



Carlat Publishing

Medication Fact Book for Psychiatric Practice, Sixth Edition (2022)

CME Post-Test Study Guide

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Learning Objectives

1. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed ADHD medications.
2. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed antidepressants.
3. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed antipsychotics.
4. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed anxiolytic and hypnotic medications.
5. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed dementia medications.
6. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed mood stabilizers and anticonvulsants.
7. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed natural treatments.
8. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed sexual dysfunction medications.
9. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed medications used to treat the side effects of psychiatric drugs.
10. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed sleep disorder medications.
11. Describe the role and use of many of the most commonly prescribed somatic treatments.
12. Describe the dosing, side effects, pharmacokinetics, and drug interactions of many of the most commonly prescribed substance use disorder medications.
13. Detail the use of common psychiatric medications in pregnancy and lactation.
14. Describe the differences between each of the five schedules of controlled substances.

15. Discuss some of the recommended laboratory tests used to monitor psychiatric medications.
16. Describe the role of urine drug testing for substance use screening.
17. Describe the role of pharmacogenetic testing for psychiatric medications.
18. Discuss some of the common anticholinergic agents used in psychiatric treatment.
19. Describe the dosing of psychotropic medications in patients with hepatic or renal impairment.

Questions

1. When converting oral methylphenidate to methylphenidate patch (Daytrana), the dose of the methylphenidate patch should be _____ of the oral methylphenidate dose (LO #1).
 - a. 25%
 - b. 50%
 - c. 75%
 - d. 100%

2. What is viloxazine (Qelbree)'s mechanism of action (LO #1)?
 - a. Alpha-2 agonist
 - b. Selective dopamine reuptake inhibitor
 - c. Selective norepinephrine reuptake inhibitor
 - d. Dopamine and norepinephrine reuptake inhibitor

3. Azstarys is an extended-release formulation of which of the following (LO #1)?
 - a. Clonidine
 - b. Guanfacine
 - c. Dextroamphetamine/amphetamine
 - d. Serdexmethylphenidate/dexmethylphenidate

4. Which of these medications requires continuous pulse oximetry monitoring per a REMS program (LO #2)?

- a. Brexanolone (Zulresso)
- b. Esketamine (Spravato)
- c. Nefazodone (Serzone)
- d. Vortioxetine (Trintellix)

5. In low doses, which of the following antidepressants can inhibit the metabolism of clozapine to norclozapine (LO #2)?

- a. Mirtazapine (Remeron)
- b. Levomilnacipran (Fetzima)
- c. Fluvoxamine (Luvox)
- d. Sertraline (Zoloft)

6. Which of these medications is available as a sprinkle capsule (LO #2)?

- a. Clomipramine
- b. Duloxetine
- c. Escitalopram
- d. Fluoxetine

7. In the CATIE trial, what percentage of patients gained at least 7% of their initial weight taking olanzapine (LO #3)?

- a. 10%
- b. 20%
- c. 30%
- d. 40%

8. Which of the following is available as an oral inhaler for use in acute agitation (LO #3)?

- a. Loxapine (Adasuve)
- b. Lumateperone (Caplyta)
- c. Molindone (Moban)
- d. Pimavanserin (Nuplazid)

9. Which of the following must be taken with food to increase bioavailability (LO #3)?

- a. Fluphenazine (Prolixin)
- b. Iloperidone (Fanapt)
- c. Lurasidone (Latuda)
- d. Olanzapine (Zyprexa)

10. Taking eszopiclone (Lunesta) with a high-fat meal will _____ (LO #4).

- a. Delay its onset of effect
- b. Increase its effect
- c. Cause diarrhea
- d. Disrupt sleep architecture

11. Which of these medications is contraindicated in patients with narcolepsy (LO #4)?

- a. Doxepin (Silenor)
- b. Lemborexant (Dayvigo)
- c. Ramelteon (Rozerem)
- d. Temazepam (Restoril)

12. Which of these medications, while not particularly effective for maintaining sleep, is helpful for sleep initiation (LO #4)?

- a. Eszopiclone (Lunesta)
- b. Temazepam (Restoril)
- c. Zaleplon (Sonata)
- d. Zolpidem (Ambien)

13. A limiting adverse effect of donepezil is ____ (LO #5).

- a. Hypertension
- b. Tachycardia
- c. Vivid dreams
- d. Weight gain

14. Due to inhibiting both acetylcholinesterase (AChE) and butyrylcholinesterase (BuChE), which of these medications may result in gastrointestinal adverse effects (LO #5)?

