# Day 32 - INH Cumulative Practice Exam (Sample)

**Study Guide** 



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#### **Questions**



- 1. In the context of aviation safety, what does "TUC" stand for?
  - A. Time Under Control
  - **B.** Time Until Crisis
  - C. Time Unconscious
  - **D. Time Under Compression**
- 2. What is the primary function of isoniazid (INH) in tuberculosis treatment?
  - A. Inhibit the synthesis of mycolic acids
  - B. Enhance immune response against TB
  - C. Interfere with bacterial protein synthesis
  - D. Block bacterial DNA replication
- 3. In which situation may a flight attendant break the sterile flight deck?
  - A. Routine checks and inspections
  - B. Safety related situations and emergencies
  - C. During meal service
  - D. For customer service inquiries
- 4. What kind of monitoring is essential to prevent INH-related complications?
  - A. Vision tests
  - B. Routine psychological assessments
  - C. Liver function tests
  - D. Physical therapy evaluations
- 5. What is a common misconception about High Value Customers?
  - A. They always expect lower prices
  - B. They require less support than other customers
  - C. They do not contribute to customer referrals
  - D. They are only interested in special offers

- 6. If a PAX tries to choke you, what threat level is being displayed?
  - **A.** 1
  - **B.** 2
  - **C.** 3
  - **D.** 4
- 7. What color does the FA indicator panel display when the sterile flight deck is in effect on the ERJ?
  - A. Red
  - B. Amber
  - C. Green
  - D. Blue
- 8. What action should a healthcare practitioner take if a patient presents with elevated liver enzymes while on INH?
  - A. Increase the dosage of INH
  - B. Continue with the same treatment regimen
  - C. Assess symptoms and possibly discontinue INH
  - D. Refer to a dietitian for nutritional support
- 9. What should a patient do if they experience symptoms of an allergic reaction to INH?
  - A. Continue taking the medication while monitoring symptoms
  - B. Discontinue INH and seek medical attention
  - C. Consult a pharmacist for advice
  - D. Wait to see if symptoms resolve
- 10. What kind of therapy is most effective in achieving treatment adherence for TB patients?
  - A. Directly Observed Therapy (DOT)
  - **B. Self-administered therapy**
  - C. Medication via injections
  - D. Homemade remedies

#### **Answers**



- 1. C 2. A 3. B 4. C 5. A 6. C 7. B 8. C 9. B 10. A



#### **Explanations**



- 1. In the context of aviation safety, what does "TUC" stand for?
  - A. Time Under Control
  - **B.** Time Until Crisis
  - C. Time Unconscious
  - **D. Time Under Compression**

The term "TUC," when discussing aviation safety, stands for "Time Unconscious." This concept is critically important in understanding the effects of hypoxia and the depletion of oxygen levels at high altitudes. TUC refers to the amount of time a person can maintain consciousness after the onset of hypoxia. As altitude increases and the air pressure decreases, oxygen becomes less available, which can lead to a loss of consciousness if corrective measures are not taken promptly. Recognizing TUC is essential for pilots and crew since it helps in developing protocols for rapid descent or implementing emergency oxygen systems. Understanding the duration one can remain conscious plays a crucial role in decision-making during in-flight emergencies, especially at altitudes where hypoxia may set in rapidly.

- 2. What is the primary function of isoniazid (INH) in tuberculosis treatment?
  - A. Inhibit the synthesis of mycolic acids
  - B. Enhance immune response against TB
  - C. Interfere with bacterial protein synthesis
  - D. Block bacterial DNA replication

Isoniazid (INH) primarily functions by inhibiting the synthesis of mycolic acids, which are essential components of the bacterial cell wall in Mycobacterium tuberculosis, the bacterium that causes tuberculosis. Mycolic acids play a critical role in the structural integrity and physiology of the bacteria. By targeting this biosynthetic pathway, isoniazid effectively disrupts the cell wall formation, leading to cell death and ultimately aiding in the treatment of tuberculosis. The significance of this mechanism lies in its specificity; by focusing on mycolic acid synthesis, isoniazid selectively targets the pathogen without impacting human cells, which do not produce mycolic acids. This targeted approach helps minimize potential side effects and makes isoniazid an effective antibiotic for tuberculosis treatment.

