

ANSWERS: PRACTICE QUIZ 5 - Part E

(Corticosteroids)

DEH 2300

June, 2014

1. How can you (almost always) recognize the generic names of corticosteroids?
ANSWER: They end with “sone” or “lone”.
2. Which body organ secretes corticosteroids?
ANSWER: adrenal gland
3. TRUE or FALSE: Corticosteroid therapy is considered curative.
ANSWER: False
4. Name at least 3 common indications for short term corticosteroid therapy.
ANSWER: allergic reactions; acute flare-ups of rheumatic or collagen disorders; acute flare-ups of severe skin conditions; acute respiratory disorders; malignancies; cerebral edema; organ transplant; acute flare-ups of colitis; life-threatening shock due to adrenocortical insufficiency
5. What are the 2 primary reasons for avoiding long term steroid use?
ANSWER: potentially serious adverse reactions; suppression of the pituitary gland with adrenocortical atrophy; body may no longer produce its own hormones
6. What is the most common adverse reaction of the skeletal system in adults on long term or high dose steroid therapy?
ANSWER: osteoporosis (which leads to fractures)
7. List 3 adverse reactions which would be particularly troublesome to post-operative patients.
ANSWER: delayed wound healing; increased susceptibility to infection; edema
8. Which adverse reaction is **not** likely to be seen in a patient taking steroids?
a. Anorexia ANSWER
b. Gastric irritation
c. Excessive energy
d. Petechiae
9. What effect do steroids have on glucose levels of diabetic patients?
ANSWER: hyperglycemia
10. Which of the following would **not** be an indication for corticosteroids?
a. Organ transplant
b. Asthma attack
c. Poison ivy
d. Fungal infection ANSWER
11. If a patient has a severe flare-up of joint pain corticosteroids are most likely to be administered:
a. PO (by mouth) ANSWER
b. Topically (ointment)
c. Intra-articularly
d. IV (intravenously)

NOTE: See notes, text and suggested web-sites for answers to questions 12-17.

12. Define “Cushingoid State” and list signs/symptoms.
<http://www.medterms.com/script/main/art.asp?articlekey=9080>
http://www.medicinenet.com/cushings_syndrome/article.htm

13. Define “Adrenal Insufficiency”. Is there a relationship between this condition and corticosteroids? If so, describe.
<http://endocrine.niddk.nih.gov/pubs/addison/addison.aspx>
<http://www.nlm.nih.gov/medlineplus/ency/article/000357.htm>
14. What is the danger of abruptly stopping a steroid after it has been taken for a long period of time? Name the syndrome and describe the symptoms.

<http://www.mayoclinic.org/prednisone-withdrawal/expert-answers/faq-20057923>
15. Do pharmaceutical companies ever manufacture a medication which is a combination of a steroid and some other drug? If so, give an example.

http://www.medicinenet.com/combination_antibiotic_and_steroid-ophthalmic_oint/article.htm
<http://www.ncbi.nlm.nih.gov/pubmed/23990350>
16. What are the indications for the Medrol Dose Pack? What is the dosage plan? When is the dosage the greatest? Least?

<http://www.rxlist.com/medrol-drug.htm>
17. Do steroids stunt growth in children? Support your answer with references.
ANSWER: The websites below may be helpful.

<http://www.webmd.com/asthma/news/20120904/asthma-drug-shown-stunt-growth>

<http://www.medscape.com/viewarticle/777274>

<http://pulmccm.org/main/2013/randomized-controlled-trials/inhaled-corticosteroids-stunt-growth-of-americas-youth-nejm/>

<http://www.ohsu.edu/blogs/doernbecher/2013/06/27/childhood-asthma-dispelling-some-commonly-held-beliefs/>

- NOTES:**
- 1. Don't forget to read about steroid flare.**
 - 2. For the remainder of the session each quiz will include 2-3 review questions.**