Instructions to Earn CME Credit
Southern Medical Association’s journal-based CME program is open to all readers. You need not be an SMA member or a journal subscriber to take part in this CME activity; however, you must have access to view the article either by your SMA membership status or by purchasing the article for $15.

Method of Participation

To earn credit, follow the instructions below after purchasing the article for $15 (Note – SMA members who pay dues receive the article at no charge). The fee for CME credit, if requested via U.S. mail in the paper format, is $15. SMA accepts checks or credit card payments. Please designate method of payment in Part 3 of the process.

- Review the goal, learning objectives, target audience, and author disclosures
- Read the full-text article(s) and provided references associated with the CME activity in their entirety
- Print and complete Part 1 – by answering all questions on the CME test. You must score 80% on the test to achieve a passing grade and obtain CME credit. If a passing score is not achieved, you will be contacted via email and given an opportunity to re-take the test
- Print and complete Part 2 – by evaluating the activity and completing the Learner Directed Phase
- Print and complete Part 3 – Attestation, Request for CME Credit, and Payment form
- Mail Parts 1-3 with payment (SMA accepts checks or credit card payments) to the address listed in Part 3.
- Your CME certificate will be sent electronically to the email address provided within 3 weeks upon receipt of the documentation.
Care of the Adult Patient with Down Syndrome

Accreditation
The Southern Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Southern Medical Association designates this Journal-Based CME Activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Goal
The goal of this activity is to advocate for excellence in the care of adult patients with Down syndrome.

Objectives
Upon completion of this activity, participants should be more competent to:

- Understand the unique health issues in patients with Down syndrome
- Develop a health care plan for patients with Down syndrome
- Prepare a quality of life plan for patients with Down syndrome

Target Audience and Scope of Practice
Southern Medical Journal is an interdisciplinary, multi-specialty Journal, and articles span the spectrum of medical topics, providing timely, up-to-date information for primary care physicians and specialists alike. The SMJ enables physicians to provide the best possible care to patients in this age of rapidly changing modern medicine. Therefore, the readers of the SMJ are an appropriate target for CME articles.

Financial Disclosure Information

Authors
Whitney Trotter Ross, MD – No relevant financial relationships to disclose
Martin Olsen, MD – No relevant financial relationships to disclose

The Authors do not include a discussion of a commercial product with an unlabeled use or an investigational use not yet approved by the FDA.

SMA/SMJ Staff and Editor(s)
G. Richard Holt, MD – No relevant financial relationships to disclose
Jennifer Price – No relevant financial relationships to disclose
Anita McCabe – No relevant financial relationships to disclose

SMA Disclosure Policy and Conflict of Interest Resolution
As an organization accredited by the ACCME, it is SMA’s policy that all individuals involved with the planning and implementation of the content of an SMA CME/CE activity are required to disclose to the audience (1) any relevant financial relationships with entities producing healthcare goods or services consumed by or used on patients, and (2) unlabeled/unapproved uses of drugs or devices discussed in their presentation. Disclosure information for individuals involved with the planning and implementation of the content are referenced in the Journal article. Conflicts of Interest will be resolved prior to publication of the activity.

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Care of the Adult Patient with Down Syndrome

Part 1 – Test. Check the Correct Answer. You must score 80% to pass.

Clinical Scenario:
You are a lead physician in a large multidisciplinary clinic in a metropolitan area that serves a varied population base, including a newly built assistance residential center for adults with special needs. Your clinic has been contracted by the center to provide medical and surgical care for the residents, and you visited the center to meet with the administrative and nursing staff to perform a needs assessment. There are a number of adult residents at the center with Down syndrome, and you begin to realize that you and your colleagues may not fully understand the health care needs of this special group of patients. You accept the task to chair a committee of physicians at your clinic to review the literature and make recommendations to the medical and surgical staff on the standards of care for patients with Down syndrome, including identifying health care needs that are unique to them. In preparing a literature survey for the forthcoming committee meeting, you located a review article on the topic of health care for adults with Down syndrome in the November, 2014 issue of the Southern Medical Journal by Ross and Olsen. You feel it will provide an excellent foundation for the development of a working paper on this topic for your clinical colleagues.

