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/frameworks for 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

SJÖGREN'S SYNDROME

1 Which of the statements are true?

A Sjögren's syndrome often presents in patients in their 60s
True ☐ **False** ☐

B Younger patients tend to present with systemic disease
True ☐ **False** ☐

C Arthralgia may be the dominant clinical feature at presentation
True ☐ **False** ☐

D Older patients are more likely to have classical sicca symptoms
True ☐ **False** ☐

E Azathioprine and hydroxychloroquine should be discontinued during pregnancy
True ☐ **False** ☐

2 Match the statistic to the statement.

A The proportion of patients who do not have severe systemic disease

B The percentage of cases who test positive for rheumatoid factor

C The proportion of patients who are female

D The percentage of patients with Raynaud's phenomenon

1 80%
2 85%
3 90%
4 95%

3 Diagnosis of Sjögren's syndrome should be made by a rheumatologist. What investigations may be carried out in rheumatology to confirm diagnosis?

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

LOW BACK PAIN

5 Complete the statement:

Low back pain is a

condition. It can originate in the vertebrae,

, ligaments,

joints or

muscles.

6 Use of the STarT Back risk assessment tool enables patients with nonspecific low back pain to be graded into two broad categories. What are these categories?

7 Which of the statements are true?

A Herpes zoster may cause low back pain
True ☐ **False** ☐

B Mechanical low back pain usually presents in patients aged over 60
True ☐ **False** ☐

C A positive straight leg raise test (direct and crossed) can indicate nerve root irritation
True ☐ **False** ☐

D Low back pain may be referred to the hips and legs
True ☐ **False** ☐

E Mechanical low back pain varies with activity and time
True ☐ **False** ☐

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Time credits=

Impact credits=

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

KIDNEY TRANSPLANTATION

9 Which of the statements are true?

A Patients in their 70s are not eligible for a transplant
True ☐ **False** ☐

B All living kidney donors are offered lifelong follow-up
True ☐ **False** ☐

C Transplantation from a living donor is associated with better graft and patient survival than that from a deceased donor
True ☐ **False** ☐

D A living kidney donor does not have to be genetically related to the recipient
True ☐ **False** ☐

10 Complete the statement.
After living kidney donation, the donor will have a substantially higher serum

and substantially lower

The latter does not represent

kidney disease.

The change in renal function simply reflects reduced

11 List three treatment approaches that will improve survival in patients with end-stage renal disease.

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

Answers

SJÖGREN'S SYNDROME
1 A False (40s and 50s) **B** True **C** True **D** True **E** False

2 A 2 **B** 3 **C** 3 **D** 1

3 Scintigraphy/sialography; labial gland biopsy

LOW BACK PAIN
5 Heterogeneous; discs; facet; paravertebral

6 Patients who will respond to simple analgesics and exercise advice; those who are at higher risk of poor recovery, and require more intensive physiotherapy and psychology input

7 A True **B** False (20-55) **C** True **D** True **E** True

KIDNEY TRANSPLANTATION
9 A False **B** True **C** True **D** True

10 Creatinine; eGFR; chronic; nephron mass

11 A transplant compared with dialysis; a living donor as opposed to a deceased donor transplant; transplantation before requiring dialysis