

CERTIFICATE MAINTENANCE MODULE

**Gynecology and Primary Care
2019-2021**

**Online Submissions Must Be Completed By
12/15/2021**

This module is worth 20 ACNM approved contact hours.
5.5 contact hours have been designated towards Pharmacology.

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**GYNECOLOGY AND PRIMARY CARE MODULE 2019-2021
AMCB Certificate Maintenance Program (CMP) Module Introduction**

The AMCB Certificate Maintenance Program (CMP) Modules are designed as self-learning tools to enable Certified Midwives and Certified Nurse-Midwives to learn new information in a subject area or to review evidence-based care for commonly encountered areas of midwifery practice.

A module consists of:

1. References
2. Objectives
3. Multiple-choice questions based on the references
4. Evaluation of the module

Answers are based on the references and have been chosen to educate you about new content. Therefore, please be aware that answering questions based on prior knowledge or experience may result in an incorrect answer. You are required to read the relevant references on each particular topic, and then complete the questions for that topic.

Choose the one most correct answer. Questions have been written to have a single best answer. The responses have been organized so that any “pattern” to the correct answers is accidental. Please do not worry if you see a “pattern” in your answers. Patterns are random.

Criteria for successfully passing this module are:

- 75% of module questions answered correctly.
- Completion of the module evaluation section.

Modules are completed online. This service will allow you to receive your results immediately upon submission of your answers, as well as having the option to print a pass letter immediately. If you have not done so already, please call our office at 410-694-9424 to set up a username and password for this option. **Final deadline for submitting the GYN Module online will be 12/15/2021 at 11:59pm EST.**

If you are unable to have your Module scored through the AMCB Portal system, please contact our office at 410-694-9424.

Please be advised that this module may contain sensitive topics that some individuals might find disturbing or objectionable. The overall scope of midwifery practice extends beyond the Core Competencies; this material is for educational purposes only. It does not imply that every midwife's practice can or should include every potential practice area.

REFERENCES FOR GYNECOLOGY AND PRIMARY CARE MODULE 2019-2021

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Migraines in Women

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HPV Vaccines in Minorities

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Flibanserin

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Vulvar Anatomy

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Women in Transition from Incarceration

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Infertility

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Reproductive Coercion

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Vector-Borne Diseases

- Huntington MK, Allison J, Nair D. Emerging vector-borne diseases. *American Family Physician* 2016; 94(7):551-557.

LGBT Health Equity

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Marijuana Use

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Hyperthyroidism

- Kravets I. Hyperthyroidism: Diagnosis and treatment. *American Family Physician* 2016; 93(5):363-370.

Female Veterans

- Muirhead L, Hall P, Jones-Taylor C, Clifford GD, Felton-Williams T, Williams K. Critical questions: Advancing the health of female veterans. *Journal of the American Academy of Nurse Practitioners* 2017; 29(10):571-580.

Herpes Zoster

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Bladder Pain

- Syed L, Ilchak D. Bladder pain syndrome in females. *The Journal for Nurse Practitioners* 2017; 13(4):291-295.

Human Trafficking

- Tracy EE, Macias-Konstantopoulos W. Identifying and assisting sexually exploited and trafficked patients seeking women's health care services. *Obstetrics and Gynecology* 2017; 130(2):443-453.

Menopause

- Ward K, Deneris A. An update on menopause management. *Journal of Midwifery and Women's Health* 2018; 63(2):168-177.

OBJECTIVES FOR GYNECOLOGY AND PRIMARY CARE MODULE 2019-2021

Contraception

- Discuss the safety of utilizing intrauterine devices in women with HIV.
- Review risks and benefits of specific contraception options for women who are BRCA1 and BRCA2 carriers.
- Provide up to date contraceptive counseling for women with the following risks or comorbidities: depression, immunosuppression, inflammatory bowel diseases, past bariatric surgery, liver disease, family history of breast cancer, migraine, polycystic ovarian syndrome, perimenopause, and sickle cell disease.

Migraines in Women

- Discuss the epidemiology of migraines in women.
- Review treatment options for migraines in women, including complementary options.
- Be aware of risks of pregnancy and contraception for women who experience migraines.

