

## How to Write CME Posttest Questions

### 10 General Question Writing Tips

1. Each question should consist of a single, clearly formulated problem, ending with a question (close-ended posttest question) or a statement (open-ended posttest question) to be completed.
2. The most engaging questions utilize a patient-care scenario. When possible, create a brief clinical scenario then pose the question. Include only information needed to answer the question. The correct answer should be related to the key finding(s) of your article.
3. If your article is original research and the content is not applicable to clinical practice at this time, a patient-care scenario may not be useful. In this case, please construct your questions focusing on the most important finding(s) from your research.
4. Pose the question clearly. It should be possible to arrive at the correct answer without looking at all of the options. Avoid vague or non-specific questions such as "Which of the following statements is true?"
5. Use positively phrased questions such as "Which of the following is...?" Avoid negatively phrased questions such as "All of the following are correct EXCEPT:" or "Which of the following is NOT correct?"
6. Please focus the questions on the most important "take home" points of your article. Avoid asking questions that focus on memorization of minor details. The purpose of the CME questions is to evaluate whether the reader learned the important concepts included in the article.
7. All of the distractors (incorrect responses) should be plausible (e.g., present common misconceptions) and homogeneous (i.e., be in the same category as the correct answer. If the correct answer is a diagnosis, the distractors should be diagnoses).
8. Do not use "none of the above" or "all of the above" as responses.
9. The correct answer must be the best of the responses. Do not include responses that *might* be correct depending on regional

### Posttest Question Requirements

CME Posttest Questions must follow the following format.

- We need three (3) CME posttest questions per 1 CME credit, and two (2) CME Posttest questions per 0.50 CME credit.
- Written in a standardized, multiple-choice, 1 question (stem) and 4 answer choices with 1 single-best answer (key)
- Please phrase questions in the positive form
- Each posttest question needs to have at least one external reference for where the participant can go to learn more
- Each posttest question needs to have a rationale for why the answer is correct and a rationale for why the answer is incorrect
- Do not use "Select all that apply" or "None of these apply"
- Please do not submit true/false, K-type (e.g. A&B, A only, B only, etc.) questions

### Examples of Posttest Question format

Closed Ended Questions: Because the question ends with a question mark, the answer choices do not require a period.

1. **The majority of cocaine and psychostimulant-related overdose deaths in the U.S. involve which of the following?**

- a) Opioids
- b) Synthetic opioids
- c) Cannabinoid
- d) Naloxone

**Rationale for Correct Answer:**

**Rationale for Incorrect Answer:**

**Reference:**

Open Ended Questions: Because the question does not end with a question mark, the answer choices require a period.

1. **The physician in the video went to the grocery store and bought**

- a) Turkey.
- b) Cheese.
- c) Masks.
- d) Batteries.

**Rationale for Correct Answer:**

**Rationale for Incorrect Answer:**

**Reference:**

## Examples of Posttest Questions that Meet CME Criteria

1. The majority of cocaine and psychostimulant-related overdose deaths in the U.S. involve which of the following?
  - a) Opioids
  - b) Synthetic opioids
  - c) Cannabinoid
  - d) Naloxone

**Correct Answer Feedback:** That's correct! The majority of cocaine and psychostimulant-related overdose deaths in the U.S. involve opioids

**Incorrect Answer Feedback:** That's incorrect. The majority of cocaine and psychostimulant-related overdose deaths in the U.S. involve opioids

**Reference:** Refer to <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm> for more information.

1. Which of the following is *true* of Neonatal abstinence syndrome (NAS)?
  - a) Newborns can be "born addicted"
  - b) NAS is not fetal alcohol syndrome
  - c) NAS is not treatable
  - d) Interactions between the caregiver and child has no impact on resiliency/risk of potential long-term effects

**Correct Answer Feedback:** That's correct! Neonatal abstinence syndrome (NAS) is not fetal alcohol syndrome (FAS). Only FAS has confirmed long-term physical, cognitive, and behavioral effects.

**Incorrect Answer Feedback:** That's incorrect! Neonatal abstinence syndrome (NAS) is not fetal alcohol syndrome (FAS). Only FAS has confirmed long-term physical, cognitive, and behavioral effects.

