CME - FILLABLE PDF FORM

Name =

Practitioner CPD exercise

This Adobe fillable PDF form captures your answers and reflections to save in your digital personal development plan

Show impact
- Collection of data
- Practice audit to show improved care
- Case studies
- Implement a protocol
- Prescribing review
- Educational meetings
- Significant event audit
- Practice meeting
- Implement a new service
- Take on new role
- Significant event audits
- Change with feedback from patients and/or colleagues

Further options for sessional GPs
- Self audit of own practice:
  - Record-keeping
  - Referrals for investigations
  - Prospective condition based reviews
  - Random case analysis with colleagues
  - Review of telephone triage outcomes
- Update drugs in emergency bag

CPD Framework

Online all articles are associated with CPD prompts/frameworks to written reflection:

Adobe fillable PDFs
- Article review framework
- Case review framework
- Audit framework

Word documents
- Reflection on a journal article
- Stages of reflection on a situation
- Team reflection

ABDOMINAL AORTIC ANEURYSM

Which of the statements are true?

A The condition is normally asymptomatic
True ☐ **False** ☐

B The mainstay of imaging is duplex ultrasound
True ☐ **False** ☐

C Abdominal X-rays are generally helpful in sizing an aneurysm
True ☐ **False** ☐

D After successful surgery patients have 90% of the life expectancy of those who have not had an aneurysm
True ☐ **False** ☐

E Surgery aims to improve quality of life
True ☐ **False** ☐

2 Complete the statements:

The mainstay of management is

modification to improve

health for potential surgery and reduce the

of the aneurysm.

Two seminal studies found that intervention for abdominal aortic aneurysms of less than

cm in otherwise

patients had no benefit over

3 Answer the following:

A List three common risk factors for abdominal aortic aneurysm.

B Which other patients are also at increased risk?

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

CARDIAC SYNCOPE

5 Which of the statements are true?

A The incidence of cardiac syncope rises significantly with age
True ☐ **False** ☐

B Carotid sinus massage should be performed routinely in patients aged ≥ 40 with syncope of unknown origin
True ☐ **False** ☐

C Prolonged ECG monitoring should be employed when there is a high pretest probability of capturing an arrhythmia
True ☐ **False** ☐

D Syncope may be multifactorial
True ☐ **False** ☐

6 Complete the statement:

Exercise testing should be performed under close supervision in patients presenting with

or

This stress test may unmask

or

However,

syncope may also be observed which is most commonly

»

CME

Time credits =

Impact credits =

7 Which of the following are high-risk features of syncope?

A Unexplained systolic BP < 90 mmHg

B Persistent bradycardia < 40 bpm

C Long history of similar syncope

D Syncope preceded by palpitation

E Features suggestive of vasovagal syncope

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

MULTIPLE SCLEROSIS (MS)

9 Which of the statements are true?

A Clinical history and MRI findings may be sufficient to make a diagnosis of MS
True ☐ **False** ☐

B In the early phase of MS, patients generally recover from relapses fully, without treatment, within days or weeks
True ☐ **False** ☐

C Steps 4.0 to 7.5 on the Expanded Disability Status Scale indicate progressive reduction in walking ability
True ☐ **False** ☐

D Steroid treatment does not affect the overall outcome of relapses and/or long-term disease progression, but shortens time to recovery
True ☐ **False** ☐

E Pharmacological therapies are generally more effective than psychological therapies for fatigue in MS patients
True ☐ **False** ☐

10 Patients with MS have high rates of comorbidity. List four common comorbidities.

11 Complete the statement:
Disease modifying treatments can reduce the risk of new

symptoms, severe

impairment, and

in people with

MS.

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

Answers

ABDOMINAL AORTIC ANEURYSM
1 **A** True **B** True **C** False **D** False (80%) **E** False (extend life)
2 Risk; factor; cardiovascular; growth
5.5; reasonably; fit; ultrasound surveillance
3 **A** Smoking; increasing age; family history **B** Those with connective tissue disorders such as Marfan's syndrome, Ehlers-Danlos syndrome and Loeys-Dietz syndrome

CARDIAC SYNCOPE
5 **A** True **B** True **C** True **D** True
6 Exertional; presyncope; syncope; arrhythmias; ischaemia; postexertional; reflex-mediated
7 A,B,D

MULTIPLE SCLEROSIS (MS)
9 **A** True **B** True **C** True **D** True **E** False
10 Depression; anxiety; cardiovascular disease; epilepsy; metabolic diseases; autoimmune diseases
11 Neurological; ambulatory; death; relapsing-remitting