HPV Vaccines in Minorities

- Identifying the HPV vaccination rates in minorities.
- Compare health disparities in HPV vaccination rates.
- Identify the concern for transmission of the Human Papillomavirus in the U.S.

Flibanserin

- Define hypoactive sexual desire disorder (HSDD).
- Explain the key points from the Black Box warning for flibanserin.
- Discuss the population for which flibanserin is an appropriate treatment for HSDD.

Vulvar Anatomy

- Differentiate normal and abnormal size labia minora.
- Describe motivation for women to have labiaplasty.
- Discuss the concept of elective labiaplasty and female genital mutilation.

Women in Transition from Incarceration

- Review the primary healthcare goal for incarcerated women.
- Identify the common barriers to health for incarcerated women.
- Discuss health disparities between incarcerated women and community residing women.

Infertility

- List a treatment approach for infertility in men and women.
- Identify the differential diagnoses associated with infertility.
- Review the epidemiology of infertility in the United States and its impact on patients.

Reproductive Coercion

- Define reproductive coercion.
- Describe ways in which midwives can screen for reproductive coercion.
- Identify ways in which care providers can provide RC-informed care to women.

Vector-Borne Diseases

- Explain precautions for Zika exposure.
- Identify common symptoms of various vector-borne diseases.
- Describe first-line treatments for common vector-borne bacterial diseases.

LGBT Health Equity

- Develop an awareness of unique health disparities and health needs facing LGBT patients.
- Understand the utilization of appropriate language when working with people in the LGBT community.
- Identify core concepts in educational strategies that facilitate inclusive sexual health care for the LGBT community.

Marijuana Use

- Understand the perceived risks of marijuana use.
- Discuss the epidemiology of marijuana use in the US.
- Summarize common myths and beliefs about marijuana use.

Hyperthyroidism

- Explore the most common causes of hyperthyroidism.
- Identify the etiology and pathogenesis of hyperthyroidism.
- Describe the most common treatments for hyperthyroidism.

Female Veterans

- Discuss disease processes prevalent among female veterans.
- State the current percentage of women who are military veterans.
- Interrelate environmental risks for PTSD for this subset of veterans.

Herpes Zoster

- Examine the prevalence of postherpetic neuralgia in patients.
- Discuss who is at greater risk for developing Herpes Zoster Virus.
- Describe the recommended treatment options for Herpes Zoster Virus.

Bladder Pain

- Discuss etiology and clinical presentation for bladder pain syndrome.
- Review the current literature regarding bladder pain syndrome and interstitial cystitis.
- Identify the differential diagnoses and possible treatment options for bladder pain syndrome.

Human Trafficking

- Identify types of trauma experienced by sex trafficking victims.
- Discuss how healthcare providers can identify sex trafficking victims.
- Describe trauma-informed care approaches to use when working with victims of sex trafficking.

Menopause

- Describe the physiology of menopause.
- Discuss recent changes in menopause management.
- Explain treatment options for women with genitourinary syndrome of menopause.

QUESTIONS FOR GYNECOLOGY AND PRIMARY CARE MODULE 2019-2021

I certify that I have read each of the articles in this module in their entirety.

YES

Contraception

1. In a two-year study comparing women living with HIV to women without HIV, the relative risk of IUD-related infections after insertion among women living with HIV is:
 - a. Increased.
 - b. The same.
 - c. Decreased.
2. Oral contraceptives are appropriate for use in many women with which of the following conditions?
 - a. Inflammatory bowel disease
 - b. Roux-en-Y bypass surgery for weight loss
 - c. Malabsorption related to small bowel resection
3. Which of the following is the best contraceptive option for women who carry the BRCA1 or 2 gene?
 - a. Progestin-only pills (POPs) because taking estrogen is contraindicated
 - b. Oral contraceptive pills (OCPs) because OCPs will decrease the risk of ovarian cancer
 - c. Copper-T IUD (Paragard) because this method will not increase the risk of breast cancer
4. Which of the following clinical situations represents an absolute contraindication?
 - a. Oral contraceptive pills (OCPs) in a woman who has migraines with aura
 - b. Oral contraceptive pills (OCPs) in a woman with a strong family history of breast cancer
 - c. Intrauterine device (IUD) in a woman who is taking immunosuppressants after a kidney transplant
5. In the absence of other medical conditions or contraindications, which of the following would be the best choice of contraceptive method to recommend to a woman with sickle cell disease?
 - a. Copper-T IUD
 - b. Oral contraceptive pills (OCPs)
 - c. Medroxyprogesterone (Depo Provera)

