a set number of patient-initiated breaths are supported to a preset level
-
101. Which of the following is a distinguishing characteristic of pressure support ventilation?
 a. the breath is terminated when inspiratory flow declines
 b. a preset number of breaths is supported
 c. breath size is determined by inspiratory time
-
102. Volume guarantee is considered a self-weaning mode because:
 a. each breath is supported
 b. inspiratory pressure is autoregulated
 c. PEEP is decreased as the lungs improve
-
103. The most common cause of hypoxemia in neonates with lung disease is:
 a. air trapping
 b. poor perfusion
 c. ventilation-perfusion mismatch
-
104. Which of the following infants would be expected to have a short time constant? One with:
 a. chronic lung disease
 b. MAS
 c. RDS
-
105. In ventilated infants, the best bedside marker of adequate lung volumes is:
 a. oxygen levels
 b. pressure requirements
 c. spontaneous breathing effort
-
106. Which of the following is a consequence of setting a V_T that is too high for the infant?
 a. air trapping c. poor respiratory drive
 b. hypoxia
-
107. The risk of air leaks is thought to be higher in premature infants because of a decrease in the:
 a. elastic resistance of the alveoli
 b. number and size of the pores of Kohn
 c. calcification of the ribs
-
108. PIE is more common in infants who:
 a. are premature c. have pneumonia
 b. have aspirated meconium
-
109. Which of the following is a risk factor for spontaneous pneumothorax?
 a. female sex c. second of twins
 b. low one-minute Apgar
-
110. In aspirating a tension pneumothorax, the needle is usually inserted into which intercostal space?
 a. second or third c. sixth or seventh
 b. fourth or fifth
-
111. Factors increasing the risk of tracheomalacia include:
 a. frequent apnea c. use of an uncuffed ET tube
 b. gastroesophageal reflux
-
112. Pulmonary hemorrhage is more common in infants with:
 a. Group B Streptococcus sepsis
 b. patent ductus arteriosus (PDA)
 c. pneumothorax
-
113. High levels of PIP are least likely to affect cardiac output in neonates with:
 a. normal lungs c. RDS
 b. pneumothorax
-
114. Using M-mode echocardiography the presence of a PDA is confirmed when the ratio of aortic root to left atrium is:
 a. <1:1 c. >1:1
 b. 1:1
-

-
137. Side effects of metaproterenol include:
 a. hypotension c. vomiting
 b. tachycardia
-
138. Atrovent is a/an:
 a. adrenergic agonist c. xanthine
 b. anticholinergic
-
139. HFV refers to a mode of ventilation that uses a rate of \geq _____ breaths per minute.
 a. 100 c. 200
 b. 150
-
140. In HFV, oxygenation is influenced by inspired oxygen concentrations and:
 a. Paw c. ventilator rate
 b. inspiratory pressure
-
141. During HFV, the “pendelluft” effect occurs because the respiratory units have different:
 a. perfusion c. time constants
 b. sizes
-
142. In high-frequency jet ventilation (HFJV), exhalation is:
 a. active c. passive
 b. dependent on amplitude
-
143. Compared to high-frequency oscillatory ventilation (HFOV), HFJV allows the use of lower:
 a. PEEP c. V_T
 b. PIP
-
144. The usual frequency for HFOV is _____ cycles.
 a. 300–600 c. 900–1,200
 b. 600–900
-
145. When switching an infant with MAS from conventional mechanical ventilation (CMV) to HFOV, it is recommended that the Paw be:
 a. decreased by 1–2 cmH₂O
 b. increased by 1–2 cmH₂O
 c. remain the same as the CMV PIP
-
146. HFJV has been shown to be of benefit in treating MAS over HFOV because HFJV:
 a. enhances surfactant release
 b. mobilizes secretions
 c. results in fewer air leaks
-
147. In studies comparing HFJV and CMV, the incidence of PIE in the HFJV group was what compared to CMV?
 a. decreased c. the same
 b. increased
-
148. The incidence of necrotizing tracheobronchitis in patients receiving high-frequency ventilation is estimated to be _____ percent.
 a. 2–4 c. 10–12
 b. 6–8
-
149. During assessment of an infant on HFV, the nurse notes higher pitched breath sounds. This increased pitch is most likely related to the presence of:
 a. atelectasis c. secretions
 b. air leak
-
150. Extracorporeal membrane oxygenation (ECMO) is contraindicated in which of the following infants? One who:
 a. has a Grade II IVH
 b. is 36 weeks gestational age
 c. weighs 2.2 kg
-
151. Venoarterial (VA) bypass is recommended for ECMO primarily for _____ support.
 a. cardiac
 b. respiratory
 c. both cardiac and respiratory
-
152. Which vein is used for venovenous (VV) bypass?
 a. femoral c. umbilical
 b. internal jugular
-
153. Relative contraindications for VV bypass include:
 a. anuria
 b. respiratory acidosis
 c. pulmonary hypertension
-
154. The ideal position for the arterial catheter in VA bypass is at the:
 a. aortic arch
 b. left atrium
 c. junction of the carotic artery and aorta
-
155. Causes of increased postmembrane pressures include:
 a. inadequate catheter size
 b. kinking of the arterial catheter
 c. pneumothorax
-
156. The mechanism for peripheral hypotension in VV double-lumen bypass is thought to be:
 a. anemia
 b. hypocapnia
 c. reduction in blood viscosity
-
157. With VA bypass, the typical blood flow is _____ mL/kg/minute.
 a. 80–100 c. 120–140
 b. 100–120
-

