

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

SLE

1 Match the number to the statistic.

- A** UK prevalence per 100,000 people
- B** Percentage of patients currently surviving 20 years
- C** Percentage of patients with joint involvement
- D** Percentage of established patients developing glomerulonephritis

- 1** 80
- 2** 30
- 3** 28
- 4** 90

2 Answer the following questions:

A Which three drugs are licensed for use in lupus?

B Which patients should receive annual checks for maculopathy?

C Name two topical treatments that are sometimes used?

D What drugs can be used to manage joint symptoms?

3 Which of the following statements concerning SLE are true?

- A** Diagnosis rests entirely on clinical features
True ☐ False ☐
- B** CRP levels are usually normal
True ☐ False ☐
- C** Treatment increases cardiovascular risk factors
True ☐ False ☐
- D** Monitoring eGFR is the most useful

way of detecting lupus nephritis
True ☐ False ☐

E Joint pains are symmetrical and episodic
True ☐ False ☐

F Alopecia is usually irreversible
True ☐ False ☐

G Superficial, painless mucosal ulcers occur in 10% of patients
True ☐ False ☐

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

PSORIATIC ARTHRITIS

5 List the five domains of PsA.

6 A 32-year-old female civil servant presents with mild psoriasis and a monoarthritis.

A Which blood investigation would help confirm a diagnosis of PsA?

B She subsequently complains of low back pain, if the diagnosis is correct when would you expect the symptom to be worst?

C What action should you take if you suspect the diagnosis?

D Apart from blood tests what other investigations are useful?

7 Which of the following statements concerning PsA are true?

- A** In managing axial disease treatment with NSAIDs is the most important measure
True ☐ False ☐
- B** Local steroid injections can be used to treat dactylitis and enthesitis
True ☐ False ☐
- C** Systemic DMARDs are unlikely to improve axial disease
True ☐ False ☐
- D** Treatment with NSAIDs can cause a flare of the condition
True ☐ False ☐
- E** Most patients present with joint symptoms before skin features
True ☐ False ☐

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

CLINICAL REVIEWS

Pericardial fat

9 Which of the following are correlated with an increased risk of CHD?

- A BMI
- B Waist circumference
- C Visceral fat

10 What is the postulated mechanism of action promoting the atherosclerotic process?

Aspirin

11 Which of the following statements concerning aspirin are true?

- A When used in primary prevention deaths from stroke are reduced
True ☐ False ☐
- B When used in secondary prevention it reduces cardiovascular deaths
True ☐ False ☐
- C When used in secondary prevention it increases the risk of haemorrhagic stroke
True ☐ False ☐
- D The risk of GI bleeds is increased
True ☐ False ☐
- E Primary prevention in diabetes is well supported by the evidence
True ☐ False ☐

BPH

12 Complete the following statements:

While was superior initially (due to quicker onset of action), after 15 months became superior in PSS reduction. therapy gave significantly greater benefit.

Anxiety

13 What is the relationship between alcohol intake and anxiety and depression?

- A Decreased incidence of BPH
- B Decreased incidence of LUTS
- C Both

15 How many units per week would a person who drank this amount of alcohol consume?

16 List the three factors which are mentioned as possibly being common to the metabolic syndrome and the risk of developing BPH/LUTS

Answers

- 1 A 3 B 1 C 4 D 2**
- 2 A** hydroxychloroquine, corticosteroids and azathioprine **B** patients on hydroxychloroquine **C** tacrolimus, steroids **D** NSAIDs and analgesics
- 3 A** False **B** True **C** False **D** False **E** True **F** False
- 6 A** negative test for rheumatoid factor **B** Early morning **C** Refer to secondary care **D** Imaging of joints
- PSORIATIC ARTHRITIS**
- 5** Skin disease, joint disease (arthritis), dactylitis, enthesitis and axial (spinal or sacro-iliac) disease
- 13 A** U-shaped curve
- 12** Tamsulosin, dutasteride, combination
- 11 A** False **B** True **C** False **D** True **E** False
- 10** Inflammatory cytokines released from fat stores
- 9 B C**
- CLINICAL REVIEWS**
- 16** Obesity, diabetes and dyslipidaemia
- 15** 32 units
- 14 A**
- EDITORIAL**
- 7 A** False (physiotherapy) **B** True **C** True **D** True **E** False