

**Smith Seminars 2012 Online Course**  
Altitude-Related Disorders – Printed Test Page 1

NAME \_\_\_\_\_

DATE \_\_\_\_\_

1. \_\_\_\_ Three major syndromes association with high altitude are:
  - A) Acute mountain sickness (AMS)
  - B) High-altitude peripheral edema (HAPE)
  - C) High-altitude circulatory edema (HACE)
  - D) None of the above
  
2. \_\_\_\_ At high altitudes, changes occur at all levels of the oxygen transport system including:
  - A) Ventilation
  - B) Pulmonary diffusion
  - C) Circulation and tissue diffusion
  - D) All the above
  
3. \_\_\_\_ At sea level, the alveolar-arterial (A-a) gradient is:
  - A) 60 -117 mm Hg
  - B) 6 -17 mm Hg
  - C) 60 -170 mm Hg
  - D) None of the above
  
4. \_\_\_\_ At high altitude in unacclimatized persons:
  - A) Appetite and caloric intake increase dramatically
  - B) Have distaste for sweets and prefer fats
  - C) Have fluid losses resulting from the insensible water losses associated with hyperventilation and low humidity, as well as diuresis induced by hypoxia and the cold environment
  - D) None of the above
  
5. \_\_\_\_ Changes in the ECG after ascent to high altitude:
  - A) Right-axis deviation, right precordial T-wave inversion from a normally upright adult T wave
  - B) T-wave changes in the left precordial leads in mountaineers
  - C) Loss of normal circadian rhythm and QTc prolongation in both infants and adults
  - D) All the above
  
6. \_\_\_\_ At high altitude, climbers with polycythemia:
  - A) Have reduced maximal oxygen consumption, even when they breathe 100% oxygen
  - B) Have increased maximal oxygen consumption when they breathe 100% oxygen
  - C) Have hyperviscosity and an increase in oxygen transport
  - D) None of the above

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7. \_\_\_\_ In AMS hypoxia leads to:

- A) Increased cerebral blood flow and elevated hydrostatic capillary pressure
- B) Capillary leak
- C) Edema
- D) All the above

8. \_\_\_\_ Sleep disruption at altitude results from a combination of many factors, including:

- A) Cold windy environment
- B) Crowded sleeping conditions
- C) Hypoxia
- D) All the above

9. \_\_\_\_ Unacclimatized persons with coronary artery disease:

- A) May develop increased anginal symptoms following ascent to altitude
- B) Should have a pre-ascent exercise test prior to trekking at high altitude
- C) A & B
- D) None of the above

10. \_\_\_\_ Ascent to altitude in patients with primary pulmonary hypertension:

- A) Results in lower pulmonary artery pressures
- B) May cause fatigue, dyspnea, or even syncope
- C) A & B
- D) None of the above

### Submission Instructions

Print the test, answer the questions, and fill out personal information.

Submission Method #1 – Fax to us at 972-759-9791

Submission Method #2 – Smith Seminars, PO Box 516, Paradise, TX 76073

Submission Method #3 – Go to [www.smithseminars.com](http://www.smithseminars.com) online tests and enter answers

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