

NRCME Study Guide Exam Questions & Answers Best Rated A+ 2023.

3 criteria for certification if patient on anticoagulation for a CV condition

- **Exact Answer:** 1. Stable on meds for 1 month

2. Provide copy of INR at exam

3. Have INR checked and monitored at least monthly

3 requirements for a passing ETT - **Exact Answer:** 1. increased SBP of at least 20 without angina

2. workload capacity >6 METs

3. no significant ST depression

4 reasons to DQ a pulmonary hypertension patient - **Exact Answer:** 1. dyspnea at rest

2. dizziness

3. hypotension

4. PaO₂ <65mmHg

5 reasons to DQ a driver with AAA - **Exact Answer:** 1. Symptomatic

2. AAA >5cm

3. AAA 4-5 cm and does not have clearance from a cardiologist

4. AAA increased in size 0.5cm in 6 months

5. Surgical repair was recommended but not done

6 neuromuscular conditions that are automatic DQ - **Exact Answer:** 1.

congenital myopathies

2. metabolic muscle diseases

3. motor neuron diseases

4. muscular dystrophies

5. neuromuscular junction disorders

6. peripheral neuropathies

Apnea-hypopnea index of [blank] or more episodes per hour is diagnostic of OSA - **Exact Answer:** 30

BP above which you cannot certify until lowered below 140/90 - **Exact Answer:** 180/110 - and then this patient can only be certified for 6 months

BP above which you must treat and do one time 3 month certificate - **Exact Answer:** 160/100. For 140/90 and above up to this level, it says 3 month certificate but does not say must treat.

Diabetics on insulin who have an exemption certificate should test sugars when? - **Exact Answer:** before driving and every 2-4 hours while driving

Do not certify for moderate aortic stenosis if they have 1 of these 5 things - **Exact Answer:** angina, CHF, A fib, LVEF <50%, thromboembolic disease

Examiners must retain records for how many years? - **Exact Answer:** 3

Federal exemption for monocular vision: can certify for how long? - **Exact Answer:** 1 year

Glaucoma causes what main clinical concern? - **Exact Answer:** loss of peripheral vision

hearing requirements - **Exact Answer:** whisper at not less than 5 feet better ear, or average hearing loss no greater than 40 dB at 500Hz, 1000Hz, 2000 Hz.

How many of these rules are stupid and arbitrary as hell? - **Exact**

Answer: I'm gonna say 40%

How often to repeat echo for aortic stenosis? (**Exact Answer:** for both mild and moderate AS) - **Exact Answer:** Mild: 5 years

moderate: 1-2 years

if FEV1 on pulm function testing is < (blank) % of predicted, then must also test ABG - **Exact Answer:** 65%

If pulse oximetry is less than blank, you have to do ABG - **Exact Answer:** 92% (you would do the pulse ox if FEV1 <65% of predicted or FEV1/FVC ratio <65%)

If you have a fixed (not progressive) deficit of an extremity, you can be certified normally if you have this thing - **Exact Answer:** Skill Performance Evaluation (SPE) certificate

Max cert period for asthma - **Exact Answer:** 2 years

Max cert period for balloon mitral valvotomy - **Exact Answer:** 1 year

Max cert period for being on anticoagulation for a CV condition - **Exact Answer:** 1 year

Max cert period for CPAP - **Exact Answer:** 1 year (1 month waiting period after starting CPAP or 3 months after surgery)

Max cert period for diabetic patients - **Exact Answer:** Technically 2 years, but 1 year is RECOMMENDED. What the hell.

Max cert period for post heart transplant - **Exact Answer:** 6 months

Max cert period for pulmonary hypertension - **Exact Answer:** 1 year

Max cert period for Syncope - **Exact Answer:** 1 year (needs neurologist clearance)