Response form for Certified Health Education Specialist (CHES) Category I Credit from IEJHE

Name: _____ CHES # _____

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International Electronic Journal of Health Education CEU Article Event # I0703

A Needs Assessment for Health Care Professionals in the Detection, Intervention and Interdisciplinary Treatment of Bulimia Nervosa Using Focus Group Methodology

Congruent to Responsibility I: Assessing individual and community needs for health education

Circle the letter of the correct response. A passing score is 80%.

1. The prevalence of bulimia nervosa among U.S. Adult women is estimated at
   a. .5-1%
   b. .75-1.25%
   c. 1.1-2.8%
   d. 5.1-6.2%

2. Despite its growing incidence many health care professionals fail to detect bulimia nervosa in their patients due to
   a. the paternal focus of health care professionals
   b. too many problems with insurance
   c. inadequate training
   d. the perception that it is a psychological not physical problem

3. Due to its complex nature, successful treatment requires an interdisciplinary approach with
   a. nutritional therapies
   b. medical therapies
   c. dental therapies
   d. all of the above

4. The purpose of this study was to conduct focus groups with patients and providers to examine professional skill needs in the detection, intervention, assessment and interdisciplinary treatment of bulimia nervosa and interest in online learning as a medium for
   a. continuing education
   b. delivering psychological interventions
   c. delivering family interventions
   d. tertiary prevention

5. The focus groups had _____objectives.
   a. 2
   b. 3
   c. 4
   d. 5

6. Focus group participant names were replaced with _____to maintain confidentiality.
   a. height and weight
   b. first initial of first and last name
   c. age in months
   d. their respective disciplines

7. _____participated in the first two focus groups.
   a. students
   b. parents
   c. health care providers
   d. administrators

8. The themes identified from the focus group data included a need for health care professionals to
   a. have a deeper understanding of bulimia nervosa
   b. receive more education/training
   c. use health informatics
   d. all of the above

9. The majority of participants believed that health care providers need more training/education in the detection of bulimia nervosa.
   a. true
   b. false

10. Both experienced and inexperienced professionals felt it was difficult to detect bulimia nervosa since the patient often denies the condition and
   a. presents with a normal physical appearance
   b. rarely sees the dentist
   c. is often on medication
   d. knows a significant amount about bulimia

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