Name=

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/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

HEAVY MENSTRUAL BLEEDING

1 Which of the statements are true?

A Obesity is a risk factor for endometrial neoplasia in women in their 20s
True ☐ **False** ☐

B Tricyclic antidepressants may be a cause of iatrogenic abnormal uterine bleeding
True ☐ **False** ☐

C Pressure symptoms in women with heavy menstrual bleeding may indicate significant fibroids
True ☐ **False** ☐

D Heavy menstrual bleeding affects 20% of women of reproductive age
True ☐ **False** ☐

2 Give two reasons for referring women with heavy menstrual bleeding for transvaginal ultrasound.

3 List four symptoms of adenomyosis.

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

PREMENSTRUAL SYNDROME

5 Which of the statements are true?

A There are no diagnostic tests for premenstrual syndrome (PMS)
True ☐ **False** ☐

B PMS symptoms should be recorded in a symptom diary for a minimum of 3 months
True ☐ **False** ☐

C Mindfulness-based cognitive therapy and cognitive behaviour therapy are effective first-line treatments
True ☐ **False** ☐

D Women with confirmed PMS who fail to respond to first-line treatments should be referred to secondary care
True ☐ **False** ☐

6 Complete the statement.

If PMS symptoms affect

and/or

and/or

quality of life this should be regarded as being

PMS.

7 What are the two potential uses of gonadotropin-releasing hormone agonists in women with severe PMS symptoms?

»

CME

Time credits=

Impact credits=

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

COPD

9 Which of the statements are true?

A Antibiotics should be given for all COPD exacerbations
True ☐ **False** ☐

B Incorporating a cognitive behavioural component in the self-management plan may help patients cope with breathlessness
True ☐ **False** ☐

C COPD is far more common in heroin and crack cocaine smokers and occurs at a younger age
True ☐ **False** ☐

D Following diagnosis of COPD a chest X-ray and full blood count should be performed
True ☐ **False** ☐

10 Give two advantages of using the lower limit of normal to report airflow obstruction.

11 Complete the statement.
Incorrect use of inhalers, in particular critical errors, are associated with more

, poorer

more

and more

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

Answers

HEAVY MENSTRUAL BLEEDING
1 **A** True **B** True **C** True **D** False (25%)
2 If the uterus is palpable abdominally or there are associated symptoms of pressure or pelvic pain
3 Heavy, painful or irregular periods; premenstrual pelvic pain and feelings of heaviness/discomfort in the pelvis; pain during sexual intercourse; pain related to bowel movements

PREMENSTRUAL SYNDROME (PMS)
5 **A** True **B** False (2 months) **C** True **D** True
6 Personal; social; professional; clinically significant
7 As a diagnostic tool (e.g. when diagnosis remains unclear after 2 months of recording symptoms using a symptom diary) and/or to treat symptoms when other approaches have failed

COPD
9 **A** False (only where there is clear clinical evidence of an infection) **B** True **C** True **C** True
10 Reduces overdiagnosis of COPD in older patients; reduces underdiagnosis in younger patients
11 Symptoms; disease control; exacerbations; hospitalisations