

**Myasthenia Gravis:
A Nursing Perspective
and Clinical Guidelines
Online CE Program**

Post Test

QUESTION 1

Myasthenia Gravis is characterized by:

- A) Unilateral ocular muscle weakness
- B) Chronic, hereditary muscle weakness
- C) Chronic nerve pain
- D) Fatigable muscle weakness

Question 2

Myasthenia Gravis occurs:

- A) More in men than women
- B) More in men in the 6th decade
- C) More in women in the 6th decade
- D) More in children than adults

Question 3

The **onset** of MG may occur in association with:

- A) The use of birth control pills
- B) The use of antibiotics
- C) During pregnancy or post partum
- D) During overexertion

Question 4

Myasthenia Gravis is:

- A) An autoimmune disease
- B) Always associated with antibodies
- C) Treated by thyroid surgery
- D) A pre-synaptic disease

Question 5

MG patients may present with all of the following symptoms:

- A) ptosis, diplopia, dysphagia , dysarthria, and arm weakness
- B) dysphagia, neck weakness, numbness, and pupil asymmetry
- C) leg pain, slurred speech, double vision, and bowel incontinence
- D) paresthesia, ptosis, dysphagia, and agnosia

Question 6

The MG classification system:

- A) Includes ocular and bulbar divisions
- B) Uses a modification from the stroke scale
- C) Has only two categories
- D) Is only to be used in research studies

Question 7

The diagnosis of Myasthenia Gravis includes the results of the following:

- A) Lumbar puncture
- B) Electrocardiogram
- C) Ach R antibody test
- D) Muscle biopsy

Question 8

A symptomatic treatment for Myasthenia Gravis is:

- A) Cyclophosphamide
- B) Rituximab
- C) Methotrexate
- D) Pyridostigmine Bromide

Question 9

The major side effects of Prednisone include:

- A) Thrombocytopenia, hepatotoxicity
- B) Weight gain, osteoporosis
- C) Anemia, insomnia
- D) Cataracts, cardiomegaly

Question 10

The side effects of other immunosuppressant agents used to treat MG include:

- A) Osteoporosis, avascular necrosis of the hip
- B) Hepatotoxicity, nephrotoxicity
- C) Increased fertility, libido
- D) Hyperglycemia, Type II Diabetes

Question 11

Treatments for Myasthenia Crisis include:

- A) Prednisone, Thymectomy
- B) Plasma exchange, Intravenous IgG
- C) Targeted Immunosuppressants
- D) Calcium Channel Blockers

Question 12

Which of the following would exacerbate or worsen MG?

- A) Ciprofloxacin, Magnesium, Botulinum toxin
- B) Stress, hyponatremia, vitamin C deficiency
- C) Infection, stress, insomnia
- D) Penicillin, laxatives, edrophonium

Question 13

The nursing assessment of patients with myasthenia gravis includes testing the following:

- A) Muscle strength and fatigability
- B) Visual acuity
- C) Incentive spirometry
- D) Auditory comprehension

Question 14

Identify the most common adverse effect of Pyridostigmine Bromide.

- A) Acne
- B) Neutropenia
- C) Diarrhea
- D) Hepatotoxicity

Question 15

What are the adverse effects of Azathioprine?

- A) Leukopenia, hepatotoxicity
- B) Cushingoid appearance, osteoporosis
- C) Infusion reactions
- D) Hypertension, tachycardia

Question 16

Who is the key support organization in North America for MG patients and families?

- A) National Organization of Rare Disorders (NORD)
- B) Mayo Clinic
- C) Myasthenia Gravis Foundation of America, Inc. (MGFA)
- D) Muscular Dystrophy Association (MDA)

Question 17

A Myasthenic Crisis may be identified by the following symptoms:

- A) Ptosis, diplopia
- B) Diaphoresis, bradycardia
- C) Dyspnea, dysphagia
- D) Diarrhea, flaccid muscles

Question 18

Cholinergic Crisis is associated with which of the following:

- A) Recent surgery
- B) Thyroid problems
- C) Overmedication
- D) Undermedication

Question 19

Education of MG patients and family members includes an understanding of the following:

- A) The disease process, therapy and potential side effects.
- B) The need to restrict activity and depend on family members.
- C) The importance of taking over-the-counter drugs to control any symptoms.
- D) The importance of living in a warm, humid climate to improve condition.

Question 20

The first sign of worsening respiratory status in a MG patient is:

- A) Decreasing O₂ saturation
- B) Elevated temperature
- C) Diarrhea and abdominal cramps
- D) Decreased forced vital capacity (FVC)

Question 21

The following immunosuppressive agent is used for short term and long term therapy in Myasthenia Gravis:

- A) Azathioprine (Imuran)
- B) Tacrolimus (Prograf)
- C) Glucocorticosteroids (Prednisone)
- D) Mycophenolate (Cell Cept)

Question 22

The immune system dysfunction in Myasthenia gravis results in:

- A) Destruction of the presynaptic membrane
- B) Inadequate amount of acetylcholine
- C) Excessive amount of cholinesterase
- D) Destruction of the postsynaptic membrane

Question 23

The neurotransmitter at the neuromuscular junction (NMJ) that facilitates transmission of impulses resulting in muscle contraction is:

- A) Serotonin
- B) Epinephrine
- C) Acetylcholine
- D) Cholinesterase

Question 24

The acetylcholine receptors at the neuromuscular junction (NMJ) are located in the:

- A) Presynaptic membrane
- B) Postsynaptic membrane
- C) Presynaptic vesicles
- D) Synaptic Cleft

Question 25

The immune system dysfunction of Myasthenia gravis is primarily associated with:

- A) The bone marrow
- B) The thymus gland
- C) The thyroid gland
- D) The spleen

Question 26

The indication for the use of targeted immunosuppressives in the treatment of myasthenia gravis is:

- A) Increase the production of T and B cells
- B) Decrease antibody production by T cells
- C) Decrease the dosage of steroids
- D) Decrease the dosage of anti-acetylcholines

Question 27

The patient problems most commonly associated with myasthenia gravis are:

- A) Activity intolerance, impaired verbal communication and vision.
- B) Risk of aspiration, anorexia, and injury
- C) Impaired visual acuity, sensory perception and swallowing.
- D) Impaired respiratory function, nutritional status and hearing.

Question 28

Energy conservation strategies for the patient with myasthenia gravis include:

- A) Avoid taking medication prior to activities.
- B) Modify daily activities to include rest periods.
- C) Increase strenuous activities to increase muscle strength and endurance.
- D) Take a hot bath to increase muscle relaxation

Question 29

A thymectomy is indicated in autoimmune MG for:

- A) a thymoma only
- B) mild to moderate MG
- C) non-thymomatous MG
- D) immediate symptom relief

Question 30

The complement system is:

- A) a series of plasma proteins that are normally active
- B) activated by an antigen-antibody reaction
- C) essential to prevent cell/tissue damage
- D) responsible for antibody production

Question 31

The post operative care for a thymectomy patient always includes:

- A) decreasing the MG medication dosage
- B) administering Magnesium to aid relaxation
- C) monitoring chest tube drainage system
- D) monitoring respiratory status for risk of myasthenic crisis

Question 32

Plasmapheresis:

- A) depletes antibodies by the removal of anti-AChR & other antibodies
- B) neutralizes the blocking effects of antibodies
- C) is risk free of complications
- D) removes the source of dysregulated T cells