

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:**

Attendee Name: _____ (required)

Attendee Email: _____

Circle the answer(s) for each question. This is a self-assessment; answers are listed on the last 2 pages.

Key Updates in Commercial Driver Medical Fitness Including Cannabis and the Clearinghouse

1. If a commercial motor vehicle operator wears a hearing aid but still does not meet FMCSA standards, which of the following should the examiner mark on the Medical Examiner Certificate
 - a. requires hearing air
 - b. Requires hearing exemption
 - c. both

2. The 2013 Cardiovascular Expert Panel Recommendation Tables suggest that drivers with hypertrophic cardiomyopathy should always be disqualified.

3. Use of CBD is a valid explanation for a THC positive on a Federal drug test

4. FMCSA Medical Requirements: May a driver who has non-insulin treated diabetes mellitus (treated with oral medication) be certified for 2 years?
 - a) No. One year is the maximum certification permitted by the FMCSA for non-insulin treated diabetes mellitus.
 - b) Yes, the Medical Examiner determines if the condition is adequately controlled and length of certification or disqualification. However, the FMCSA recommends that drivers with non-insulin treated diabetes (treated with oral medications) have annual re-certification.
 - c) No. Drivers with non-insulin treated diabetes mellitus (treated with oral medication) may not be certified.

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:****The Impact of Michigan's Marijuana Legalization on Employment and Worker's Compensation**

5. Unless the employer is federally regulated (e.g. under DOT), Michigan employers must accommodate the use of medical marijuana under ADA if the employee has a qualifying condition. T/F
6. Under Proposal One, an adult over age 21 may store up to 10 ounces of marijuana in their home so long as any amount over 2.5 ounces is secured in a locked container. T/F
7. Employers can deny a worker's compensation claim if an employee tests positive for marijuana following an accident if it is determined that:
- the injury was the primary cause of lost wages.
 - the injury was the primary cause of medical expense.
 - the employee was terminated for non-compliance with the employer's drug free workplace policy and thus wage loss is not attributed to the injury.
 - the injury resulted from intentional and willful conduct.
 - the employee's intoxication caused the injury.

2020 Substance Use in Michigan – Impact of the Pandemic

8. What is NOT a substance use disorder?
- Brain disorder
 - Conduct disorder
 - Substance abuse or dependence
 - Chronic and treatable medical condition
9. In Michigan, 78 percent of overdose deaths involved which of the following in 2018?
- Benzodiazepines
 - Amphetamines
 - Opioids
 - Cocaine

ACOEM Update & COVID-19 State Legislation

10. Virginia and others consider the following exposures or job tasks to be very high risk for SARS CoV-2 exposure:
- Poultry, meat, and seafood processing
 - Autopsy with aerosol generating procedure
 - Home health care and long-term care facilities
 - Fitness, gyms and exercise facilities

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:**

11. COVID-19 workers compensation presumptions typically include:
- a. Day care workers
 - b. First responders
 - c. Meat packers
 - d. Dentists
12. Symptoms based strategies for return to work following COVID-19 disease include:
- a. At least 72 hours fever free off
 - b. At least 14 days since onset of symptoms
 - c. No respiratory symptoms
 - d. 2 negative SARS CoV-2 RNA tests

Organic vs. Conventional Pesticides – what are they and how they impact human health and the environment

13. Organic and conventional pesticides are regulated by which agency
- a. USDA
 - b. FDA
 - c. EPA
 - d. EPA and USDA
14. Organic pesticides have less impact on human and environment
- a. Yes
 - b. No
 - c. Case by case
15. Safety assessment was conducted by comparing
- a. Hazard and exposure
 - b. Naturally or synthetically derived
 - c. Toxicity and label

Overview of PFAS Exposure and Health

16. For the general public, what is the major route of PFAS exposure?
- a. Inhalation
 - b. Dermal contact
 - c. Ingestion
 - d. All of the above contribute equally
17. Which health effects have been found to be associated with PFAS exposure?
- a. Changes in serum lipids
 - b. Mesothelioma
 - c. Pregnancy-induced hypertension
 - d. Both A and C