Migraines in Women

6. In which age range do females and males experience migraine at approximately the same rate?
 - a. Over age 60
 - b. Before puberty
 - c. Young adulthood

7. Which of the following medications may be used for short term prophylaxis of menstrual migraine if a woman wishes to avoid oral medication?
 - a. Sumatriptan
 - b. Mefenamic Acid
 - c. Dihydroergotamine
8. Which complementary approach to prevention of menstrual migraine is a dietary supplement with anti-prostaglandin effects?
 - a. Vitamin E
 - b. Magnesium
 - c. Blue cohosh
9. Which of the following happens to the majority of women who have a history of menstrual-related migraines while they are pregnant?
 - a. No change in symptoms
 - b. Worsening of symptoms
 - c. Improvement of symptoms

HPV Vaccines in Minorities

10. According to the National Immunization Survey-Teen, which group of people has the highest rate of HPV three-dose vaccine series completion?
 - a. Hispanic females
 - b. Non-Hispanic white females
 - c. Non-Hispanic African American females
11. Which demographic variable was found to affect HPV vaccine initiation equally for both men and women?
 - a. Higher education
 - b. Being foreign born
 - c. Lack of health insurance
12. The “healthy migrant effect” may impact HPV vaccination rates in foreign-born persons in which of the following ways?
 - a. They are generally more focused on preventative health care
 - b. Because they are healthier, they may believe that vaccines are not necessary
 - c. Due to lack of insurance, many are willing to pay out of pocket for vaccinations
13. Since the availability of the HPV quadrivalent vaccine, the prevalence of HPV types 6, 11, 16 and 18 in females aged 14-19 has dropped to approximately:
 - a. 5 percent.
 - b. 11 percent.
 - c. 16 percent.

Flibanserin

14. What is the definition of hypoactive sexual desire disorder (HSDD)?
 - a. Inability to achieve orgasm for at least six months
 - b. Decreased sexual desire after hormone replacement therapy
 - c. A reduction in fantasies or desire for sexual activity that causes marked distress

15. A Which of the following treatments has been previously found to show an increase in sexual desire in women who have had a hysterectomy and oophorectomy?
 - a. Benzodiazepines
 - b. Selective serotonin reuptake inhibitors (SSRIs)
 - c. Testosterone added to ongoing estrogen therapy
16. In a 2008 survey, approximately what percentage of women between the ages of 30 and 50 reported symptoms of hypoactive sexual desire disorder?
 - a. 15
 - b. 27
 - c. 42
17. The most common adverse reactions leading to the discontinuation of flibanserin (ADDYI) were:
 - a. Dizziness and somnolence.
 - b. Tachycardia and shortness of breath.
 - c. Increased blood pressure and facial flushing.
18. In the VIOLET trial, which flibanserin dosing regimen was most effective in increasing the number of satisfying sexual events?
 - a. Flibanserin 25 mg daily
 - b. Flibanserin 50 mg daily
 - c. Flibanserin 100 mg daily
19. When prescribing flibanserin, a woman should be screened for which of these?
 - a. Alcohol use
 - b. Hypertension
 - c. Cytochrome P450 enhancers

Vulvar Anatomy

20. According to these authors, what is driving the increased demand for vulvar surgery?
 - a. Targeted marketing strategies
 - b. Women believe their vulva is abnormal in appearance
 - c. Cosmetic vulvar surgery is now an approved surgical specialty
21. According to the criteria proposed by Franco, a labia size between four and six centimeters is considered which category of labial hypertrophy?
 - a. Type 2
 - b. Type 3
 - c. Type 4
22. Using the classification for female genital mutilation established by the World Health Organization, labiaplasty could be considered a:
 - a. type Ia mutilation.
 - b. type IIa mutilation.
 - c. type IIIb mutilation.

