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

MOOD DISORDERS IN OLDER PEOPLE

1 Which of the statements are true?

A Older people presenting with symptoms of depression should be assessed in the same way as younger people
True ☐ **False** ☐

B Depression and dementia have common aetiological causes and risk factors
True ☐ **False** ☐

C Mixed affective symptoms such as agitation or irritability are more common in younger than older people
True ☐ **False** ☐

D Depression is associated with poor outcomes for physical illness
True ☐ **False** ☐

2 Complete the statement.

Depression is not a normal part of

and, even if there are understandable

, this should not deter GPs from

(two words). (one word)

intervention is recommended, as a

duration of untreated illness improves the likelihood of

3 Older people with depression may not present with low mood as the predominant symptom. Give five examples of symptoms that may be potential indicators of depression in older patients.

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

ARRHYTHMIAS IN CORONARY ARTERY DISEASE (CAD)

5 Which of the statements are true?

A Presyncope is a red flag symptom in patients with CAD
True ☐ **False** ☐

B A rate control strategy is recommended in patients with infrequent episodes of atrial fibrillation (AF)
True ☐ **False** ☐

C Beta-blockers are indicated for all patients with premature ventricular complexes in primary care
True ☐ **False** ☐

D Patients with NYHA class IV heart failure are less likely to benefit from an implantable cardioverter defibrillator
True ☐ **False** ☐

6 What are the three key elements in the management of atrial fibrillation?

»

CME

Time credits= Impact credits

7 Complete the statement.
In patients with severe LV impairment symptoms of

(two words)

or

should raise strong clinical suspicions of

(two words)

and urgent

(two words)

is required.

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

ERECTILE DYSFUNCTION (ED)

9 Which of the statements are true?

A ED is associated with an increased risk of future cardiovascular events including after sexual activity
True ☐ **False** ☐

B Men presenting with lower urinary tract symptoms should be specifically questioned about ED
True ☐ **False** ☐

C Men with high CVD risk should be referred to a cardiologist before considering any treatment other than lifestyle adaptations
True ☐ **False** ☐

D PDE-5 inhibitors are contraindicated in patients with untreated hypotension or hypertension
True ☐ **False** ☐

10 List three anatomical abnormalities that can cause ED.

11 Complete the statement.
It is important to look for signs of hypogonadism such as

or loss of

(two words)

and examine the external genitalia for any

or

deformity.

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

Answers

MOOD DISORDERS IN OLDER PEOPLE
1 **A** True **B** True **C** False **D** True **E** True

2 Ageing; triggers; offering treatment. Early; short; response

3 Physical symptoms; apathy; poor motivation; cognitive symptoms; agitation; retardation; fatigue; weight loss

ARRHYTHMIAS IN CORONARY ARTERY DISEASE (CAD)
5 **A** True **B** True **C** False (only for those with particularly bothersome symptoms of skipped or extra beats) **D** True

6 Thromboembolic risk assessment and stroke prevention; control of symptoms through either rate or rhythm control; management of associated comorbidities and risk factors

7 Rapid palpitations; syncope; ventricular arrhythmias; specialist assessment

ERECTILE DYSFUNCTION (ED)
9 **A** True **B** True **C** True **D** True

10 Peyronie's disease; post priapism; foreskin abnormalities

11 Gynaecomastia; body hair; penile; testicular