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:**

18. For the general public, what is CDC/ATSDR's current recommendation for health monitoring for a patient with PFAS exposure?
- Extra testing is needed no matter the signs or symptoms of illness or a patient's overall risk factors, family history, and environmental exposure history
 - Regular preventative services, including follow up of any signs or symptoms of illness with consideration of a patient's overall risk factors, family history, and environmental exposure history
 - Regular preventative services with no additional considerations
 - Follow the American PFAS Council's Exposure Clinical Guidelines

Suicide Prevention

19. What percentage of persons who die by suicide seen their primary care provider within the month before their death?
- 15%
 - 25%
 - 45%
20. What is Thomas Joiner's Interpersonal Theory of Suicide?
- Thwarted belongingness (I'm alone)
 - Perceived Burdensomeness (I'm a burden)
 - Acquired capability (not afraid to die)
 - All of the above
21. 1 in 25 people that attempt suicide will go on to complete suicide within five years
- True
 - False

Understanding Current Practices to Diagnose and Treat Low Back Pain

22. True or False: Most low back pain is chronic. T/F
23. True or False: About 10 percent of people affected by acute low back pain develop chronic low back pain with persistent symptoms at one year. T/F
24. True or False: For patients with chronic low back pain, ACP recommends that physicians and patients initially select non-drug therapy with exercise, multidisciplinary rehabilitation, acupuncture, mindfulness-based stress reduction, tai chi, yoga, motor control exercise (MCE), progressive relaxation, electromyography biofeedback, low level laser therapy, operant therapy, cognitive behavioral therapy, or spinal manipulation. T/F

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:****Circadian Considerations in Occupational Health**

25. A healthy 60-year-old electric company worker comes to see you. He works day shifts, but is often called to work overtime, including nights. He typically gets 8 hours of sleep a night, but when working overtime, he often dozes off at work and even when driving. You have ruled out any contributing medical factors and medications and have counseled him on driving safety. Of the following medications, which one is FDA approved for the treatment of shift work disorder?

- a) methylphenidate
- b) caffeine
- c) modafinil
- d) dextroamphetamine

26. You are the medical expert to a nuclear power plant. During which time of day should you be most concerned about errors?

- a) 8:00 – 10:00 am
- b) 1:00 – 3:00 pm
- c) 8:00 – 10:00 pm
- d) 2:00 – 4:00 am

27. A young business with delayed sleep phase syndrome has a typical wake time on weekends of 2 pm. He typically has to wake up at 7:30 am to go to work at 9 am. He comes to see you because he has a hard time waking up and is often late for work. What do you recommend as initial treatment?

- a) Wear dark glasses on ride to work, get bright light exposure after 1 pm.
- b) Continue getting bright light to the way to work, around 8 am.
- c) Wear dark glasses in the morning, bright light exposure after 3 pm.
- d) Wake up at 8 am, light box for 1 hour, light exposure on the way to work.

Promoting Concussion Recovery: A Bio-Psycho-Social Model

28. According to ACRM classification, a concussion is a mild TBI with which of the following injury characteristics:

- a. GCS of 9-12, loss of consciousness of <30 minutes, post-traumatic amnesia of <1 day and positive intracranial imaging findings
- b. GCS of 13-15, loss of consciousness of <30 minutes, post-traumatic amnesia of <1 day, and negative intracranial imaging findings
- c. GCS of 13-15, loss of consciousness of <24 hours, post-traumatic amnesia of 1-7 days, and negative intracranial imaging findings
- d. GCS of 9-12, loss of consciousness of <30 minutes, post-traumatic amnesia of <1 day, and positive intracranial imaging findings

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:**

29. Numerous methodologically sound, well replicated studies on the dose-response relationship between TBI severity and cognitive outcomes indicate persons with concussion are back to baseline cognition after how long?