## 3. In which situation may a flight attendant break the sterile flight deck?

- A. Routine checks and inspections
- **B. Safety related situations and emergencies**
- C. During meal service
- D. For customer service inquiries

Breaking the sterile flight deck is a critical decision that flight attendants need to make under specific circumstances. The sterile flight deck is defined as the time during which the aircraft is below 10,000 feet (except during takeoff and landing) when the crew must focus on operational safety and avoid unnecessary distractions. In safety-related situations and emergencies, it is essential for crew members to prioritize communication and actions that ensure the safety of passengers and the aircraft. This includes emergencies such as a medical situation affecting a passenger, severe weather impacting the flight, or other unforeseen incidents that require immediate attention. During these circumstances, breaking the sterile flight deck is justified to facilitate coordination with the cockpit crew and manage the situation effectively. In contrast, routine checks and inspections, meal service, or customer service inquiries do not warrant breaking the sterile flight deck, as these activities do not relate to immediate safety concerns and could potentially distract from critical operational tasks during critical phases of flight.

- 4. What kind of monitoring is essential to prevent INH-related complications?
  - A. Vision tests
  - B. Routine psychological assessments
  - C. Liver function tests
  - D. Physical therapy evaluations

Monitoring liver function tests is essential for patients on isoniazid (INH) therapy because INH can be hepatotoxic, leading to liver damage in some individuals. Hepatotoxicity is a significant risk associated with INH, particularly in patients with pre-existing liver conditions, those who consume alcohol, or individuals who are taking other medications that may affect liver function. Routine liver function tests typically include assessments of serum levels of alanine aminotransferase (ALT) and aspartate aminotransferase (AST), along with bilirubin levels. Regular monitoring allows healthcare providers to detect any signs of liver injury early, enabling timely interventions, such as discontinuation of the medication or modification of treatment plans. While options such as vision tests, psychological assessments, and physical therapy evaluations may be relevant in certain healthcare contexts, they do not specifically address the most critical complications associated with INH therapy. Thus, the focus on liver function tests is crucial to ensuring patient safety and managing the potential risks tied to INH treatment.

### 5. What is a common misconception about High Value Customers?

- A. They always expect lower prices
- B. They require less support than other customers
- C. They do not contribute to customer referrals
- D. They are only interested in special offers

High Value Customers are often mischaracterized by the assumption that they always expect lower prices. This misconception stems from the belief that because these customers contribute significantly to a business's revenue, they should receive discounts or preferential pricing. However, High Value Customers typically prioritize quality, service, and overall experience over price alone. They may be willing to pay premium prices if they perceive added value in the product or service, such as exceptional support, unique features, or exclusive benefits. Understanding this aspect reinforces the necessity of focusing on delivering value rather than solely competing on price for these customers. Other misconceptions, such as believing High Value Customers require less support or are solely interested in special offers, overlook the complexity of what drives loyalty and satisfaction in this segment. High Value Customers often expect exceptional service and can indeed contribute to referrals, making their relationship with the business multifaceted rather than just transactional. This highlights the need for businesses to engage with these customers meaningfully, recognizing their contributions beyond just financial metrics.

# 6. If a PAX tries to choke you, what threat level is being displayed?

- **A.** 1
- **B.** 2
- **C.** 3
- D. 4

When a person attempts to choke someone, this action indicates a significant level of threat, reflecting aggressive intent and the potential for severe physical harm or injury. Choking is an extreme form of physical attack, demonstrating a direct and intentional assault on another individual. This behavior aligns with a high threat level, often categorized as a Level 3 threat. At this level, actions are characterized by the likelihood of causing serious harm or injury, which is precisely the nature of an attempted choking. Such behavior signals not just physical aggression, but also an alarming disregard for another person's safety and well-being. Understanding this helps highlight the severity of the situation, necessitating immediate attention and intervention to ensure safety. In contexts involving threat assessments, recognizing choking as a Level 3 threat underscores the seriousness of the act and the potential need for law enforcement or other protective measures.

