

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 to written reflection in the form of three PDF fillable templates:

- Article review framework
- Case review framework
- Audit framework

SLEEP-RELATED EPILEPSY

1 Which of the following are characteristic of sleep-related hypermotor epilepsy (SHE)?

- A** The patient can recall the event afterwards
- B** Age of onset is generally 50 years or older
- C** The events have rapid onset and rapid offset
- D** The patient is capable of complex interactive speech
- E** The eyes are open

2 Which of the statements about SHE are true?

- A** Patients experience 1-2 events per night
True ☐ False ☐
- B** Clustering is common
True ☐ False ☐
- C** Events generally last 1-2 minutes
True ☐ False ☐
- D** Events can occur during daytime naps
True ☐ False ☐
- E** Patients may complain of excessive daytime sleepiness
True ☐ False ☐

3 Complete the statement:

Seizures in SHE are

,

seizures and therefore they involve no loss of

They may be preceded by

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

MEDICATION OVERUSE HEADACHE (MOH)

5 Which of the statements are true?

- A** MOH does not occur in cluster headache unless there is associated migraine
True ☐ False ☐
- B** Prednisolone may aid medication withdrawal
True ☐ False ☐
- C** Headache does not always improve with medication withdrawal
True ☐ False ☐
- D** In the majority of cases MOH is a complication of migraine
True ☐ False ☐
- E** Paracetamol used once daily is sufficient to cause MOH, but paracetamol used 4 times a day 10 days per month is not
True ☐ False ☐

6 List three situations where a patient with MOH should be referred to neurology or a specialist headache clinic.

7 Complete the statement:

A good rule of thumb is to limit acute treatment to

days per

in patients with migraine and

This rule does not apply to patients with

headache.

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

JUVENILE IDIOPATHIC ARTHRITIS (JIA)

9 Which of the statements are true?

A JIA is a clinical diagnosis

True ☐ False ☐

B It is more common in boys than girls

True ☐ False ☐

C Uveitis may precede the onset of arthritis

True ☐ False ☐

D Axial arthritis is common in children with enthesitis-related JIA

True ☐ False ☐

10 Complete the statement.

Systemic onset JIA is

and

distinct from other JIA subtypes. Prolonged

is a hallmark of the disease and classically follows a

pattern. The fevers are almost always accompanied by a

11 Patients with psoriatic arthritis have arthritis and psoriasis, or arthritis with at least two other features. List these features.

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

Answers

SLEEP-RELATED EPILEPSY

1 A, C, E

2 A False (3-8 or more) B True C True D True E True

3 Simple, partial, partial, consciousness, an aura

MEDICATION OVERUSE HEADACHE (MOH)

5 A True B False C True D True E True

6 Appropriate management of MOH has not been successful; advice is required about management of the underlying primary headache disorder; there is concern that there may be an underlying sinister cause

7 Two; week; tension type headache; cluster

JUVENILE IDIOPATHIC ARTHRITIS (JIA)

9 A True B False C True D True

10 A Genetically; physiologically; fever; quotidian; rash

11 Dactylitis; nail pitting or onycholysis; psoriasis in a first-degree relative