1. Which of the following are conditions for which adults with Down syndrome have an increased risk?
   A. Cardiovascular disease  C. Abuse and human rights disorders
   B. Orthopedic Disorders    D. All of the above

2. Which of the following is not considered to be a cardiovascular risk factor in adults with Down syndrome?
   A. Diabetes mellitus  C. Tobacco and alcohol use
   B. Centripetal obesity  D. Less favorable lipid profile

3. Menopausal symptoms may be difficult to identify in patients with decreased verbal skills, but they should be treated just as they are in people without Down syndrome, with hormone therapy for hot flushes, irritability, and sleep disturbances.
   A. True  B. False

4. Which of the following pairs of neurologic pathologies occur with increased prevalence in adults with Down syndrome?
   A. Amyotrophic lateral sclerosis and myasthenia gravis  C. Spinal stenosis and meningioma
   B. Alzheimer disease and seizure disorder  D. Hydrocephalus and peripheral neuropathy

5. Which of the following conditions is a surgical and anesthetic risk factor for adults with Down syndrome undergoing a tonsillectomy for obstructive sleep apnea?
   A. Factor X deficiency  C. Atlantoaxial spinal instability
   B. Immunoglogulin deficiency  D. Decreased gag reflex
Part 2 – Evaluation/Learner Directed Phase. Must be Completed to Obtain CME Credit.

What is your overall rating for this activity?
☐ Excellent  ☐ Good  ☐ Fair  ☐ Poor

Rate the Faculty/Author selection and effectiveness
☐ Excellent  ☐ Good  ☐ Fair  ☐ Poor

Rate the practical application of this content to your practice
☐ Excellent  ☐ Good  ☐ Fair  ☐ Poor

Did this activity meet its stated educational objectives?
☐ Yes  ☐ No

Did you perceive industry/commercial bias in this activity?
☐ Yes  ☐ No

If yes to industry/commercial bias, explain: __________________________________________________________

What barriers do you face in your current practice setting that may impact patient outcomes? (Check all that apply)
☐ Lack of evidence-based guidelines
☐ Lack of applicability of guidelines to my current practice/patients
☐ Lack of time
☐ Organizational/Institutional restraints
☐ Insurance/financial rules or regulations
☐ Patient adherence/compliance
☐ Treatment related adverse events
☐ Government-mandated regulations
☐ Other (describe): __________________________________________________________________________

As a result of my participation in this activity, I have developed new strategies and I plan to make the following changes to my practice (check all that apply):
☐ Modify treatment plans
☐ Change my screening and prevention practice
☐ Incorporate different diagnosis strategies into patient evaluation
☐ Use alternative communication methodologies with patients and families
☐ Implement new documentation procedures to improve efficiency and accuracy of business practice
☐ Use systems-based resources for improved quality of care
☐ Improve the structure and operations of my practice to address healthcare reform, cost containment and other regulatory issues
☐ None - this activity validated current practices
☐ Other (describe): __________________________________________________________________________

From your perspective, describe at least one observation related to the content (ie, did you agree or disagree – if so, why? Were some points debatable or controversial – if yes, what? Did you have an epiphany? – if yes, describe)
___________________________________________________________________________________________

General comments about this activity: __________________________________________________________
Part 3 – Attestation, Request for CME Credit, and Payment

PRINT OR TYPE. Illegible forms will not be processed

Initial Here:

________ I attest that I have read/reviewed the activity material and completed the self-assessment test as directed.

Name: ____________________________________________________________

Address: __________________________________________________________________________

City, State, Zip: __________________________________________________________________________

Email Address (required): __________________________________________________________________

Phone: ______________________________________________________________________________

Signature: ___________________________ Date: ______________________________

Payment Method

Amount Due: $15.00

☐ Check enclosed (payable to SMA)  Credit Card:  ☐ VISA  ☐ MasterCard  ☐ American Express  ☐ Discover

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