CME - FILLABLE PDF FORM Name:

Practitioner CPD exercise

This Adobe fillable PDF form captures your answers and reflections to save in your electronic 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

SYNCOPE

1 Which of the statements are true?

A Reflex syncope is the most common cause of syncope
True ☐ **False** ☐

B Vasovagal syncope is likely if syncope is precipitated by pain, fear or standing
True ☐ **False** ☐

C Pacemakers are often indicated in reflex syncope
True ☐ **False** ☐

D Carotid sinus massage should be carried out to reproduce symptoms in suspected carotid sinus syncope
True ☐ **False** ☐

E Orthostatic hypotensive syncopal episodes are rare in patients under the age of 50
True ☐ **False** ☐

2 Match the statistic to the statement.

A The proportion of the general population who will have at least one episode of syncope in their lifetime

B The percentage of patients presenting to the emergency department with syncope who are admitted

C The proportion of cases in which clinical history alone is sufficient to differentiate syncope from other causes of transient loss of consciousness

D The combination of clinical history, physical examination and 12-lead ECG can provide a certain or suspected aetiology of syncope in up to what percentage of cases?

1 45%
2 50%
3 60%
4 70%

3 List four other causes of transient loss of consciousness that syncope needs to be differentiated from.

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

STABLE ANGINA

5 List the three features that are characteristic of typical angina.

6 Which of the statements are true?

A A resting 12-lead ECG is recommended in all patients with suspected angina
True ☐ **False** ☐

B A normal exercise tolerance test excludes a diagnosis of underlying coronary artery disease
True ☐ **False** ☐

C In patients with refractory angina attendance at angina management programmes has been shown to improve symptom control and exercise tolerance
True ☐ **False** ☐

D Around a third of patients diagnosed with ischaemic heart disease present with stable angina
True ☐ **False** ☐

E CT coronary angiography is recommended as a first-line investigation in patients with a new diagnosis of suspected stable angina
True ☐ **False** ☐

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Time credits=

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7 List the six major drug classes for the treatment of stable angina.

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

ACUTE PANCREATITIS

9 Which of the statements are true?

A All patients with clinical findings suggestive of acute pancreatitis should be referred to hospital for urgent evaluation
True ☐ False ☐

B The incidence of acute pancreatitis is increasing in young women who drink excessive amounts of alcohol
True ☐ False ☐

C The diagnosis of acute pancreatitis should be considered in any patient presenting with abdominal pain
True ☐ False ☐

D Many patients who develop severe disease seem well on admission but deteriorate over subsequent days
True ☐ False ☐

E An elevated ALT at presentation ≥ 150 IU/L has a positive predictive value of 85% in predicting a gallstone aetiology
True ☐ False ☐

10 History and examination can be indicative of the diagnosis. However, two out of three diagnostic criteria should be met. List the three criteria.

11 Complete the statement:
The most common pattern of pain is

pain that radiates to the

is exacerbated by

and is alleviated by

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

Answers

SYNCOPE
1 **A** True **B** True **C** False **D** True **E** False (under 40)

2 **A** 2 **B** 2 **C** C3 **D** 2

3 Seizures; hypoglycaemia; trauma and psychogenic causes

STABLE ANGINA
5 A constricting discomfort in the front of the chest, or in the neck, shoulders, jaw or arms; precipitated by physical exertion; relieved by rest or GTN within about 5 minutes

6 **A** True **B** False **C** True **D** False (half) **E** True

7 Beta-blockers; calcium channel blockers; nitrates, potassium channel activators; sinus node inhibitors; and late sodium current inhibitors

ACUTE PANCREATITIS
9 **A** True **B** True **C** True **D** True **E** False (95%)

10 Typical history; elevated serum amylase or lipase (>3 ULN); imaging (ultrasound, CT or MRI) consistent with acute pancreatitis

11 Severe epigastric; back; movement; sitting forwards