- 7. What color does the FA indicator panel display when the sterile flight deck is in effect on the ERJ?
  - A. Red
  - **B.** Amber
  - C. Green
  - D. Blue

The FA indicator panel on the ERJ (Embraer Regional Jet) plays a crucial role in communicating important operational statuses to the flight attendants. When the sterile flight deck is in effect, which is typically during critical phases of flight such as takeoff and landing, the indicator panel displays an amber color. This amber indication serves as a visual alert to the flight attendants that they must maintain heightened awareness and adhere to the sterile flight deck protocol, which restricts non-essential communication and activities in the cabin. The amber color effectively signals that specific operational procedures are in place, reinforcing the importance of compliance with these regulations to ensure safety during these critical phases of flight. This understanding of cabin operations and procedures is vital for maintaining safety and efficiency onboard.

- 8. What action should a healthcare practitioner take if a patient presents with elevated liver enzymes while on INH?
  - A. Increase the dosage of INH
  - B. Continue with the same treatment regimen
  - C. Assess symptoms and possibly discontinue INH
  - D. Refer to a dietitian for nutritional support

When a patient presents with elevated liver enzymes while on isoniazid (INH), the appropriate action is to assess symptoms and potentially discontinue INH. Elevated liver enzymes can signify hepatotoxicity, an important and serious side effect of INH. Monitoring for symptoms such as jaundice, fatigue, and abdominal pain is crucial, as these may indicate liver damage. If liver enzymes are significantly elevated, continuing INH without reassessment could lead to severe liver injury. Therefore, the responsible course of action involves evaluating the patient's overall condition and considering the discontinuation of the medication to prevent further harm. This ensures both patient safety and adherence to guidelines regarding the management of potential drug-induced liver injury. The other options would not adequately address the risk associated with elevated liver enzymes. Increasing the dosage could exacerbate hepatic toxicity, while continuing the treatment regimen ignores the need for careful monitoring. Lastly, while referring to a dietitian may benefit the patient's nutrition, it does not address the urgent need to evaluate and respond to liver function concerns associated with INH.

- 9. What should a patient do if they experience symptoms of an allergic reaction to INH?
  - A. Continue taking the medication while monitoring symptoms
  - B. Discontinue INH and seek medical attention
  - C. Consult a pharmacist for advice
  - D. Wait to see if symptoms resolve

A patient who experiences symptoms of an allergic reaction to isoniazid (INH) should discontinue taking the medication and seek medical attention. Allergic reactions can range from mild to severe and may include symptoms like rash, itching, swelling, difficulty breathing, or anaphylaxis. Continuing to take the medication during an allergic reaction could worsen the situation and lead to more serious health complications. Immediate discontinuation of the medication is crucial to prevent any escalation of symptoms, especially if they include respiratory distress or swelling of the throat, which can indicate a serious condition. Seeking medical attention ensures that the patient can receive appropriate care, such as antihistamines or corticosteroids, to manage the allergic response safely. Monitoring symptoms or consulting a pharmacist may not provide the immediate intervention necessary to address a potential allergic reaction, and waiting to see if symptoms resolve could lead to delay in treatment.

- 10. What kind of therapy is most effective in achieving treatment adherence for TB patients?
  - A. Directly Observed Therapy (DOT)
  - B. Self-administered therapy
  - C. Medication via injections
  - D. Homemade remedies

Directly Observed Therapy (DOT) is recognized as the most effective method for ensuring treatment adherence among tuberculosis (TB) patients. This approach involves healthcare workers observing patients as they take their medication, which provides both accountability and encouragement. The supervised aspect of DOT helps to mitigate common challenges associated with tuberculosis treatment, such as missed doses or reluctance to continue therapy due to side effects, misunderstandings, or the lengthy duration of the treatment. Research has shown that when patients are monitored during their medication intake, they are more likely to complete their treatment regimens. DOT can also foster a supportive relationship between patients and healthcare providers, enhance education about the importance of adherence, and help address any concerns or side effects experienced by the patient in real-time. This structured support is crucial for the effective management of TB, as it directly impacts treatment outcomes and prevents the development of drug-resistant TB strains. Self-administered therapy might seem like a viable option, but it often relies heavily on patient motivation and understanding of their treatment, which can be inconsistent. Medication via injections may be part of a treatment plan, especially in certain cases, but it does not provide the comprehensive adherence support that DOT offers. Homemade remedies lack scientific backing and do not meet the rigorous standards necessary for