**Reference:** Refer to <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5843557/> for more information.

1. Approximately what percent of patients with opioid use disorder receive formal treatment?
  - a) 5%
  - b) 20%
  - c) 50%
  - d) 80%

**Explanation:** A large proportion of patients with opioid use disorder are not receiving treatment, and fewer receive evidence-based treatment with medications. In the 2018 NSDUH survey<sup>1</sup>, only 19.7% of people ages 12 and older with an opioid use disorder received specialty treatment in the past year. In a 2018 Massachusetts study of utilization of medications for opioid use disorder in high risk individuals those experiencing a non-fatal overdose - only 34% initiated any medication in the subsequent year.

**References:** 1. Substance Abuse and Mental Health Services Administration. (2019). Key substance use and mental health indicators in the United States: Results from the 2018 National Survey on Drug Use and Health (HHS Publication No. PEP19-5068, NSDUH Series H-54), Figure 65. 2. Laroche, M. R., Bernson, D., Land, T., Stopka, T. J., Wang, N., Xuan, Z., Walley, A. Y. (2018). Medication for Opioid Use Disorder After Nonfatal Opioid Overdose and Association With Mortality. *Annals of Internal Medicine*, 169(3), 137. <https://doi.org/10.7326/M17-3107>

## Examples of Posttest Questions that DO NOT Meet CME Criteria

This is incorrectly phrased in the negative. All questions must be phrased in the positive. It is also missing rationale and reference.

1. Which of the following is *false* in terms of treating pregnant women with opioid use disorders (OUDs)?
  - a) Pregnant women with opioid use disorders can be effectively treated with methadone.
  - b) Pregnant women with opioid use disorders can be effectively treated with buprenorphine.
  - c) Pregnant women opioid use disorders should not be treated with medication.
  - d) Methadone and buprenorphine should not be considered "off-label" use in the treatment of pregnant patients with opioid use disorder.

While this one has rationale and reference, it asks for select all that apply. There can only be 1 correct answer.

1. Neonatal abstinence syndrome (NAS) is defined by alterations in which of the following? (Select all that apply)
  - a) Central nervous system
  - b) Autonomic nervous system
  - c) Gastrointestinal distress
  - d) Signs of respiratory distress

**Correct Answer Feedback:** That's correct! Neonatal abstinence syndrome (NAS) is defined by alterations in the central nervous system, autonomic nervous system, gastrointestinal distress, and signs of respiratory distress.

**Incorrect Answer Feedback:** That's incorrect. Neonatal abstinence syndrome (NAS) is defined by alterations in the central nervous system, autonomic nervous system, gastrointestinal distress, and signs of respiratory distress.

**Reference:** Refer to the following article for more information: Jones, H. E., & Fielder, A. (2015). Neonatal abstinence syndrome: historical perspective, current focus, future directions. *Preventive medicine*, 80, 12-17. Retrieved from <https://www.sciencedirect.com/science/article/pii/S0091743515002339>.

Please click here to submit your post-test questions.

## ASAM CME Question Template

Please submit 3 multiple choice questions below. These questions are required for accreditation purposes and will be used on ASAM's online learning portal for those trying to claim credit for this session.

### Guidelines for writing CME Questions:

- There should be 3 questions per 1-hour session, not per presenter. For sessions that are 1.5 hrs, we will need 5 questions.
- The questions must be multiple choice with 4 answer choices per question.
- Please clearly indicate which answer choice is correct.
- Please do not submit true or false questions.
- Please do not submit questions with an answer choice of "all of the above." or "none of the above".
- The questions should be easy for those who watched the session but challenging for those who did not see the session.
- Questions should address key points from the session rather than trivial details.
- Case based questions are encouraged.
- All questions must include an explanation and a link to at least one (1) reference per question for those seeking more information.

Question		Answer choice	Correct Answer (A, B, C, D?)	Explanation of why answer is correct with reference
Question 1:		A)		
		B)		
		C)		
		D)		
Question 2:				
Question 3:				