

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

BENIGN PROSTATIC HYPERPLASIA

1 Complete the following statements:

About of patients with symptomatic disease who present to a doctor will eventually be treated surgically.

BPH is characterised by a spectrum of and symptoms.

Untreated, a significant number of men with this condition will eventually develop

Poor..... and the sensation of are the two symptoms that correlate most closely with the eventual need for prostate surgery.

2 Which of the following statements about BPH are true?

A Dribbling after micturition is usually due to subacute obstruction
True ☐ False ☐

B Antidepressant drugs can be a cause of similar symptoms
True ☐ False ☐

C Most surgical treatment is by transurethral resection
True ☐ False ☐

D PSA level is related to prostatic volume
True ☐ False ☐

E Frail patients with renal insufficiency should be treated medically
True ☐ False ☐

3 A 68-year-old man presents with symptoms of BPH. Examination and investigation confirm the diagnosis.

A Which group of drugs would normally be commenced first?

B List three of the most common side effects?

C If symptoms were not adequately improved what other group of drugs could be used?

D List two common side effects?

E Can drugs from each group be used together?

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

ACUTE URINARY RETENTION

5 Match the number to the statement:

A Percentage of patients in whom TWOC is successful after precipitating causes have been treated

B Percentage risk of men >70 developing AUR in a 5-year period

C Percentage of men with BPH presenting with AUR as first symptom

10
50
40

6 Which of the following statements about AUR are true?

A If BPH is suspected a larger catheter should be used
True ☐ False ☐

B A bladder volume on ultrasound of < 2L suggests AUR rather than chronic retention
True ☐ False ☐

C Transient haematuria following catheterisation may not need investigation
True ☐ False ☐

D TWOC is best performed 2-3 days after insertion
True ☐ False ☐

7 A patient has been successfully catheterised at the local A&E unit. List four situations when admission would be advisable?

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

C Full pre-test counselling is required before an HIV test is done
True ☐ False ☐

D Up to one third of MSM have never been tested for HIV
True ☐ False ☐

10 List five situations when an additional HIV test would be indicated in an MSM?

11 A patient who discloses that he is an MSM and tested negative for HIV three months ago presents with a flu-like illness.

A What clinical features might suggest HIV seroconversion?

B An HIV test is positive, what action should be taken?

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

HIV

9 Which of the following statements are true?

A MSM diagnosed with HIV have generally acquired the infection more recently than heterosexual men
True ☐ False ☐

B The threshold recommended for routine testing for HIV is a local prevalence of 5 in 1,000
True ☐ False ☐

EDITORIAL

13 Insert the correct figure:

All cause mortality in women with type 2 diabetes and depression is approximately..... times higher and cardiovascular mortality is approximately..... times higher than in women who have neither condition.

CLINICAL REVIEWS

14 Cardiovascular disease

CHA₂DS₂-VASc divides age into two categories, 65-74 and >75, and adds female sex and a history of vascular disease as risk factors. What other factors are considered?

Answers

BENIGN PROSTATIC HYPERPLASIA

1 one-fifth
obstructive, irritative
acute urinary retention
urinary flow, incomplete bladder emptying

2 A False B True C True D True E False

3 A Alpha-blockers B Tiredness, dizziness and headache C 5α-reductase inhibitors D Reduced libido and erectile dysfunction E Yes

ACUTE URINARY RETENTION

5 A 40 B 10 C 50

HIV

9 A True B False C False D True

7 Unwell with ureopsis; abnormal renal function; acute neurological problems; unable to take care of the catheter

6 A True B False (<1L) C True D True

EDITORIAL

13 2,3

CLINICAL REVIEWS

14 Cardiac failure, hypertension, diabetes and history of stroke/TIA

10 New sexual partner, high-risk sexual intercourse, diagnosed with another STI, requests a sexual health screen, presents with an HIV indicator disease

11 A Rash, sore throat and lymphadenopathy