

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

DIABETIC KIDNEY DISEASE

1 Which of the statements are true?

A Early diabetic kidney disease is asymptomatic

True ☐ False ☐

B Individuals with diabetic kidney disease have a reduction in life expectancy of around 6 years

True ☐ False ☐

C Diabetic kidney disease typically occurs in association with diabetic retinopathy and neuropathy

True ☐ False ☐

D The rise in urinary albumin excretion frequently precedes any fall in eGFR

True ☐ False ☐

E A renal biopsy is rarely necessary to confirm diabetic kidney disease

True ☐ False ☐

2 A List four modifiable risk factors for diabetic kidney disease.

B List four non-modifiable risk factors for diabetic kidney disease.

3 All patients with diabetic kidney disease should have at least annual measurement of which parameters?

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

POLYCYSTIC KIDNEY DISEASE (PKD)

5 Which of the statements are true?

A The liver is the most common site for extrarenal cysts

True ☐ False ☐

B The size and number of renal cysts will continue to increase with time

True ☐ False ☐

C Individuals with PKD may present with hypertension before a decline in eGFR is noted

True ☐ False ☐

D The PKD2 mutation is associated with a more aggressive phenotype

True ☐ False ☐

6 Match the statistic to the statement.

A The percentage of cases of PKD caused by the PKD1 mutation

B The percentage of cases of PKD caused by the PKD2 mutation

C The proportion of patients with PKD who have no known family history

D The prevalence of intracranial berry aneurysms in PKD patients over the age of 60

E The percentage of PKD patients affected by liver cysts

1 15%

2 20%

3 25%

4 35%

5 80%

7 Intracranial haemorrhage caused by rupture of an intracranial berry aneurysm is a life-threatening complication of PKD. It should be considered in any patient presenting with which features?

Time credits =

Impact credits =

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

- B** Chronic primary pain represents chronic pain as a disease in itself
True ☐ False ☐
- C** A secondary chronic pain can coexist with a primary chronic pain
True ☐ False ☐
- D** Chronic primary pain can be a precursor to chronic secondary pain
True ☐ False ☐
- E** Chronic primary pain may not always improve despite best medical care
True ☐ False ☐

10 A How is chronic primary pain defined?

B What are the five categories of chronic primary pain?

11 Complete the statement.

A comprehensive

and

history should always be obtained to elucidate any potential

or possible

The combination of

history and

or

examination points towards a diagnosis of chronic primary pain.

Assessment must take into consideration any

or

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

CHRONIC PRIMARY PAIN

9 Which of the statements are true?

A Chronic pain affects around a quarter of the UK population
True ☐ False ☐

Answers

10 B Chronic widespread pain; complex regional pain syndrome; chronic primary headache or orofacial pain; chronic visceral pain; chronic primary musculoskeletal pain

11 pain; medical; underlying cause; red flags. suggestive; normal; negative. disability; emotional; distress

12 persists for longer than three months and is not better accounted for by another diagnosis of chronic pain

10 A Pain in one or more anatomical regions that

9 A False (between one third and one half) **B** True **C** True **D** True **E** True

7 Thunderclap headache; new focal neurology; or unexplained syncope

6 A True **B** True **C** True **D** False (PKD mutation)

1 A True **B** False (16 years) **C** True **D** True **E** True

2 A Poor glycaemic control; hypertension; smoking; hyperlipidaemia

2 B Genetic susceptibility; duration of diabetes; increasing age; male sex

3 Blood pressure; renal function [serum creatinine, eGFR]; urinary ACR