- a. Donepezil (Aricept)
- b. Galantamine (Razadyne)
- c. Memantine (Namenda)
- d. Rivastigmine (Exelon)

15. As of 2021, aducanumab (Aduhelm) is FDA approved for ____ Alzheimer's dementia (LO #5).

- a. Mild
- b. Moderate
- c. Moderate to severe
- d. Severe

16. Asian patients should be screened for the variant HLA-B*1502 allele prior to starting which of the following medications (LO #6)?

- a. Carbamazepine (Tegretol)
- b. Gabapentin (Neurontin)
- c. Lamotrigine (Lamictal)
- d. Topiramate (Topamax)

17. Lamotrigine (Lamictal) has a black box warning for _____ (LO #6).

- a. Addiction
- b. Dehydration
- c. Skin reactions
- d. Thrombocytopenia

18. Concurrent use of lithium with which of the following antihypertensive agents may increase serum lithium levels (LO #6)?

- a. Amlodipine
- b. Carvedilol
- c. Lisinopril
- d. Prazosin

19. Carbamazepine therapy may result in what complication, among others (LO #6)?

- a. Leukocytosis
- b. Neutropenia
- c. Polycythemia
- d. Thrombocytosis

20. Which of the following is true about melatonin (LO #7)?

- a. Its starting dose is 0.5–1 mg for insomnia
- b. Its FDA indications include jet lag and shift-work sleep disorder
- c. It may induce CYP1A2
- d. It is safe for use in pregnant patients

21. In patients taking oral contraceptives, St. John's wort may _____ contraceptive levels (LO #7).

- a. Increase
- b. Decrease
- c. Not affect
- d. Unpredictably alter

22. Which is an off-label use of N-acetylcysteine (LO #7)?

- a. Alcohol use disorder
- b. Insomnia
- c. Nail biting
- d. Obesity

23. Omega-3 fatty acids are FDA approved to lower which of the following (LO #7)?

- a. Anxiety symptoms
- b. Bipolar depressive symptoms
- c. Triglycerides
- d. Unipolar depressive symptoms

24. Avanafil (Stendra) can be taken as little as _____ minutes before sexual activity (LO #8).

- a. 15
- b. 30
- c. 45
- d. 60

25. Which of the following medications can have a 36-hour duration of action (LO #8)?

- a. Avanafil (Stendra)
- b. Sildenafil (Viagra)
- c. Tadalafil (Cialis)
- d. Vardenafil (Levitra)

26. Which of the following is true about bremelanotide (Vyleesi) (LO #8)?

- a. It is most useful for hypoactive sexual desire disorder
- b. It is self-administered as an intramuscular injection
- c. It has been studied in postmenopausal women
- d. It has a common adverse effect of vitiligo (hypopigmentation)

27. Testosterone comes in an oral buccal formulation under the brand name _____ (LO #8).

- a. Addyi
- b. Android
- c. Periactin
- d. Striant

28. Which medication has an FDA indication for tardive dyskinesia (LO #9)?

- a. Benztropine (Cogentin)
- b. Deutetrabenazine (Austedo)
- c. Tetrabenazine (Xenazine)
- d. Trihexyphenidyl (Artane)

29. Which of the following is true regarding medication-induced hyperprolactinemia (LO #9)?

- a. Risperidone is more likely to cause it than aripiprazole
- b. Paliperidone may be used to manage it
- c. It is irreversible even when the offending agent is discontinued
- d. Cabergoline may be given twice a day to treat it

30. Which medication can treat hyperhidrosis from antidepressant usage (LO #9)?

- a. Acetaminophen
- b. Ibuprofen
- c. Modafinil
- d. Terazosin

31. In a patient with QT prolongation and concomitant schizophrenia, which antipsychotic is most appropriate to use (LO #9)?

- a. Aripiprazole (Abilify)
- b. Clozapine (Clozaril)
- c. Risperidone (Risperdal)
- d. Ziprasidone (Geodon)

32. A patient with obstructive sleep apnea has some improvement with CPAP but continues to experience excessive daytime sedation (EDS) and fatigue. What would be the most appropriate pharmacologic intervention (LO #10)?