23. What are the presumed causes of labial hypertrophy?
 - a. Estradiol use and aging
 - b. Masturbation and sexual activity
 - c. Chronic irritation and androgenic hormones
24. According to the World Health Organization female genital mutilation is:
 - a. a non-voluntary procedure.
 - b. only practiced in the developing world.
 - c. any resection of the external female genitalia for non-medical reasons.
25. The physiologic functions of the labia minora include which of the following?
 - a. Containing the flow of vaginal discharge
 - b. Preventing rectal bacteria from entering the vagina
 - c. Directing urinary flow and protecting the vagina from dryness

Women in Transition from Incarceration

26. Compared to incarcerated men, incarcerated women have higher rates of which of the following?
 - a. Diabetes
 - b. Migraine
 - c. Lung Cancer
27. Which of the following do the researchers suggest should be the primary goal of healthcare for recently incarcerated women?
 - a. Health equity
 - b. Regular exercise
 - c. Smoking cessation
28. The literature shows that all of the following are common barriers to health in recently incarcerated women EXCEPT:
 - a. Trauma
 - b. Medication refusal
 - c. Social marginalization
29. The percentage of incarcerated women that meet the clinical definition of having drug dependence is:
 - a. 25 percent.
 - b. 45 percent.
 - c. 65 percent.
30. Compared to community residing women, cervical cancer prevalence among incarcerated women is:
 - a. Increased.
 - b. Decreased.
 - c. Equivalent.

Infertility

31. The most significant factor associated with female infertility is which of these?
 - a. Woman's age
 - b. Early menarche
 - c. History of sexually transmitted infection

32. Which lab results confirm a diagnosis of primary ovarian insufficiency?
 - a. High progesterin levels, elevated day six FSH
 - b. High estradiol levels decreased day nine FSH
 - c. Low estradiol levels, elevated day three follicle-stimulating hormone (FSH)

33. What condition can contribute to infertility by affecting tubal or pelvic anatomy?
 - a. Chronic bladder infections
 - b. Inflammatory bowel disease
 - c. Recurrent bacterial vaginosis

34. When a woman's cycle tends to be longer than 28 days, on which day should a serum progesterone level be checked to confirm ovulation?
 - a. 3 days after expected menses
 - b. 7 days before expected menses
 - c. 12 days before expected menses

35. What assisted reproductive technology treatment is commonly offered to women over age 40 at the initial infertility consultation?
 - a. In vitro fertilization
 - b. Use of gestational carrier
 - c. Intrauterine insemination

Reproductive Coercion

36. Reproductive coercion includes all EXCEPT:
 - a. Poking a hole in or secretly removing condoms
 - b. Threatening to harm or leave a partner who refuses to become pregnant
 - c. Declining to participate in assisted reproductive therapy when pregnancy attempts fail

37. Which of the following is true about the prevalence of reproductive coercion?
 - a. Any woman may be at risk
 - b. Intimate partner violence is not related to reproductive coercion
 - c. Women seeking family planning services have a lower prevalence than women in routine obstetric care

38. Which of these is an example of a universal trauma precaution?
 - a. Having women change into gowns at the start of a visit
 - b. Collecting the history with the woman seated in an office chair
 - c. Keeping exam room lights dim to provide a calming environment

39. A good method of contraception for women at risk of reproductive coercion is:
- Intrauterine device.
 - Contraceptive patch.
 - Oral contraceptive pills.

Vector-Borne Diseases

40. Streptomycin is the first-line medication for which of the following bacterial diseases:
- Typhus.
 - Tularemia.
 - Ehrlichiosis.
41. The characteristic erythematous rash of Dengue occurs mainly on which part of the body?
- Face
 - Trunk
 - Limbs
42. Women whose male sexual partners have recently traveled to a Zika-affected location should be given what advice about condom use?
- It must continue for the duration of the relationship
 - It should occur during every sexual encounter for six months
 - It is not an effective method of preventing Zika virus transmission
43. Which of the following should be prescribed when over-the-counter analgesics fail to provide adequate relief from the chronic arthralgia associated with chikungunya?
- Celecoxib
 - Piroxicam
 - Corticosteroids

