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 now associated with CPD prompts to written reflection in the form of three PDF fillable templates:

- Article review framework
- Case review framework
- Audit framework

POLYMYALGIA RHEUMATICA (PMR)

1 Which of the following statements are true?

A PMR is more common in men than women
True ☐ **False** ☐

B Symptoms improve with activity but deteriorate on rest
True ☐ **False** ☐

C The classical response to a trial of steroids is 100% improvement within 48 hours
True ☐ **False** ☐

D Fracture risk should be considered in all patients who have a successful trial of steroids
True ☐ **False** ☐

2 List the core inclusion criteria for PMR.

3 Complete the following statement:
At diagnosis and each follow-up visit it is imperative to consider the potential for giant cell arteritis. The patient should be asked about

claudication and

disturbance. If there is any suspicion of giant cell arteritis, discussion with the rheumatologist should take place

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

OSTEOARTHRITIS

5 Which of the following statements are true?

A Increased BMI is associated with a higher incidence of knee osteoarthritis
True ☐ **False** ☐

B Patients should be supported with non-surgical core treatments for at least 6 months before referral for joint surgery
True ☐ **False** ☐

C Pain is the main presenting symptom
True ☐ **False** ☐

D Osteoarthritis can be associated with altered mood and sleep patterns
True ☐ **False** ☐

E Arthroscopy with debridement is useful for most patients with knee osteoarthritis
True ☐ **False** ☐

6 List three lifestyle changes that could improve pain and function.

7 Complete the following statement:
Pharmacological management should be tailored to the individual and depends on factors such as pain severity and

when pain is most troublesome, in addition to

and concurrent

»

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Time credits=

Impact credits=

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

ULNAR NERVE INJURY

9 Match the feature to the type of nerve injury.

A Neurapraxia

B Axonotmesis

C Neurotmesis

1 Nerve repair required
2 Full recovery in days-weeks
3 Wallerian degeneration

10 Which of the following statements are true?

A It is important to avoid the intermuscular sulcus when placing a contraceptive implant
True ☐ **False** ☐

B If any neurological symptoms develop during placement or removal of a contraceptive implant the patient should be referred promptly to a specialist
True ☐ **False** ☐

C In minor nerve injuries myelinated fibres are affected more than unmyelinated ones
True ☐ **False** ☐

11 Complete the following statement.

A high grade nerve injury with

degeneration should be suspected when there is

pain,

dysfunction and a positive

at the site of injury.

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

Answers

POLYMYALGIA RHEUMATICA (PMR)
1 A False **B** True **C** False (24 hours) **D** True
2 Age > 50, duration > 2 weeks; bilateral shoulder and/or pelvic girdle pain; morning stiffness > 45 minutes; evidence of acute phase response (raised ESR and CRP)
3 Headaches, jaw, visual, urgent, that day

OSTEOARTHRITIS
5 A True **B** False (at least 3 months) **C** True **D** True **E** False
6 Muscle strengthening targeted to affected joints, aerobic exercise and weight loss
7 Time of day, comorbidities, medications

ULNAR NERVE INJURY
9 A 2 **B** 3 **C** 1,3
10 A True **B** True **C** True
11 Axonal, neuropathic, autonomic, Tinel's sign