

# 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

## PYELONEPHRITIS

**1 Match the patient group to the statement:**

- A** 11% report a UTI in a given year
- B** Incidence of pyelonephritis is higher than in men
- C** Similar incidence of pyelonephritis to that in older men
- D** Have a 10% risk of recurrence of pyelonephritis in the year following an episode

- 1** Older women
- 2** Men
- 3** Women
- 4** Young women

**2 Amanda, a 22-year-old secretary presents with a short history of dysuria, fever and loin pain.**

**Her urine has blood, nitrite and leucocytes present. A presumptive diagnosis of pyelonephritis is made and she is started on antibiotics.**

- A** What is the most likely causative organism?
- B** She does not respond to treatment despite high doses of oral cephalosporin. What does this suggest about the causative organism?
- C** What measure may now be required?

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

- A** Acute pyelonephritis may lead to papillary necrosis  
True  False
- B** Vesico-ureteric reflux may predispose to chronic pyelonephritis  
True  False
- C** Chronic pyelonephritis leads to chronic renal failure in most patients  
True  False

**D** Acute pyelonephritis usually has a rapid onset  
True  False

**E** Fever is a key symptom in older people with acute pyelonephritis  
True  False

**4 When should the following patients who have had pyelonephritis be referred for further investigation?**

- A** Men
- B** Women

**5 Where infection caused by Proteus species has occurred what underlying problem might you expect?**

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

## GLOMERULONEPHRITIS

**7 Which of the following statements about glomerulonephritis are true?**

- A** GFR estimated by formulae can help monitor rapidly changing renal function  
True  False
- B** Patients with persistent asymptomatic non-visible haematuria aged  $\geq 50$  should be referred for investigation  
True  False
- C** Glomerulonephritis is the most common cause of haematuria  
True  False
- D** Renal biopsy is normally required  
True  False

**8 What four measures are recommended to investigate asymptomatic proteinuria?**

**9 Which of the following clinical features would you expect to find in most cases of nephrotic syndrome?**

- A** Proteinuria  $< 3g$  per day  
True  False
- B** Haematuria  
True  False
- C** Hypoalbuminuria  
True  False
- D** Hypertension  
True  False

**10 Which drugs are important in managing proteinuric renal disease?**

**11 These drugs should be included in the antihypertensive regimen if proteinuria is  $> 1g$  per day, list two other indications.**

**12 Complete the following sentence**

Patients with chronic glomerulonephritis typically display both risk factors and are therefore often at greater risk of ..... than patients with CKD of different causes. As such, aggressive management of lifestyle factors and ..... is important.

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

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

**A** Almost half of affected children continue to have symptoms during adolescence  
True  False

**B** There is an association with tic disorders  
True  False

**C** The risk of later substance abuse may be increased  
True  False

**D** Psychological interventions have been shown to improve symptoms  
True  False

**17 Match the drug(s) to the statement**

- A** Used as first line
- B** Is not a psychostimulant
- C** Can be used in children under six
- D** Is a controlled drug

- 1** dexamfetamine
- 2** methylphenidate
- 3** atomoxetine

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

**ADHD**

**14 List the three subtypes of ADHD**

**15 Complete the following sentence:**

For a diagnosis of ADHD to be made, the age of onset must be before .....years, duration of symptoms longer than ..... months and the symptoms must be causing significant impairment.

**EDITORIAL**

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

**A** CBT for persistent low back pain more than doubled the reduction in disability score when compared with controls  
True  False

**B** Manual therapy is effective in reducing disability scores  
True  False

**C** Per QALY, CBT is more cost-effective than manipulation or exercise  
True  False

**D** NICE recommends CBT as an initial management option for back pain  
True  False

**CLINICAL REVIEWS**

**20 Which of the following groups does recent evidence suggest that aspirin is beneficial for?**

**A** Secondary prophylaxis of coronary thrombosis  
True  False

**B** Primary stroke prevention  
True  False

**C** Primary prevention of cardiovascular disease  
True  False

**Answers**

- 1** A 3 B 4 C 1 D 3
- 2** A: *coli* B: ESBL bacteria C: Admission to hospital
- 3** A True B True C False D True E False
- 4** A After the first episode B After two or more episodes
- 5** Calculi
- GLOMERULONEPHRITIS**
- 7** A False B True C False D False
- 8** MSU, repeat urinalysis, quantification of urinary protein excretion, clinical review
- 9** A False (<3g) B False C True D False
- 10** ACEI and ARB
- 11** Diabetes with microalbuminuria, presence of other indications e.g. heart failure
- 12** Cardiovascular disease, cardiovascular prophylaxis
- ADHD**
- 14** Predominantly inattentive, predominantly hyperactive-impulsive, and combined type
- 15** Seven, six
- 16** A False B True C True D False
- 17** A 2 B 3 C 1 D 1,2
- EDITORIAL**
- 19** A True B True C True D False
- CLINICAL REVIEWS**
- 20** A True B False C False