

Practitioner CPD exercise

When you have answered the questions below and overleaf, based on articles in this issue, tear out the page and put it in your personal development plan

JOINT PAIN IN THE ELDERLY

1 List seven predisposing factors to osteoarthritis.

2 Match the affected joint to the likely diagnosis:

A Shoulder

B Wrist

C Fingers on both hands

D Metatarsophalangeal joint

1 RA

2 pseudogout

3 gout

4 polymyalgia

3 Geraint is a 61-year-old gardener who presents with a five-day history of increasing knee pain. There have been no known injuries. He is generally well, a non-smoker and teetotaler. He takes simvastatin and amlodipine for hypertension. His BMI is 32. The joint is warm and slightly swollen with pain on movement.

A Which condition is it important to exclude first?

B Which blood tests might be indicated?

C What other investigations might be useful?

D Apart from OA and septic arthritis, what might be a likely diagnosis?

4 Which of the following statements about RA in older patients are true?

A Significantly more women are affected than men
True False

B Acute onset is more common
True False

C Seronegative RA may represent milder disease
True False

D All patients should be referred to a rheumatologist
True False

E Systemic corticosteroids are less effective
True False

5 Which two drugs are recommended as first-line treatments for gout?

6 What other drug can be used if these are contraindicated?

7 Oral steroids are recommended for polymyalgia rheumatica, how long should these be continued?

8 List any changes to your clinical practice that you may make having read this article.

COGNITIVE DECLINE

9 Which of the following statements are true?

A Patients with diabetes have an increased risk of Alzheimer's disease
True False

B HRT in women has been shown to delay onset of dementia
True False

C Depression may produce similar symptoms to dementia
True False

D People who left school at 16 are more likely to have faster cognitive decline than university graduates
True False

10 Rate the interventions on the evidence for their ability to halt cognitive decline

A Statins

B Exercise

C Ginkgo biloba

D Smoking cessation

E Folic acid and vitamin B₁₂

1 Effective

2 Controversial

3 Not effective

11 List six alternative causes which can result in cognitive deterioration

12 Complete the following sentence:

Delirium, is characterised by evidence of underlying disease, sometimes trivial such as, and symptoms.

13 List any changes to your clinical practice that you may make having read this article.

D NICE has decided to use DSM-IV criteria for diagnosis
True False

E Most depressed patients with chronic disease should be referred to the IAPT programme
True False

15 List both the questions in the Whooley two question screen.

16 Match the examples of recommended therapeutic intervention(s) to the clinical situation

- A** Subthreshold symptoms
- B** Subthreshold with previous history of depression
- C** Moderate depression
- D** Severe depression
- 1** Structured group physical activity programme
- 2** Computerised CBT
- 3** Antidepressant
- 4** Individual CBT

17 List any changes to your clinical practice that you may make having read this article.

DEPRESSION IN CHRONIC CONDITIONS

14 Which of the following statements are true?

A Depression in chronic disease represents a distinct clinical entity
True False

B GPs are half as likely to recognise depression in chronic disease than in physically well patients
True False

C NICE guidance recommends a shift of emphasis from screening to identification of depression
True False

EDITORIAL

Fractures

18 Which of the following statements are true?

A 1 in 3 women will experience a fracture after the menopause
True False

B Femoral neck bone mineral density (BMD) score is factored into the QFracture screen
True False

C BMD is a better predictor of possible fracture than cholesterol is of MI
True False

Answers

15 During the past month have you often been bothered by feeling down/depressed or hopeless? During the past month have you often been bothered by having little interest or pleasure in doing things?
16 A 1, 2 B 1, 2, 3 C 4 D 4, 3
EDITORIAL
18 A False (nearly 1 in 2) B False C True

DEPRESSION IN CHRONIC CONDITIONS
14 A False B False (even less likely) C True D True E True

12 Physical, urinary tract infection, psychiatric
11 Cerebrovascular disease, Parkinson's disease, Huntington's disease, subdural haematoma, normal pressure hydrocephalus, brain tumour

10 A 3 B 2 C 2 D 1 E 3

COGNITIVE DECLINE
9 A True B False C True D True

JOINT PAIN IN THE ELDERLY
1 Age, female gender, family history, occupation, previous injury, joint laxity, obesity
2 A 4 B 2 C 1 D 3
3 A Septic arthritis B FBC, ESR, CRP, uric acid C radiograph, joint aspirate D pseudogout
4 A False B True C True D True E False
5 NSAIDs and colchicine
6 Steroids
7 > 12 months