1. Which one of the following is not associated with the long-term use of corticosteroids?
   a. Osteoporosis
   b. Psychosis
   c. Hypoglycemia
   d. Hypernatremia

2. Which one of the following statements would be evidence that a patient has received effective patient education about his or her long-term corticosteroid therapy regimen?
   a. "I will not stop taking these medications unless told to do so."
   b. "I will weigh myself daily and should expect to see weight loss."
   c. "My blood glucose levels may drop, so I should keep crackers with me."
   d. "I should not exercise while taking this medication."

3. Which one of the following is the leading cause of Cushing syndrome?
   a. An overproduction of ACTH secreted by the adrenal glands
   b. Iatrogenic administration of exogenous glucocorticoids
   c. The lack of circulating endogenous corticosteroids
   d. Posthypophysectomy sequelae

4. Which one of the following should be the highest priority when caring for a patient who has been taking long-term corticosteroids?
   a. A manual blood pressure measurement of 126/82 mmHg
   b. A reported weight loss of 2 pounds in two months
   c. A laceration on the foot that has purulent drainage
   d. A postprandial blood glucose measurement of 80 mg/dL

5. Which of the following describes the best way to discontinue long-term corticosteroid therapy?
   a. Instruct the patient to stop taking the medication.
   b. Switch from oral dosing to subcutaneous therapy.
   c. Switch from the brand name to the generic for seven days.
   d. Gradually taper the patient off of the medication.

6. Which one of the following describes a way to counteract the adrenal atrophy associated with long-term corticosteroid therapy?
   a. Provide alternate-day dosing
   b. Increase steroid doses gradually
   c. Taper off of glucocorticoids
   d. Discontinue long-term glucocorticoid therapy in three days or less

7. Which one of the following is a lab finding consistent with long-term corticosteroid use?
   a. Hyperkalemia
   b. Hypomagnesemia
   c. Leukocytosis
   d. Hypoglycemia

8. Which one of the following findings on physical exam is most consistent with the long-term use of corticosteroids?
   a. Weight loss
   b. Postural hypotension
   c. Hypertension
   d. Thickened skin

9. Patients taking long-term corticosteroid therapy are known to be at risk for which one of the following?
   a. Hyperkalemia
   b. Hypotension
   c. Hypoglycemia
   d. Infection

10. In reference to dietary changes for patients on long-term corticosteroid therapy, the nurse should recommend:
    a. Reduce foods high in sodium and use a salt substitute
    b. Decrease the amount of dairy products ingested, particularly milk
    c. Increase the intake of foods high in carbohydrate concentration, like bread
    d. Increase the intake of foods high in tyramine, such as salami

**Evaluation**

1. I can identify common adverse effects of long-term corticosteroid therapy.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can apply knowledge of common adverse effects of long-term corticosteroid use to patient care scenarios.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can discuss patient education needs related to long-term corticosteroid use.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

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**Long-Term Corticosteroid Use**

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2. A B C D E
3. A B C D E
4. A B C D E
5. A B C D E

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