158. Platelet destruction in the ECMO circuit is minimized by flushing the circuit with:
a. albumin
b. carbon dioxide
c. heparin

159. Thrombocytopenia can develop for up to how many days after ECMO is discontinued?
a. 2
b. 3
c. 4

160. Which of the following parameters represents the best tool for assessing adequate flow in VA bypass?
a. PaO₂
b. pH
c. SvO₂

161. The most common mechanical complication during ECMO is:
a. displacement
b. clots in the circuit
c. vessel rupture

ANSWER FORM: Acute Respiratory Care of the Neonate, 3rd Edition—Course 1

Please completely fill in the circle of the one best answer using a dark pen.

Questions are numbered vertically.

- | | | | | | | | | | |
|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|-------------------------------|-------------------------------|
| 1. a. <input type="radio"/> | 13. a. <input type="radio"/> | 25. a. <input type="radio"/> | 37. a. <input type="radio"/> | 49. a. <input type="radio"/> | 61. a. <input type="radio"/> | 73. a. <input type="radio"/> | 85. a. <input type="radio"/> | 97. a. <input type="radio"/> | 109. a. <input type="radio"/> |
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| 9. a. <input type="radio"/> | 21. a. <input type="radio"/> | 33. a. <input type="radio"/> | 45. a. <input type="radio"/> | 57. a. <input type="radio"/> | 69. a. <input type="radio"/> | 81. a. <input type="radio"/> | 93. a. <input type="radio"/> | 105. a. <input type="radio"/> | 117. a. <input type="radio"/> |
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| 10. a. <input type="radio"/> | 22. a. <input type="radio"/> | 34. a. <input type="radio"/> | 46. a. <input type="radio"/> | 58. a. <input type="radio"/> | 70. a. <input type="radio"/> | 82. a. <input type="radio"/> | 94. a. <input type="radio"/> | 106. a. <input type="radio"/> | 118. a. <input type="radio"/> |
| b. <input type="radio"/> | b. <input type="radio"/> | b. <input type="radio"/> | b. <input type="radio"/> | b. <input type="radio"/> | b. <input type="radio"/> | b. <input type="radio"/> | b. <input type="radio"/> | b. <input type="radio"/> | b. <input type="radio"/> |
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| 11. a. <input type="radio"/> | 23. a. <input type="radio"/> | 35. a. <input type="radio"/> | 47. a. <input type="radio"/> | 59. a. <input type="radio"/> | 71. a. <input type="radio"/> | 83. a. <input type="radio"/> | 95. a. <input type="radio"/> | 107. a. <input type="radio"/> | 119. a. <input type="radio"/> |
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| 12. a. <input type="radio"/> | 24. a. <input type="radio"/> | 36. a. <input type="radio"/> | 48. a. <input type="radio"/> | 60. a. <input type="radio"/> | 72. a. <input type="radio"/> | 84. a. <input type="radio"/> | 96. a. <input type="radio"/> | 108. a. <input type="radio"/> | 120. a. <input type="radio"/> |
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121. a. b. c.
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 155. a. b. c.
 160. a. b. c.

