

# 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

## PELVIC INFLAMMATORY DISEASE

**1 A 19-year-old woman presents with pelvic pain and a diagnosis of pelvic inflammatory disease (PID) is made. What two oral regimens are recommended for treatment?**

**2 What features would suggest that she should be referred to hospital?**

**3 Which of the following are associated with an increased risk of PID in women?**

- A** Use of tampons
- B** Smoking
- C** High alcohol consumption
- D** Multiple sexual partners
- E** Recent insertion of an IUCD

**4 List three ways in which a urine sample may be useful in a patient with suspected PID.**

**5 Complete the following statement:**

The most significant potential complication associated with ..... following symptomatic salpingitis, is ..... damage which confers a 6-10 times increased risk of .....

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

## FIBROIDS

**7 Which of the following statements are true?**

- A** They are more common in women of Afro-Caribbean descent  
True  False
- B** They enlarge when exposed to high oestrogen levels  
True  False

**C** A scan should be requested if the uterus is >12 cm  
True  False

**D** If hysterectomy is performed the ovaries are usually removed  
True  False

**E** The threshold for referral is a fibroid >12 cm in diameter  
True  False

**F** Fibroids are a contraindication to insertion of an IUCD  
True  False

**8 A 36-year-old woman presents with symptoms and signs of a large fibroid, including very heavy periods.**

**A** Which non-hormonal medications may help relieve symptoms?

**B** Can she try to get pregnant while taking these medications?

**C** What surgical procedure to treat the fibroid would be recommended if she wished to remain fertile?

**9 List three complications that may occur if fibroids are present during pregnancy.**

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

- C** GAD usually focuses on a few specific worries  
True  False
- D** It can be difficult to differentiate GAD from depression  
True  False
- E** Remission rates at five years are <40%  
True  False

**12 Apart from patients who have frequent concerns about their health, what other groups are at high risk of developing GAD?**

**13 In the case of a patient with established GAD list three low-intensity interventions.**

**14 If inadequate progress was made which group of drugs is recommended?**

**GENERALISED ANXIETY DISORDER**

**11 Which of the following statements about GAD are true?**

- A** Substance misuse should be prioritised when present  
True  False
- B** Older tricyclic antidepressants are generally more effective  
True  False

**15 Match the drug to the statement with reference to treatment of GAD in primary care**

- A** Sertraline  
**B** Benzodiazepines  
**C** Antipsychotics
- 1** Can be used as a short-term measure during crises  
**2** Should not be used  
**3** Should be continued for at least 12 months

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

**CLINICAL REVIEWS**

**17 Mental health: Which of the following antidepressants are reported to be safer in heart disease and less likely to interact with other medications?**

- A** Dosulipen  
**B** Sertraline  
**C** Mirtazepine  
**D** Citalopram

**Answers**

- 10** Patients with chronic physical health problems; frequent attenders with multiple functional somatic symptoms; patients with other anxiety and depressive disorders; patients with alcohol misuse  
**11** A True B False C False D True E True  
**12** Red degeneration, postpartum haemorrhage and malpresentation  
**13** Non-facilitated self-help, guided self-help, psychoeducation group participation  
**14** C myomectomy  
**15** A 3 B 1 C 2  
**17** B, D

- 16** Offoxacin plus metronidazole, moxifloxacin  
**17** A True B True C True D False E False (>3cm)  
**1** Not responding to treatment, clinically severe disease, pregnancy, possible surgical emergency  
**2** B, D, E  
**3** PID, tubal, ectopic pregnancy  
**4** To exclude pregnancy, to exclude UTI, a first-catch specimen may be diagnostic for chlamydia  
**5** False