

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

BIPOLAR DISORDER

1 Which of the following statements are true?

- A** Symptoms of depression alone allow the diagnosis to be excluded
True False

- B** One week of elevated, expansive, or irritable mood is one of the diagnostic criteria for mania
True False

- C** Symptoms of hypomania would not be severe enough to cause marked impairment in social or occupational functioning
True False

- D** Patients should generally be treated with antidepressants
True False

- E** When treated with lithium, thyroid function tests should be checked every three months
True False

- F** Psychotherapy offers an alternative management strategy
True False

2 Complete the following sentence

The lifetime prevalence of bipolar affective disorder proper is%, with a further 1.2% presenting with milder symptoms, so-called, and an additional% with bipolar disorder not otherwise specified.

3 Treatment of bipolar disorder can be divided into 3 elements, list these.

4 Anthony is a 41-year-old office worker. He was diagnosed with bipolar disorder ten years ago when he was very ill and required admission to a psychiatric unit.

A What long-term mood stabilising drug is he likely to be treated with?

B How often should levels be monitored?

C Can this drug be given to women who might become pregnant?

D When Anthony attends for an annual check what parameters should be monitored?

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

BORDERLINE PERSONALITY DISORDER

6 Which of the following statements are true?

- A** There is a suicide rate of 10%
True False

- B** There is an association with drug and alcohol misuse
True False

- C** Men present to services more commonly than women
True False

- D** Trivial health problems may be perceived as life threatening
True False

E It is almost exclusively related to environmental factors
True False

7 List two situations when patients should be referred to secondary care.

8 What drugs should be given in the following circumstances?

A Routinely

B In a crisis?

9 Complete the following sentences
NICE recommends that

..... should be responsible for the treatment and management of people with borderline personality disorder.
.....are not helpful; often they produce deterioration. GPs play a crucial role in patients who may be suffering from borderline personality disorder.

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

PASSIVE SMOKING

11 Match the annual statistic to the statement:

- A** New cases of lower respiratory tract infection in children (under the age of three years)
- B** New cases of wheeze and asthma in children
- C** Cases of bacterial meningitis in children
- D** New cases of middle ear disease in children
- E** Number of consultations for asthma in children attributable to passive smoking

- 1** 121,400
- 2** 100,000
- 3** 20,500
- 4** 200
- 5** 22,600

12 You are giving health advice to a pregnant woman who smokes.

A In what two ways may the fetus be exposed to the effects of cigarette smoke?

B What possible adverse effects on the pregnancy would you warn her of?

13 Which of the following statements are true?

A Living in a household with one or more smokers increases the risk of sudden infant death by 50%
True **False**

B Bronchiolitis is about 2.5 times more likely to occur in children whose mothers smoke
True **False**

C Smoking by any household member increases the risk of LRTIs in children by more than 50%
True **False**

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

C Percentage of the working population having access to an occupational physician

- 1** 41
- 2** 12
- 3** 7

CLINICAL REVIEWS

16 Which of the following statements are true?

A Being overweight or obese is associated with an increased risk of clinical depression
True **False**

B Obesity is associated with lower suicide rates
True **False**

C Sleep disturbance may be caused by depression
True **False**

17 What three pharmacological measures can help treat hot flushes in men with prostate cancer?

18 List seven common symptoms of ovarian cancer

EDITORIAL

15 Match the statistic to the statement

- A** Percentage of the working population receiving incapacity benefit
- B** Percentage of incapacity benefit claimants with mental health problems in 2006

Answers

1 A False **B** True **C** True **D** False **E** False
1 A False **B** True **C** True **D** False **E** False (6 months)
1 A False **B** True **C** True **D** False **E** False (6 months)
2 1%, hypomanic, bipolar II disorder, 2-3%
3 Treatment of mania, treatment of bipolar depression, and prophylaxis of mood swings
4 A Lithium **B** 5 monthly **C** Yes **D** Weight, lipid levels, plasma glucose levels, smoking status, alcohol intake, BP
BORDERLINE PERSONALITY DISORDER
6 A True **B** True **C** False **D** True **E** False
7 Where there has been self-harm or marked emotional instability and risk-taking behaviour
8 A None **B** Sedatives
9 community mental health services, Hospital admissions, identifying
10 A 3 **B** 5 **C** 4 **D** 1 **E** 2
11 A 3 **B** 5 **C** 4 **D** 1 **E** 2
12 A Active maternal smoking; passive maternal smoke exposure
B Higher risk of: miscarriage, perinatal death, prematurity, small for gestational age, reduced birthweight and congenital abnormalities
13 A False (more than double) **B** True **C** True
14 Abdominal bloating, distension or pain, postmenopausal or rectal bleeding, anorexia, urinary frequency
15 A 3 **B** 1 **C** 2
16 A True **B** True **C** True
17 Cyproterone acetate, medroxyprogesterone and SSRIs
18 Abdominal bloating, distension or pain, postmenopausal or rectal bleeding, anorexia, urinary frequency