Acute Respiratory Care of the Neonate, 3rd Edition—Course 1

Name _____
Please Print

Address _____

City _____ State _____ Zip _____

Nursing License # _____ State(s) of License _____

Phone # _____ E-mail _____
(optional)

Test expires
 May 20
 2018

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CHECK
GRADE
PASSED / FAILED
CERTIFICATE ISSUED
MAIL DATE IF DIFFERENT
REFERENCE #

Evaluation Directions

Thank you for taking the time to assist us in evaluating the effectiveness of this course. Using the scale below, darken the circles corresponding to your responses. If an item is not applicable, leave it blank.

①	②	③	④	⑤
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Objectives: I am able to:

- | | |
|-------------------------------------------------------------------------------------------------------------|-----------|
| 1. Discuss lung mechanics in the premature infant. | ① ② ③ ④ ⑤ |
| 2. Describe the pathophysiology of common lung diseases. | ① ② ③ ④ ⑤ |
| 3. Summarize the pathophysiology of the three types of apnea. | ① ② ③ ④ ⑤ |
| 4. Outline the nursing care of the infant in acute respiratory distress. | ① ② ③ ④ ⑤ |
| 5. Interpret pulmonary function data. | ① ② ③ ④ ⑤ |
| 6. Correctly analyze neonatal blood gases. | ① ② ③ ④ ⑤ |
| 7. Explain the principles of mechanical ventilation. | ① ② ③ ④ ⑤ |
| 8. Discuss the special aspects of the nursing care of neonates on various types of noninvasive ventilation. | ① ② ③ ④ ⑤ |
| 9. Compare two types of mechanical ventilation as to which infants respond best to which therapy. | ① ② ③ ④ ⑤ |
| 10. Discuss complications of positive pressure ventilation in the premature neonate. | ① ② ③ ④ ⑤ |
| 11. Evaluate the impact of surfactant and inhaled nitric oxide therapies. | ① ② ③ ④ ⑤ |
| 12. Compare and contrast high-frequency jet ventilation and high-frequency oscillatory ventilation. | ① ② ③ ④ ⑤ |
| 13. List the criteria used to select infants as extracorporeal membrane oxidation candidates. | ① ② ③ ④ ⑤ |

Presentation

- | | |
|------------------------------------------------------------------------------------------------------|-----------|
| 1. The material presented is relevant to my practice. | ① ② ③ ④ ⑤ |
| 2. The content of this activity is likely to engender a change in my clinical practice. | ① ② ③ ④ ⑤ |
| 3. The questions on the test reflected the content of the book. | ① ② ③ ④ ⑤ |
| 4. The book content was comprehensive. | ① ② ③ ④ ⑤ |
| 5. The test directions were clear. | ① ② ③ ④ ⑤ |
| 6. The CNE activity was free of commercial bias. | ① ② ③ ④ ⑤ |
| 7. I would recommend this CNE activity to colleagues. | ① ② ③ ④ ⑤ |
| 8. I perceive the education level of this course to be:
1 = Basic; 2 = Intermediate; 3 = Advanced | ① ② ③ |

9. How long did it take you to complete the course? _____ hours _____ minutes

10. In what level unit do you practice? I___ II___ III___

I am a staff nurse NNP nurse manager _____ other (please state)

What subjects would you like to see offered for CE courses? _____

Additional comments: _____