**Rosacea: Understanding the Patient Journey, Offering Insightful Help**

Pharmacy Technician posttest

**1. Which form of rosacea is rarest?**

A. Erythematotelangiectatic rosacea (ETR)

B. Papulopustular rosacea (PPR)

C. Phymatous rosacea

D. Ocular rosacea

**2. Which of the following patients is most likely to have rosacea?**

A. A white woman of Irish descent who lives in Rhode Island

B. A black man who lives in Texas

C. A white woman of Italian descent who lives in Colorado

D. A Hispanic man who lives in California

**3. Which of the following actions on your part is likely to cause distress in a patient who has rosacea?**

A. Reassuring them that approximately 10% of the population has rosacea

B. Demonstrating a familiarity with products that most rosacea patients like

C. Avoiding looking at them when you speak to them

D. Discussing the use of complementary and alternative products with confidence

**4. Which of the following conditions has been reported at elevated rates in people who have rosacea?**

A. Rheumatoid arthritis

B. Gluten allergy

C. Lyme disease

D. Parkinson's disease

**5. A patient asks you if you can recommend an online resource so she can learn about her rosacea. Which of the following resources would be the most reliable?**

A. choosingwisely.org

B. clinicaltrials.gov

C. The National Rosacea Society

D. The American Academy of Allergy and Infectious Disease

**6. Patients with rosacea need a combination of OTC and prescription products. Which of the following are all available as OTC products?**

A. Brimonidine, ivermectin, and metronidazole

B. Moisturizers and sunscreen containing inorganic dimethicone and zinc oxide

C. Ivermectin, metronidazole, and sunscreen containing inorganic dimethicone and zinc oxide

D. Systemic treatments (e.g. tetracyclines and isotretinoin)

**7. Which if the following products have patients used off-label for years, and is now available as a prescription product?**

A. Brimonidine

B. ivermectin

C. metronidazole

D. oxymetazoline

**8. Ellen P. asks for help in the OTC aisle. She says that she has rosacea, and she read about a topical treatment called metronidazole on a website. She's looked for it on every shelf and she can't find it. What's the most appropriate action for you to take?**

A. Tell her that OTC products for rosacea are generally located on the top and bottom shelves, and show her moisturizers and sunscreens.

B. Tell her that metronidazole topical formulations are all prescription products, and suggest she talk to the pharmacist.

C. Tell her that moisturizers and sunscreens are as effective as metronidazole.

D. Find the metronidazole gel on the OTC shelf and show her that it has patient information inside the box.

**9. Choose the most appropriate products for a patient who has newly diagnosed mild rosacea and is looking for help in the OTC aisle.**

A. A mild cleanser, any moisturizer for sensitive skin that contains SPF-30

B. A mild cleanser, a loofah pad, and any sunscreen containing inorganic dimethicone and zinc oxide

C. A mild cleanser, any sunscreen containing inorganic dimethicone and zinc oxide, and an unscented moisturizing lotion for sensitive skin D. A mild cleanser, any sunscreen containing inorganic dimethicone and zinc oxide, and a lotion of the patient's choice from the middle shelves

**10. Sally is a 35-year-old woman who has mild rosacea. Her primary care provider diagnosed this condition about four months ago, and recommended that she moisturize aggressively and use sunscreen daily. She comes to the pharmacy and asked you to help her select a sunscreen; she says the sunscreen that she has been using makes her skin feel very hot. When you look at the bottle you see that it does not contain inorganic dimethicone and zinc oxide. Why are these two ingredients important and sunscreens for patients who have rosacea?**

A. They do not release heat when exposed to UV radiation; they reflect the sun’s energy.

B. Inorganic dimethicone and zinc oxide are more occlusive than other ingredients.

C. They release heat when exposed to UV radiation, but it dissipates very quickly.

D. Inorganic dimethicone and zinc oxide are always formulated in light foams.

**11. Which products are patients with rosacea most likely to find acceptable when they choose a cleanser?**

A. Cleansers that contain detergents that remove lipids

B. Cleansers based on mild synthetic surfactants and/or emollients

C. Cleansers that are soap-based

D. Cleansers that are alcohol-based

**12. A newly diagnosed patient is waiting to have two prescriptions for rosacea filled. She asks you asks how long she should plan on using topical medications for rosacea. Please choose the best answer.**

A. Plan on using topical medications until your symptoms resolve. After that it's most likely that you won't need them any longer.

B. It can take 6 to 8 weeks to determine if a product is working for your rosacea. You may need to try a number of different products until you find just the right combination.

C. Most patients respond or don't respond to rosacea interventions within a week or so.

D. Most patients stay on topical medications for a year or two, and then they have to switch to oral systemic medications.

**13. A patient who has rosacea recently started on a new prescription for high blood pressure, and it's a calcium channel blocker. He comes to the pharmacy and as he is paying for refill, he asks if it's possible that the antihypertensive is aggravating his rosacea. What is the best answer?**

A. No, antihypertensives have not been associated with causing or contributing to rosacea.

B. Some antihypertensives have been associated with rosacea flares, but this is not one of them.

C. Your rosacea flare is probably related to your high blood pressure. Would you like to take your blood pressure right now?

D. Yes, certain medications have been associated with rosacea flares. Would you like to speak to the pharmacist?

**14. A patient comes to the cash register with a complementary/alternative product. She says she read about it on the Internet. It's expensive, and she wants to know the likelihood of it helping. Among patients with rosacea who have tried complementary and alternative products, what percentage indicate that they were ineffective, and what should you say?**

A. 29%, and it's worth a try

B. 39%, and it's a judgment call whether to try it or not

C. 49%, and she's better off with the moisturizer

D. 69%, and the pharmacists can explain prescription options

**15. Which of the following functions are within the pharmacy technician's scope of practice for rosacea patients?**

A. Diagnosing a specific type of rosacea in a patient

B. Recommending specific prescription products

C. Helping patients find appropriate moisturizers and sunscreens

D. Suggesting that patients need to stop all medications during a flare

**16. Which of the following list contains products that can be drying on the rosacea patient’s skin?**

A. Synthetic surfactants and/or emollients

B. Fragrance, witch hazel, menthol

C. Stearic acid, mineral oil, glycerol mono-stearate

D. Retinoids, benzoyl peroxide, glycolic acid, or propylene glycol