CME - FILLABLE PDF FORM

Name=

Practitioner CPD exercise

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

MILD TO MODERATE ASTHMA IN ADULTS

1 Which of the statements are true?

A Reducing exposure to house dust mite improves asthma control
True ☐ **False** ☐

B A quarter of women with asthma experience worsening symptoms during pregnancy
True ☐ **False** ☐

C All patients who have suffered a life-threatening asthma attack in the past should be under specialist supervision
True ☐ **False** ☐

D Inhaler technique should be reassessed at every contact with a health professional
True ☐ **False** ☐

E Cardioselective beta-blockers may impact on asthma control
True ☐ **False** ☐

2 Match the statistic to the statement. In the National Review of Asthma Deaths, the proportion of patients who:

A Did not receive monthly treatment with inhaled corticosteroids

B Died without seeking medical attention or before emergency medical care could be provided

C Were not under specialist care at the time of their death

1 45%
2 50%
3 57%
4 80%

3 List four characteristics of patients with well controlled asthma.

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

CYSTIC FIBROSIS IN CHILDREN

5 Which of the statements are true?

A Cystic fibrosis is an autosomal recessive disorder
True ☐ **False** ☐

B Young children with cystic fibrosis are vulnerable to infection with *Staphylococcus aureus*
True ☐ **False** ☐

C Most infants diagnosed by newborn screening have few symptoms
True ☐ **False** ☐

D Cystic fibrosis related diabetes becomes prevalent in the first decade of life
True ☐ **False** ☐

E Distal intestinal obstruction syndrome is a surgical emergency
True ☐ **False** ☐

6 Complete the statement:

Distal intestinal obstruction syndrome is a serious complication that presents with

and

By ensuring children are adequately

and have the appropriate

, gut transit time is improved and the risk of distal intestinal obstruction syndrome reduced.

7 Most children with cystic fibrosis have malabsorption requiring pancreatic enzyme replacement therapy.

A What dietary supplements may they also require?

B What are the symptoms of malabsorption?

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Time credits=

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

CYSTIC FIBROSIS IN ADULTS

9 Which of the statements are true?

A The prevalence of *Pseudomonas aeruginosa* infection increases with age
True ☐ **False** ☐

B Pancreatitis and sinusitis are both clinical features that may support a diagnosis of cystic fibrosis in adults
True ☐ **False** ☐

C Cystic fibrosis related diabetes is associated with increased morbidity at lower levels of dysglycaemia than type 1 and type 2 diabetes
True ☐ **False** ☐

D Symptoms of anxiety and depression are twice as high in cystic fibrosis patients compared with the general population
True ☐ **False** ☐

E Manual chest clearance is the mainstay of physiotherapy
True ☐ **False** ☐

10 Match the statistic to the statement.

A The proportion of CF patients with exocrine pancreatic insufficiency

B The percentage of cystic fibrosis deaths caused by progressive respiratory failure

C The proportion of men with cystic fibrosis who are infertile

1 80%
2 85%
3 90%
4 98%

11 List the four principles of optimal care in patients with cystic fibrosis.

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

Answers

MILD TO MODERATE ASTHMA IN ADULTS

1 **A** False **B** False (a third) **C** True **D** True **E** True

2 **A** 4 **B** 1 **C** 3

3 No bothersome symptoms during the day or night; require little or no reliever medication; no exacerbations; preserved lung function

CYSTIC FIBROSIS IN CHILDREN

5 **A** True **B** True **C** True **D** False (teenage years) **E** True

6 Acute abdominal pain; constipation; hydrated; laxatives

7 **A** The fat-soluble vitamins A, D, E and K; nutritional supplements **B** Meconium ileus; steatorrhoea; faltering growth; distended abdomen; constipation

CYSTIC FIBROSIS IN ADULTS

9 **A** True **B** True **C** True **D** False (up to three times as high) **E** False (a combination of chest clearance techniques, exercise and inhaled mucolytic therapies)

10 **A** 2 **B** 3 **C** 4

11 Aggressive treatment of infection; airway clearance; optimisation of nutritional status; close monitoring of complications and comorbidities