

**September 2011 — Calcium and Vitamin D Supplementation Update for the Prevention and Treatment of Osteoporosis**

- 1) Which of the following factors decrease calcium intestinal absorption?
  - a. Basic pH
  - b. Vitamin D overdosage
  - c. Tetracycline antibiotics
  - d. A and C
  - e. All of the above
  
- 2) Which form of vitamin D is biologically active and enhances intestinal absorption of calcium?
  - a. Ergocalciferol
  - b. Cholecalciferol
  - c. Calcidiol
  - d. Calcitriol
  
- 3) What is the recommended IOM dietary calcium intake for a 52 year old female patient who wants to prevent osteoporosis and has no other health conditions?
  - a. 800 mg
  - b. 1,000 mg
  - c. 1,200 mg
  - d. 1,500 mg
  
- 4) Which of the following is the most effective and safe recommendation for a patient who would like to increase her vitamin D intake without using supplements?
  - a. Stop use of sunscreens
  - b. Increase vegetable intake
  - c. Change to vitamin D fortified foods
  
- 5) Which of the following is the best recommendation considering the information available on the risk of myocardial infarction?
  - a. Increase dietary calcium before adding a supplement
  - b. Add vitamin D to the calcium supplement regimen
  - c. Discontinue all calcium supplements
  
- 6) Which patient would calcium citrate be the best salt form rather than calcium carbonate for osteoporosis treatment?
  - a. Patient with PUD taking omeprazole daily
  - b. Patient with periodic GERD who is not taking any medication
  - c. Patient with cost constraints
  - d. Patient with a history of kidney stones
  
- 7) Which of the following medications interacts with calcium in which the calcium can decrease the intestinal absorption of that medication?
  - a. Prednisone
  - b. Vitamin D
  - c. Ciprofloxacin
  - d. Orlistat
  
- 8) Which patient has the best indication for having a vitamin 25(OH)D level checked?
  - a. A healthy 50 year old male
  - b. A healthy 70 year old female who resides in the community
  - c. A 60 year old male who has taken prednisone for 6 months
  - d. A 55 year old male with cardiovascular disease
  
- 9) How much daily vitamin D would be a generally good recommendation if a nursing home patient has a 25(OH)D level of 20 ng/ml with no prior vitamin D supplementation?
  - a. 400 IU
  - b. 600 IU
  - c. 800 IU
  - d. 1,000 IU
  
- 10) After starting vitamin D supplementation for a low 25(OH)D level, when should the patient have his 25(OH)D level checked again?
  - a. 1 week
  - b. 3 weeks
  - c. 3 months
  - d. 1 year
  
- 11) Which of the following vitamin D dosing strategies has the strongest evidence showing it should NOT be used?
  - a. 2000 IU po daily
  - b. 10,000 IU po weekly
  - c. 50,000 IU po monthly
  - d. 500,000 IU po yearly
  
- 12) Which of the following amounts of daily calcium has shown to increase the incidence of kidney stones in the elderly?
  - a. 1,000 mg
  - b. 1,500
  - c. 2,000
  - d. 2,500

This activity is a **FREE** service to members of the Kentucky Pharmacists Association. The fee for non-members is \$30. The fee for duplicate certificates is \$5. Please send a self addressed, stamped envelope to KPERF, 1228 US 127 South, Frankfort, KY 40601.

Expiration Date: September 15, 2014

Successful Completion: Score of 80% will result in **1.5 contact hour or 0.15 CEUs.**  
Participants who score less than 80% will be notified and permitted one re-examination.

**September 2011– Calcium and Vitamin D Supplementation Update for the Prevention & Treatment of Osteoporosis**  
**TECHNICIANS ANSWER SHEET. Not ACPE approved for Technicians.**

Name \_\_\_\_\_ KY Cert. # \_\_\_\_\_

Address \_\_\_\_\_

PLEASE CIRCLE THE APPROPRIATE ANSWERS:

1. A B C D E    3. A B C D    5. A B C    7. A B C D    9. A B C D    11. A B C D  
2. A B C D    4. A B C    6. A B C D    8. A B C D    10. A B C D    12. A B C D

Met my educational needs    \_\_\_Yes    \_\_\_No    Figures and tables were useful    \_\_\_Yes    \_\_\_No  
Achieve the stated objectives    \_\_\_Yes    \_\_\_No    Posttest was appropriate    \_\_\_Yes    \_\_\_No  
Was well written    \_\_\_Yes    \_\_\_No    Commercial bias was present    \_\_\_Yes    \_\_\_No  
Is relevant to my practice    \_\_\_Yes    \_\_\_No

I hereby certify that I completed this self-study program independently and without assistance from any other party.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**September 2011– Calcium and Vitamin D Supplementation Update for the Prevention & Treatment of Osteoporosis**  
**Universal Activity # 0143-0000-11-009-H01-P**  
**PHARMACISTS ANSWER SHEET**

Name \_\_\_\_\_ KY Lic. # \_\_\_\_\_

Address \_\_\_\_\_

PLEASE CIRCLE THE APPROPRIATE ANSWERS:

1. A B C D E    3. A B C D    5. A B C    7. A B C D    9. A B C D    11. A B C D  
2. A B C D    4. A B C    6. A B C D    8. A B C D    10. A B C D    12. A B C D

Information presented in the activity:

Met my educational needs    \_\_\_Yes    \_\_\_No    Figures and tables were useful    \_\_\_Yes    \_\_\_No  
Achieve the stated objectives    \_\_\_Yes    \_\_\_No    Posttest was appropriate    \_\_\_Yes    \_\_\_No  
Was well written    \_\_\_Yes    \_\_\_No    Commercial bias was present    \_\_\_Yes    \_\_\_No  
Is relevant to my practice    \_\_\_Yes    \_\_\_No

Unmet Objectives: \_\_\_\_\_

I hereby certify that I completed this self-study program independently and without assistance from any other party.

Signature \_\_\_\_\_ Date \_\_\_\_\_

