

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

PREMATURE MENOPAUSE

1 Match the statistic to the statement:

A Percentage of women affected by premature menopause under the age of 40

B Percentage of women with premature menopause presenting with primary amenorrhoea

C Increase in the risk of heart disease in women who go through the menopause before the age of 35

- 1 10
- 2 2-3
- 3 1

2 When excluding ovarian failure a progestagen challenge test can be performed.

A How long is the progestagen given for?

B What does the absence of a withdrawal bleed indicate?

C What other blood investigations should be undertaken?

3 List five causes of premature menopause.

4 Which of the following statements are true?

A Women who have a late menarche tend to have a late menopause
True False

B Menopause occurs earlier in smokers than non-smokers
True False

C The presence of a high FSH and low LH is a reliable indicator of ovarian failure
True False

D Polycystic ovarian syndrome is associated with low oestrogen levels
True False

E HRT should be offered to women with ovarian failure until the age of 50
True False

5 What course of action would you offer a woman with premature menopause wishing to start a family?

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

URINARY INCONTINENCE

7 Jenny is a 41-year-old school cook. She has three children and attends with a two-year history of increasing stress incontinence. Clinical examination is unhelpful.

A What lifestyle measures should be advised?

B What other non-drug measure may be advised?

C Which drug is licensed to treat this condition?

D What is the most common side effect you might warn her about?

8 It is decided that she will need surgical treatment.

A Which procedure is most common?

B What is the typical cure rate?

9 Which of the following statements are true?

A Injectable periurethral bulking agents have a place in more frail patients
True False

B Women aged 50 years or older with microscopic haematuria should be referred urgently
True False

C Patients with urge incontinence should be referred early for surgery
True False

D Vaginal oestrogens can improve symptoms of urgency
True False

10 Which group of drugs is used in treating urge incontinence?



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

C Oral steroids may reduce disability
True False

14 List three features which worsen prognosis.

15 In Ramsay Hunt syndrome, where else apart from the face and pinna may lesions be seen?

16 How is this condition inherently different from shingles?

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

EDITORIAL

18 What are the four conditions that should be tested for in the minimum STI screen?

19 Which additional service is important for patients with STIs being managed in primary care?

CLINICAL REVIEWS

20 List four adverse outcomes associated with maternal obesity referred to in the HAPO study.

RAMSAY HUNT SYNDROME

12 Complete the following sentence:

Ramsay Hunt syndrome is used to describe the presentation of a lower motor neurone weakness of the cranial nerve caused by reactivation of the virus. The facial weakness is caused by the virus infecting the ganglion of the nerve.

13 Which of the following statements are true?

A Approximately 50% of individuals will be affected by herpes zoster during their lives
True False

B Antiviral drugs can normally be given orally
True False

Answers

16 Motor neuropathy **D** Pelvic floor muscle training **C** Duloxetine **D** Nausea

17 **A** TVT tape **B** 89-98% **C** LH, FSH and oestradiol

18 Gonorrhoea, syphilis, chlamydia, HIV

19 Contraception

20 Birthweight > 90th centile, cord C-peptide (a marker for hyperinsulinaemia) > 90th centile, caesarean delivery, hyperbilirubinaemia, admission to intensive care, pre-eclampsia

RAMSAY HUNT SYNDROME

12 Seventh (facial), herpes zoster, geniculate

13 **A** False **B** True **C** True

14 Increasing age, diabetes, hypertension

15 The tongue, palate and auditory canal

PREMATURE MENOPAUSE

1 **A** **B** **C** **2**

2 **A** 10 days **B** Low levels of oestrogen **C** LH, FSH and oestradiol

3 Idiopathic, radiotherapy or chemotherapy, surgical, chromosomal or genetic, autoimmune conditions

4 **A** False **B** True **C** False **D** False **E** True

5 Referral to a fertility clinic and discussion of egg donation

URINARY INCONTINENCE

7 **A** Weight reduction if BMI > 30, smoking cessation, treatment of chronic cough and constipation