

Practitioner CPD exercise

When you have answered the questions below and overleaf, based on articles in this issue, tear out the page and put it in your personal development plan

DEMENTIA IN PARKINSON'S DISEASE

1 Complete the following sentences:

Dementia with cortical Lewy bodies is associated with deficits of

..... and

These neurotransmitters have been found to be deficient in and disease, respectively.

2 Match the clinical feature with the condition.

- A Parkinson's disease with dementia (PDD)
- B Alzheimer's disease
- C Dementia with Lewy bodies (DLB)

- 1 Memory loss
- 2 Long-standing motor symptoms
- 3 Poor attention and disinhibition
- 4 Little change in MMSE exam

3 Which of the following statements are true?

A PDD and DLB represent the second most common cause of degenerative dementia in the elderly
True False

B Dementia associated with features of Parkinson's disease is always defined as PDD
True False

C 40% of patients with Parkinson's disease go on to develop dementia
True False

D Visual hallucinations are present in approximately two-thirds of patients with DLB
True False

E MRI scanning can generally differentiate PDD and DLB from Alzheimer's disease
True False

4 What complications can dopamine replacement therapy result in when used to treat some of the severe motor features associated with PDD and DLB?

5 How can the risk of these complications be minimised?

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

OSTEOPOROSIS

7 Complete the following statement:

All fragility fractures in the elderly should be regarded as once fracture has been excluded. The working definition of a fragility fracture is a fracture occurring during a from height or less or equivalent injury.

8 Which of the following statements are true?

A Women who have had a fragility fracture may be treated for osteoporosis even if BMD has not been measured
True False

B Development of kyphosis may be an indicator of vertebral fracture
True False

C Bisphosphonates should be taken last thing at night
True False

D Strontium ranelate is an effective alternative to bisphosphonates
True False

9 Which tool could be used to estimate a person's 10-year risk for future fracture?

10 Which of the following are associated with osteoporosis?

A Anticonvulsant treatment
True False

B Coeliac disease
True False

C NSAIDs
True False

D Hypothyroidism
True False

E Type 1 diabetes
True False

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



D Vitamin C may help prevent CRPS following a fracture
True False

13 Complete the following sentence
CRPS often starts with an
followed by

14 Patients with CRPS show continuing pain disproportionate to the inciting event. List four other common groups of symptoms.

15 Dorothy, a 67-year-old retired librarian sustained a Colles' fracture of her left wrist. There was subsequently good healing but she displayed worsening pain and dysfunction. What tests would be diagnostic for CRPS?

16 If the diagnosis is felt to be CRPS what advice would you offer her regarding self-treatment?

17 Apart from anti-inflammatories what other groups of drugs may be helpful for pain relief and may be prescribed in primary care?

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

COMPLEX REGIONAL PAIN SYNDROME

12 Which of the following statements are correct?

A The initial phase is usually cold
True False

B Regional response to catecholamines may be increased
True False

C The condition is three times more common in women than men
True False

EDITORIAL

19 Which of the following statements about patients with poorly controlled diabetes and/or CHD in the collaborative care study are correct?

A Patients with a high PHQ-9 score who were advised to consult their primary care physician showed significant improvement in chronic disease outcome measures
True False

B Patients were less depressed and happier about their treatment after intensive follow up by a multidisciplinary team
True False

Answers

<p>15 None</p> <p>16 Keep the affected part mobile; sensory stimulation, particularly self-massage</p> <p>17 Gabapentin, nifedipine, phenoxymethamine</p> <p>19 A False B True</p>	<p>8 A True B True C False D True</p> <p>9 FRAX</p> <p>10 A True B True C False D False E True</p> <p>12 A False B True C True D True</p> <p>13 Injury, immobilisation</p> <p>14 Sensory, vasomotor, sudomotor/odema, motor/trophic</p>	<p>1 Acetylcholine, dopamine, Parkinson's</p> <p>2 A B 1 C 3, 4</p> <p>3 A True B False C False D True E False</p> <p>4 Worsening of hallucinations, development of psychotic features</p> <p>5 Start at low dose and titrate slowly</p> <p>7 Osteoporotic, pathological, fall, standing</p>
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