LGBT Health Equity

44. What is the preferred sexual behavior of a person who identifies as “queer”?
- Bisexual
 - Homosexual
 - No particular behavior is implied
45. A person’s outward manifestation of gender in relation to societal norms is referred to as their:
- sexual identity.
 - gender identity.
 - gender expression.
46. What is the most effective method to assess clinical competency related to discussion of sexual health and intimacy issues with LGBT persons?
- Use of simulated patients
 - On-line learning modules
 - Written survey of knowledge and skills

47. According to the authors, which of the following is a health condition that may be related to stigma associated with being part of the LGBT community?
- Diabetes
 - Cardiac disease
 - Eating disorders

Marijuana Use

48. What percentage of US adults reported using marijuana in the past year?
- 8%
 - 15%
 - 25%
49. Among survey respondents, what was the most frequently perceived benefit of marijuana?
- Pain management
 - Improved creativity
 - Relief from stress, anxiety or depression
50. Heavy marijuana use increases the risk of which of the following?
- Psychosis
 - Cardiovascular illness
 - Pulmonary dysfunction
51. Approximately what percentage of US adults strongly or somewhat strongly agree that marijuana prevents health problems?
- 10%
 - 30%
 - 50%

Hyperthyroidism

52. Which type of goiter is seen in older hyperthyroid patients living in iodine-deficient areas?
- Smooth
 - Uninodular
 - Multinodular
53. Hyperthyroidism may present with weakness of which muscles?
- Distal
 - Facial
 - Proximal
54. During preconception counseling, the midwife should consider that the first-line medication for hyperthyroidism during the first trimester of pregnancy is:
- Methimazole.
 - Propylthiouracil.
 - Radioactive iodine.

55. Counseling for patients with painless thyroiditis or subacute thyroiditis should include which of the following?
- Recommend thyroid ablation
 - Initiate antithyroid medication
 - Use medication for symptom management
56. Which of the following medications can cause self-limited hyperthyroidism?
- Lithium
 - Paroxetine
 - Risperidone

Female Veterans

57. What percentage of the current population of US veterans are women?
- 9 percent
 - 14 percent
 - 20 percent
58. Which of the following is a reason women veteran experience higher rates of urogenital disorders?
- Higher rates of binge drinking
 - Postponed urination during deployment
 - Increased rates of childhood sexual abuse
59. Which of the following conditions is the most prevalent among women veterans?
- Chronic pain
 - Alcohol abuse
 - Military sexual assault
60. Which of the following significantly increases the risk of PTSD in women veterans?
- Blast-related injury
 - Military sexual assault
 - Oil well smoke exposure
61. What percent of female veterans are estimated to be current or former smokers?
- 25 percent
 - 50 percent
 - 75 percent

Herpes Zoster

62. In the US, it is estimated that lifetime risk of getting Herpes Zoster is:
- 10 percent.
 - 30 percent.
 - 50 percent.
63. Which of the following statements is true about Herpes Zoster Virus (HZV)?
- Women have a higher risk of developing HZV
 - HZV always presents with a herpetiform exanthem
 - Adults who had varicella zoster virus (VZV) will not get HZV

64. Which of the following statements is true regarding medications to treat HZV?
- Anticonvulsants should not be used for pain control
 - Glucocorticoids should not be used without antivirals
 - Antiviral medications can prevent postherpetic neuralgia
65. Of the following, which class of medications is preferred for mild to moderate pain associated with HZV?
- Opioids
 - Over-the-counter analgesics
 - Selective serotonin reuptake inhibitors (SSRIs)
66. In what percent of patients with HZV does postherpetic neuralgia occur?
- 20%
 - 50%
 - 70%

