

**Northeastern State University Oklahoma
College of Optometry**

**Oklahoma Judicious Prescribing On-Line
1 hour Continuing Optometric Medical Education
EXAMINATION COVER SHEET**

Questions regarding this course may be addressed to:
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Please Print Legibly

Name: _____

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You may pay by check or credit card.
Include check made payable to **NSUOCO-CME for \$150**

**For credit cards please either use the Pay By Credit Card link on the JP Online webpage or
click here to access the page directly.**

A score of 75% is required for credit to be awarded. Any candidate who fails to make the necessary passing grade for this examination may retake the exam and submit it for grading with the payment of a \$10 re-examination fee.

In 1994, the Oklahoma Legislature and the governor of Oklahoma increased and redefined the prescriptive rights of optometric physicians. *“The practice of optometry shall also include the prescribing of dangerous drugs and controlled dangerous substances for all schedules specified in the Uniform Controlled Dangerous Substances Act except Schedules I and II for the purpose of diagnosis and treatment of ocular abnormalities.” (59 O.S. 581B)*

The State Board of Optometry enacted a Board Rule that required one hour of Judicious Prescribing to be included among the hours of continuing medical education required for annual re-licensure. The Board's goal is for optometric physicians to be incredibly judicious and responsible in the use of medications and practice. In 2005, regulations were passed by the Board of Examiners in Optometry to clarify and more narrowly define surgical procedures. With a Board Rule, the Board of Examiners in Optometry officially eliminated areas of the eye that optometrists may **not** treat by surgical methods.

LEADERSHIP – in the State Association, in the State Board of Examiners, in the profession of optometry, and in Oklahoma's own college of optometry – is what successfully brought this about. Leadership – in our students and in our new graduates – is what will enable Oklahoma to remain in the forefront of optometric education and the profession in the delivery of eye and vision care to our patients.

The NSUOCO LEADERSHIP AWARD is to acknowledge the extraordinary commitment of time and efforts by our students who have chosen to pursue leadership positions during their optometric education. **Funding for these awards is made possible through the registration fees of optometric physicians, primarily located in other states, who wish to maintain their licensure in Oklahoma by completing the requirement of Judicious Prescribing through the on-line course offered by NSUOCO.** Each year, students who are completing their year of service as leaders of their classes or the student associations, and those who have served as liaison to the OAOP and AOA, will receive a monetary Leadership Award presented by Northeastern State University Oklahoma College of Optometry.

HOW YOUR REGISTRATION FEE SUPPORTS LEADERSHIP – To honor and promote the leadership of our Oklahoma licensed optometric physicians, NSUOCO has implemented a STUDENT LEADERSHIP AWARD to acknowledge the extraordinary commitment of time and efforts by our students who have chosen to pursue leadership positions during their optometric education. Thirty percent (30%) of the registration fee you paid for the online JP course will be used to fund the STUDENT LEADERSHIP AWARD. Each year, students who are completing their year of service as leaders of their classes or optometry student associations, and those who have served as liaison to the OAOP and AOA, will receive their award at the Annual Eyeball.

We appreciate that you choose Northeastern State University Oklahoma College of Optometry for your continuing education needs. In addition, we would like to thank you for your continued support of the Optometric Profession by honoring our past, present, and future leaders.

JP hour Exam

1. According to the Oklahoma Board of Examiners in Optometry, which of the following should NEVER be pre-printed on a prescription blank?
 - a. Practice name
 - b. Practice phone number
 - c. Practice address
 - d. DEA #

2. Which of the following statements is false?
 - a. Drug abuse is increasing in Oklahoma over the past 10 years.
 - b. Cocaine and methamphetamine abuse are the biggest causes of Oklahoma drug related deaths over the past 10 years.
 - c. Optometrists can prescribe schedule III narcotics in Oklahoma
 - d. Money is a major reason why prescription narcotics are drug diverted in Oklahoma and the United States

3. Which of the following statements is true?
 - a. No optometrist in Oklahoma can prescribe controlled substances
 - b. Drug seeking patients always look untidy, messy and unkempt.
 - c. The pharmacist is the only one with responsibility for reviewing a patient's medications.
 - d. Oklahoma optometrists can only prescribe narcotics for the relief of ocular abnormalities.

4. Which of the following statements is false? In Oklahoma:
 - a. It is acceptable to prescribe controlled substances to a family member.
 - b. The optometrist CANNOT prescribe controlled substances for their own use.
 - c. It is unprofessional conduct to sell sample medications.
 - d. The signature (Sig) consists of directions to the patient that will appear on the label of a prescribed medication.

5. As of July 1, 2014, which of the following medications, authorized to be prescribed by optometrists in Oklahoma, has the highest abuse potential?
 - a. Oxycodone (Schedule II)
 - b. Hydrocodone (Schedule II)
 - c. Codeine (Schedule III)
 - d. Ultram (unscheduled)

6. Which of the following statements about prescription narcotics is false?
- a. Most act peripherally at the site of injury and inflammation.
 - b. Drug abusers prefer medications without a ceiling effect.
 - c. Their mechanism of action is to bind to brain, brainstem, and spinal cord receptors and mimic the endorphin peptides.
 - d. They are often combined with acetaminophen or aspirin to enhance the analgesic affect.
7. Which of the following is least likely to be a side effect of a prescription narcotic?
- a. Sedation
 - b. Drowsiness
 - c. Nausea & Vomiting
 - d. Diarrhea
8. Respiratory depression is most likely to occur in which one of the following case scenarios?
- a. 25 year old healthy male taking 3 Lortab per day for 2 days for a corneal abrasion
 - b. 68 year old female with DM and HTN taking 4 Oxycodone per day for one week for a nasty corneal ulcer
 - c. 18-year-old healthy female taking birth control that needs Tylenol 3 for 2 days for a uveitis.
 - d. 78-year-old male with severe COPD taking Vicodin for 1 month for lower back pain.
9. Most opioids (prescription narcotics) are in which pregnancy category?
- a. Pregnancy category A
 - b. Pregnancy category B
 - c. Pregnancy category C
 - d. Pregnancy category D
10. As of July 1, 2014, optometrists in the state of Oklahoma can specifically prescribe which of the following controlled substances?
- a. Schedule IV & V
 - b. Schedule III, IV, & V
 - c. Schedule III, IV, & V + Hydrocodone combination products
 - d. All drugs in schedules II, III, IV, & V
 - e. All drugs regardless of scheduling
11. As of July 1st, 2014, which of the following is a schedule III narcotic?
- a. Vicodin
 - b. Tylenol 3
 - c. Lortab
 - d. Oxycodone

12. Which of the following prescription narcotics is likely the most potent in terms of analgesic affect?
- a. Tylenol 2
 - b. Tylenol 4
 - c. Lortab
 - d. Percocet
13. As optometrists in the state of Oklahoma, what is the limit for the maximum number of days that we can prescribe a prescription narcotic for a patient?
- a. 1 day
 - b. 3 days
 - c. 5 days
 - d. 14 days
14. As optometrists in the state of Oklahoma, what is the limit for the maximum number of refills that we can give when writing a narcotic prescription for a patient?
- a. 0
 - b. 1
 - c. 2
 - d. 3