

Continuing Education QUIZ (1.0 hour CEU)

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

Sleep Quality and Fatigue Among Pre-hospital Providers

- 1) Sleep deprivation produces impairments in Central Nervous System (CNS) activities including which of the following:

- Temperature regulation
- Memory
- Appetite
- Vigilance
- All of the above

- 2) Sleepiness has been linked to increases in unintentional incidents including all of the following **EXCEPT**:

- Motor vehicle crashes
- Medication errors in patient care
- Occupational injuries
- Cognitive performance improvement

- 3) Chronic disruptions of Circadian rhythms and sleep are associated with all of the following **EXCEPT**:

- Cardiovascular disease
- Gastrointestinal disturbances
- Lower rates of alcohol abuse
- Psychological and emotional problems

- 4) The Chalder Fatigue Questionnaire (CFQ) rates a score of ≥ 4 as indicative of severe mental and physical fatigue. What percentage of survey participants were categorized as having severe mental and physical fatigue?

- < 10%
- 18%
- 29%
- 33%
- 45%

- 5) The study found the majority of EMS providers are not experiencing any health related effects as a result of working in EMS

- True
- False

6) Individuals who stay awake for 24 hours show impairment on simple reaction time similar to research subjects with blood alcohol concentrations of 0.1 (over the legal limit).

- True
- False