

CME Exam and Evaluation (1 CME credit)

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2. Educational questions. Answer by marking the correct answer.

1. All of the following statements are true, except? At high altitude:

- Hypobaric hypoxia increases ventilation and induces respiratory alkalosis.
- Periodic breathing characterised by crescendo-decrescendo ventilation with hyperpnoea alternating with hypopnoea/apnoea can be observed in adults.
- Periodic breathing causes frequent arousals from sleep, resulting in poor sleep quality, one of the manifestations of acute mountain sickness.
- There is a negligible intersubject variability in periodic breathing during sleep.

2. Which of the following statements is false? During acute high-altitude exposure:

- A similar degree of hypoxaemia and hyperventilation is found in children compared with adults.
- Adults have less periodic breathing during sleep compared with children.
- Children have a lower apnoea threshold for CO₂ during sleep compared with adults.
- Children have a shorter circulation time compared with adults.

3. Which of the following statements is true? At 3,450 metres above sea level:

- Adults experience symptoms of acute mountain sickness more frequently than children.
- Symptoms of acute mountain sickness are typically found in less than 10% of adults.
- Symptoms of acute mountain sickness are found in approximately 50% of prepubertal children.
- Symptoms of acute mountain sickness are found in all children and adults.