- a. Lisdexamfetamine 30 mg PO QAM
- b. Modafinil 100 mg PO QAM
- c. Temazepam 15 mg PO QHS
- d. Mirtazapine 15 mg PO QHS

33. Armodafinil (Nuvigil), Pitolisant (Wakix), Sodium oxybate (Xyrem) and Solriamfetol (Sunosi) are all narcolepsy treatments that are DEA controlled substances (LO #10).

- a. True
- b. False

34. Because it contains sodium metabisulfite, _____ should be avoided in patients with sulfite allergies (LO #10).

- a. Pramipexole (Mirapex)
- b. Rotigotine (Neupro)
- c. Suvorexant (Belsomra)
- d. Tasimelteon (Hetlioz)

35. Which of the following can be used for both excessive daytime sedation (EDS) and cataplexy associated with narcolepsy (LO #10)?

- a. Modafinil (Provigil)
- b. Ropinirole (Requip)
- c. Sodium oxybate (Xyrem)
- d. Solriamfetol (Sunosi)

36. What regimen do studies most recommend when using bright light therapy for depression (LO #11)?

- a. 10,000 lux, 30 minutes daily, in the morning
- b. 5,000 lux, 10 minutes daily, in the evening
- c. 10,000 lux, 10 minutes daily, in the morning
- d. 5,000 lux, 30 minutes daily, in the evening

37. What advantage does transcranial magnetic stimulation (TMS) have over electroconvulsive therapy (ECT) (LO #11)?

- a. TMS works faster for depression
- b. TMS does not require anesthesia
- c. TMS can be used in seizure patients
- d. All of the above

38. Vagus nerve stimulation (VNS) is FDA approved for _____ (LO #11).

- a. Fibromyalgia
- b. Irritable bowel syndrome
- c. OCD
- d. Treatment-resistant depression

39. Which of the following represents a typical use of comfort medications in opioid withdrawal protocols (LO #12)?

- a. Colace, prazosin, Librium
- b. Motrin, propranolol, Dulcolax
- c. Vicodin, Ativan, Belsomra
- d. Zofran, Tylenol, baclofen

40. Buprenorphine is available as _____ (LO #12).

- a. An extended-release injection
- b. A sublingual tablet
- c. A transdermal patch
- d. All of the above

41. Naltrexone treatment for alcohol dependence should be avoided in patients who _____ (LO #12).

- a. Are on opioids for pain control
- b. Are still drinking
- c. Cannot take medications by mouth
- d. Have renal impairment

42. When used in opioid withdrawal, lofexidine (Lucemyra) acts as _____ (LO #12).

- a. An alpha-2 receptor agonist
- b. A mixed opioid agonist/antagonist
- c. An opioid agonist
- d. An opioid antagonist

43. Which of the following is the most problematic teratogenic effect of lithium use in the first trimester of pregnancy (LO #13)?

- a. Cleft palate
- b. Digital malformations
- c. Ebstein's anomaly
- d. Neural tube defects

44. Which of the following medications is on the DEA's list of Schedule IV controlled substances (LO #14)?

- a. Buprenorphine
- b. Gabapentin
- c. Lorazepam
- d. Pregabalin

45. Electrocardiograms (ECG) are typically not necessary when taking _____ (LO #15).

- a. Chlorpromazine
- b. Desvenlafaxine
- c. Lisdexamfetamine
- d. Methadone

46. Methamphetamine use usually shows up on a urine drug screen for _____ (LO #16).

- a. Seven to 10 hours
- b. One to two days
- c. Two to four days
- d. 10 to 15 days

47. All of the following may lead to a false positive for amphetamine on a urine drug screen EXCEPT _____ (LO #16).

- a. Bupropion
- b. Methylphenidate
- c. Pseudoephedrine
- d. Sertraline

48. Clinically, an ultrarapid metabolizer may most often experience _____ (LO #17).

- a. Elevated liver enzymes
- b. Greater side effects
- c. Lack of treatment response
- d. Weight loss

49. Which of the following medications has the lowest anticholinergic “load” (LO #18)?

- a. Amitriptyline
- b. Clozapine
- c. Paroxetine
- d. Risperidone

50. In patients with impaired renal function (reduced creatinine clearance), which of the following psychiatric medications require dosing adjustment (LO #19)?

- a. Paliperidone
- b. Gabapentin
- c. Acamprosate
- d. All of the above