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

PERINATAL MOOD DISORDERS

1 Which of the following are confirmed risk factors for postnatal depression?
A First baby
B Multiple pregnancy
C Previous depression
D Family history of depression
E Gestational diabetes

2 Which of the statements are true?
A Routine screening with antenatal psychosocial assessment tools leads to better perinatal mental health
True ❑ False ❑

B Puerperal psychosis affects 1.5% of women
True ❑ False ❑

C Most women with puerperal psychosis already have a diagnosis of bipolar disorder or schizoaffective disorder
True ❑ False ❑

3 The midwife asks you to see a woman in the 30th week of pregnancy who is showing clear signs of antenatal depression.
A What might be your first therapeutic measure after assessment?

B If a drug is used what three principles should be considered?

C Which group of antidepressant drugs has the lowest risk in pregnancy?

4 Match the clinical association in pregnancy or lactation to the drug:
A Sodium valproate
B Clozapine
C Doxepin
D SSRI

1 Neural tube defects
2 High levels in milk
3 Persistent pulmonary hypertension in neonate
4 Agranulocytosis in infant

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

SELF-HARM

6 Which of the following are red flags in patients who self-harm?
A Male gender
B Psychosis
C Increasing frequency of attempts

7 Which of the statements are true?
A Antidepressants may increase the risk of self-harm in some patients
True ❑ False ❑

B SSRIs are effective in reducing self-harm in the long term
True ❑ False ❑

C Psychological therapy is recommended by NICE for some patients
True ❑ False ❑

D Some patients should be advised how to harm more safely
True ❑ False ❑

E Patients with life-threatening self-harm can generally be treated against their wishes in an emergency
True ❑ False ❑

8 Complete the following statement:
Assessment of self-harm should include details of ..... and ....., the event itself, what happened afterwards, as well as broader ..... risk factors. Patients should be screened for ....., anxiety, ... and history of self-harm

9 The boyfriend of a 21-year-old patient telephones at 6pm on a Friday and reports that she is very upset and has taken an unknown quantity of paracetamol.
A What action should you take?

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CME

B She does not require treatment as the blood levels of the drug were not dangerously high. She is brought to see you the next week asking for help. Should she be referred?

C If you would not refer at this point what additional factor(s) might need to be present to change this course of action?

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

SMOKING CESSATION

11 Match the statistic to the statement:
A Percentage of people who stopped smoking a year ago who will relapse
B Percentage of deaths in people >35 attributable to smoking
C Percentage of regular smokers who quit before their mid-thirties

1 25
2 40
3 18

12 Which of the statements are true?
A Smokers without smoking-related diseases are just as likely to respond to advice from their GP as those with them
True ❑ False ❑

B Offering targetted advice to quit is seen as best practice
True ❑ False ❑

C Nicotine acts on nicotinic cholinergic receptors to release dopamine and other neurotransmitters
True ❑ False ❑

13 List three techniques of behavioural support found to enhance smokers' chances of remaining abstinent.

14 List the three pharmacotherapeutic options available to help smokers quit.

15 Which medication option(s) is (are) considered most effective?

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

EDITORIAL (SMOKING)

17 Which of the statements are true?
A There are 15 million smokers in the UK
True ❑ False ❑

B Half of smokers will die prematurely unless they quit
True ❑ False ❑

C Poorer people are more likely to die prematurely because of smoking
True ❑ False ❑

Answers

PERINATAL MOOD DISORDERS
1 C,D
2 **A** False **B** False **C** True
3 **A** Cognitive behaviour and interpersonal therapy **B** Choose a drug with the lowest risk profile; start with the lowest possible dose; try to use monotherapy **C** Tricyclic antidepressants
4 **A** 1 **B** 4 **C** 2 **D** 3

SELF-HARM
6 B,C
7 **A** True **B** False **C** True **D** True **E** False
8 Pre-planning, final acts, psychosocial, depression, psychosis
9 **A** Advise him to call an ambulance or take her to A&E **B** No **C** Risk of repetition

SMOKING CESSATION
11 **A** 2 **B** 3 **C** 1
12 **A** True **B** False **C** True
13 Measurement of carbon monoxide in expired air; advice on best use of medication; 'not a puff' rule
14 Nicotine replacement therapy (NRT), varenicline and bupropion
15 Varenicline or combination NRT (i.e. the patch + gum or inhalator)

EDITORIAL (SMOKING)
17 **A** False (10M) **B** True **C** True