

# 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

## PROSTATE CANCER

**1 Which of the following statements about prostate cancer are true?**

**A** Screening for PSA has been shown to reduce mortality  
True  False

**B** PCA3 offers advantages over PSA in terms of specificity and sensitivity  
True  False

**C** Tumours may get worse following LHRH treatment  
True  False

**D** Orchiectomy is superior to LHRH treatment in reducing androgens  
True  False

**2 A frail elderly man has been identified as having a low-grade prostate tumour with relatively mild urinary symptoms. There are no identified metastases. What treatment would you advise?**

**3 If a patient has a significantly raised PSA what is normally the next investigation ordered?**

**4 Apart from surgical prostatectomy and medical treatments list three other measures used to treat prostate cancer?**

**5 If a patient develops an androgen-independent recurrence what treatment is available?**

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

## UROLOGICAL DISORDERS

**7 What three vasculogenic conditions are associated with erectile dysfunction (ED)?**

**8 A 50-year-old male smoker presents with a two-year history of ED. He works as a postman in a local village. He suffers from mild hypertension and is on treatment with hydrochlorothiazide. There are no obvious psychosexual problems and clinical examination is normal.**

**A** What approach would you try first?

**B** What lifestyle measures may help?

**9 What two behavioural changes may help symptoms of nocturia?**

**10 Which of the following are causes of nocturnal frequency in men?**

**A** Drinking tea  
True  False

**B** Consumption of alcohol  
True  False

**C** Benign prostatic enlargement  
True  False

**D** Vigorous exercise  
True  False

**E** Disturbance of circadian rhythm  
True  False

**11 An 82-year-old man presents with recent onset nocturnal enuresis. Urinalysis is clear.**

**A** What is the likely diagnosis?

**B** What laboratory investigation would be important?

**C** What is the key management step?

**12 Which of the following statements about BPH are true?**

**A** Treatment is indicated if the patient has multiple symptoms  
True  False

**B** Patients may be started on a combination of an alpha blocker and a 5 alpha reductase inhibitor  
True  False

**C** 5 alpha reductase inhibitors may reduce the frequency of haematuria  
True  False

**D** Prostate cancer is more likely when a man presents with retention  
True  False



**13 BPH is the most common cause of bladder outlet obstruction, list three other causes**

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

**STROKE**

**15 Complete the following sentence:**

Following an ischaemic stroke thrombolysis should be given within ..... and aspirin within ..... of onset.

**16 Which of the following statements are true?**

**A** Patients do better in specialist stroke units irrespective of stroke severity  
True  False

**B** Following stroke aspirin and clopidogrel combination is regarded as the optimum antiplatelet treatment  
True  False

**C** In AF patients initiation of warfarin treatment should be delayed for 2 weeks after a stroke  
True  False

**D** Warfarin treatment for AF reduces the risk of stroke by two thirds compared with placebo  
True  False

**17 List the pharmacological and surgical secondary prevention measures for ischaemic stroke**

**18 Following hospital discharge what community measure can improve function in stroke patients?**

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

**EDITORIAL**

**Gout**

**20 Which of the following statements about gout are true?**

**A** The condition is twice as common in men compared with women  
True  False

**B** It is a stronger risk factor for cardiovascular disease in women than men  
True  False

**C** Women have a greater than 50% increase in risk of MI if they suffer from gout  
True  False

**D** Rheumatoid arthritis shares similar risk associations with ischaemic heart disease  
True  False

**Answers**

**PROSTATE CANCER** 1 A True B True C True D False

2 Active surveillance only, unless the patient wishes otherwise

3 Ultrasound-guided biopsy

4 Brachytherapy, external beam radiotherapy, high-intensity focused ultrasound (experimental)

5 Docetaxel

**UROLOGICAL DISORDERS** 7 Coronary artery disease including hyperlipidaemia, hypertension, diabetes

8 A Switch the hydrochlorothiazide to an alternative antihypertensive drug B Regular exercise, healthy diet, smoking cessation, limiting alcohol intake and avoiding recreational drugs

9 Reducing fluid intake after 6pm and avoiding alcohol and/or caffeine at night

10 A False B True C True D False E True

11 A High-pressure chronic retention B Renal function C Catheterisation in hospital

12 A False (only if bothersome) B True C True D False

13 Urethral stricture; bladder neck stenosis; and

**STROKE** 15 4.5 hours, 48 hours

16 A True B False C True D True

17 Antiplatelet drugs, statins, antihypertensives, anticoagulation for AF, carotid endarterectomy if indicated

18 An exercise programme

**GOUT** 20 A False (9% vs 6%) B True C True D True