Bladder Pain

67. Which of the following is the only definitive risk factor for Bladder Pain Syndrome in women?
- History of endometriosis
 - Previous urinary tract infections
 - A first degree relative with bladder pain syndrome
68. What is the ratio of women to men affected by Bladder Pain Syndrome?
- 2:1
 - 3:1
 - 5:1
69. It is estimated that more than 80% of women with Bladder Pain Syndrome experience which of the following symptoms?
- Dysuria
 - Constant urinary urge
 - Sudden urge incontinence
70. Which of the following is no longer recommended to help diagnose Bladder Pain Syndrome?
- Internal pelvic exam
 - Potassium chloride challenge
 - Bladder pain syndrome symptom questionnaire
71. Oral medications to treat Bladder Pain Syndrome include all the following EXCEPT:
- Hydroxyzine
 - Amitriptyline
 - Dimethyl sulfoxide

Human Trafficking

72. According to the National Center for Missing and Exploited Children, what percent of children were already in the care of social services or foster care at the time of their disappearance?
- 24 percent
 - 56 percent
 - 86 percent
73. Which of these is a trauma-informed care approach that empowers victims of sex trafficking?
- Encouraging traumatic bonding
 - Placing emphasis on their strengths
 - Desensitization by reliving the trauma
74. What percentage of sex trafficking survivors is estimated to have had contact with a health care provider while being trafficked?
- 10 to 30 percent
 - 31 to 49 percent
 - 50 to 88 percent
75. What red flags would indicate the need to assess for trafficking?
- Numerous tattoos
 - Refusal to use interpreters
 - More than three lifetime partners
76. According to the American College of Obstetricians and Gynecologists' Committee Opinion, most girls who are forced to work in the US commercial sex trade are estimated to be raped how many times per year?
- 10 to 40 times
 - 50 to 90 times
 - 100 or more times

Menopause

77. What first line therapy would be appropriate for a woman who has complaints of genitourinary syndrome of menopause (GSM)?
- Estrogen patch 0.1mg/day once weekly
 - Estradiol tablets 1 mg once by mouth daily
 - Estrogen ring 7.5 mcg/24hr once every 90 days
78. Which of the following is an accurate statement?
- Salivary and serum hormone testing should guide dosing of hormonal preparations
 - Custom compounding of hormones has fewer risks than pharmaceutical-grade products
 - There is no consistent evidence that phytoestrogens or herbs effectively reduce vasomotor symptoms

79. Which of the following is an appropriate alternative for prevention and treatment of osteoporosis?
- Phytoestrogens
 - Pregabalin (Lyrica)
 - Teriparatide (Forteo)
80. Why is serum FSH an unreliable tool for diagnosing perimenopause?
- FSH varies from month to month
 - FSH is unrelated to vasomotor symptoms
 - FSH is not detectable during perimenopause
81. Which of the following treatments has been shown to improve sexual function, decrease dyspareunia, and improve vaginal dryness in women with moderate to severe dyspareunia?
- Testosterone transdermal patch 1.5 mg
 - Dehydroepiandrosterone 6.5 mg vaginal capsule
 - Bazedoxifene 20 mg + Conjugated Equine Estrogen (CEE) 0.45 mg tablet by mouth

**FAILURE TO COMPLETE THE FOLLOWING MODULE EVALUATION
WILL RESULT IN YOUR MODULE NOT BEING SCORED.**

**PROGRAM EVALUATION FOR GYNECOLOGY AND PRIMARY CARE MODULE
2019-2021**

Please evaluate this module in relation to the following:

A Strongly Agree	B Agree	C Disagree	D Strongly Disagree
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1. The articles for this module were relevant to my practice.
2. This information will affect my clinical practice.
3. The articles provided me with new information.
4. The objectives were clearly stated.
5. The questions assessed my comprehension of the articles.
6. I was able to find the answers within the articles.
7. The articles are easy to obtain without purchasing them from AMCB.
8. I think the website was user friendly.
9. I purchased the printed article packet from AMCB.
10. I am satisfied with the time it took to receive my article packet. (Use “E” if Not Applicable)
11. I think the cost of the article packet is appropriate.
12. I think the cost of CMP fees is appropriate for the service I receive.
13. I received a timely notice about my upcoming recertification deadline (if re-certifying within one year or use “E” if not applicable).
14. I received the appropriate number of reminders before my recertification deadline (if re-certifying within one year or use “E” if not applicable).

If you have any other comments, concerns, suggestions, module topics, or types of articles for future modules please email Denise Smith at dsmith@amcbmidwife.org.