- a. Seven days to three months at the most
- b. One year
- c. Six months
- d. Two years

30. Which of the following can significantly impact outcomes post-TBI (select all that apply)?

- a. Involvement in injury-related litigation
- b. Application for SSDI
- c. Pre-injury work status
- d. Pre-injury psychiatric history

Nutrition and Preventive Cardiology

31. Heart disease can be prevented by:

- a) Not smoking
- b) Walking 30 minutes a day
- c) Sleeping 7 hours a night
- d) All the above

32. Heart disease can be reversed with:

- a) Bacon and eggs
- b) Sitting more than 7 hours a day
- c) Whole food plant diets
- d) Smoking cigars and cigarettes

33. Saturated fat in the diet can lead to:

- a) Reversal of prostate cancer
- b) Shrinkage of breast cancer
- c) Lowering blood cholesterol
- d) Coronary heart disease

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:****COVID-19 Update**

34. True or False: The Mi Safe Start Map provides risk determinations for the Michigan Economic Recovery Regions and can be drilled down to county level data.

35. What does R naught (R_0) values mean?

- a) If R_0 is less than 1, each existing infection causes less than one new infection. In this case, the disease will decline and eventually die out.
- b) If R_0 equals 1, each existing infection causes one new infection. The disease will stay alive and stable, but there won't be an outbreak or an epidemic.
- c) If R_0 is more than 1, each existing infection causes more than one new infection. The disease will be transmitted between people, and there may be an outbreak or epidemic.

Select the correct answer:

Both a and b are correct; both b & c are correct; c is correct, a is correct, abc is correct

36. True or False: Case incidence is always a good indicator of community risk.

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:****Answer Key**

1. Correct answer – B
2. Correct Answer - F
3. Correct answer – F
4. Correct answer – B
5. False
6. True
7. Correct answer – C, D, & E
8. Correct answer – B
9. Correct answer – C
10. Correct answer – B
11. Correct answer – B
12. Correct answer – A
13. Correct answer – D
14. Correct answer – C
15. Correct answer – A
16. Correct answer – C
17. Correct answer – D
18. Correct answer – B
19. Correct answer: C. 45% Am J Psychiatry. 2002;159:909–916.
20. Correct answer: D is the correct response. Joiner, T. E. (2005). *Why People Die by Suicide*. Cambridge, MA: Harvard University Press
21. Correct answer: True Carroll R, Metcalfe C, Gunnell D (2014)
22. Correct answer: False – Most low back pain is acute
23. Correct answer: False – About 20% of people affected by acute low back pain develop chronic low back pain with persistent symptoms at one year.
24. Correct answer: True
25. Correct answer: C, Modafinil and armodafinil are the only FDA-approved medications for treatment of shift work disorder. Caffeine can be helpful but is not a prescribed substance.

2020 MICHIGAN OCCUPATIONAL HEALTH CONFERENCE**MOC (Maintenance of Certificate) QUESTIONS:**

26. Correct answer: D , The greatest dip in alertness occurs around the CBTmin, which is around 4 am in most adults.
27. Correct answer: A, The patient's CBTmin is probably around noon (2 hours before typical wake time on weekends). Bright light exposure before noon will cause an unwanted phase delay. The best option is to minimize bright light exposure before noon, then seek bright light after noon (after CBTmin for phase advance).
28. Correct answer: B: GCS of 13-15, loss of consciousness of <30 minutes, post-traumatic amnesia of <1 day, and negative intracranial imaging findings
29. Correct answer: A: Seven days to three months at the most
30. Correct answer: **ALL APPLY:** Involvement in injury-related litigation, Application for SSDI, Pre-injury work status, Pre-injury psychiatric history
31. Correct answer: D
32. Correct answer: C
33. Correct answer: D
34. Correct answer: True <https://www.mistartmap.info/>
35. Correct answer: ABC is correct
36. Correct answer: False

The number of new cases (incidence) in a population does not always reflect the risk of transmission in a community. The main reason is that the composition or distribution of these cases may be very different, even while the overall total is the same. There also can be significant clustering from "superspreader" events that drive local transmission. For example, consider the following two hypothetical communities, A and B. Both have four new cases in a population of 20 people, so the case incidence rate is the same (one in five people). Community A however has a more demographically and geographically diverse distribution of cases than Community B, where three of four cases are located in the same long-term care facility. The risk of coming into contact with an infectious person in Community B is much lower than in Community A.