

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

CHEST PAIN

1 Acute coronary syndrome (ACS) comprises which three conditions?

2 Which of the following statements are true?

A A normal resting ECG will usually be able to exclude ACS
True False

B Stable angina can often be diagnosed by clinical assessment alone
True False

C Further investigation is not necessary if clinical assessment suggests angina and the estimated likelihood of coronary disease is 90%
True False

3 When stable angina cannot be diagnosed or excluded based on clinical assessment alone, NICE advises further investigation based on the estimated likelihood of coronary disease. Match the recommended test to the risk profile:

A Invasive coronary angiography
B Functional imaging
C CT calcium scoring

1 30–60% risk
2 10–29% risk
3 61–90% risk

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

UNSTABLE ANGINA & NSTEMI

5 Match the descriptive terms to each of the following conditions:

A NSTEMI-ACS

B STEMI

1 Platelet-rich thrombus
2 Partial obstruction
3 Fibrin-rich thrombus
4 Distal embolisation
5 Complete occlusion
6 Typical characteristics of chest pain

6 When diagnosing ACS events which two investigations are particularly helpful?

7 A 45-year-old smoker has an episode of sudden onset acute severe chest pain lasting more than 20 minutes.

A ECG shows some T wave inversion, how might UA be differentiated from NSTEMI?

B An emergency ambulance is called, what measures should you take while awaiting transfer to hospital?

C He subsequently has a cardiovascular risk assessment resulting in an intermediate-risk categorisation, should he be investigated further as an inpatient or outpatient?

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

9 A 25-year-old man has a weight of 94 kg and height of 180 cm.

A Using a calculator determine his BMI

B He is a semi-professional rugby player, what other measurement might help in deciding if he is obese?

C What would be the normal range cutoff value for this measurement?

10 Which of the following conditions is associated with a higher risk in obese people?

- A** Asthma
- B** Diverticular disease
- C** Benign prostatic hypertrophy
- D** Infertility
- E** COPD
- F** Obstructive sleep apnoea

11 Agnes is a 53-year-old woman with type 2 diabetes who has a BMI of 37. She has seen the dietician and has a reducing diet sheet.

A Identify another lifestyle measure that would also be helpful?

B She asks for pharmacological treatment, which drug(s) is/are licensed for use?

C Agnes enquires about bariatric surgery. Based on her BMI is she likely to be considered for this?

D List the two main types of bariatric surgery

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

B Patients should be encouraged to participate in planning care
True False

C In most cases of advanced dementia gastrostomy feeding should be undertaken
True False

D Treatment should never be provided unless the doctor thinks the patient would benefit
True False

E When offering care respect for patient autonomy is the pre-eminent principle to be considered
True False

CLINICAL REVIEWS

14 Which five drugs when combined reduce one-year mortality when given after an MI?

15 Which of the following statements about prostate cancer are true?

A Men with low-risk prostate cancer tend to be younger at diagnosis
True False

B Men in the UK with low-risk prostate cancer are less likely to have aggressive treatment than those in the USA
True False

C Active surveillance for low-grade disease is associated with significantly increased anxiety
True False

EDITORIAL

13 The GMC has issued guidance on end of life care. Which of the following statements are true?

A In patients without capacity and in the absence of a designated attorney the nearest relative's views are always paramount
True False

Answers

1 Unstable angina (UA), non-ST elevation myocardial infarction (NSTEMI) and ST-elevation myocardial infarction (STEMI)
2 A False B True C True
3 A B C
4 A 1.2, 4.6 B 3.5, 5.6
5 Serial ECG, cardiac troponin
6 Serial ECG, cardiac troponin
7 A Cardiac troponin B Administer aspirin 300mg orally, morphine parenterally, buccal nitrates and oxygen if hypoxic C Inpatient
8 A 29.01 (weight in kg divided by square of height in metres) B Waist circumference C 94cm
9 A D, F
10 A, D, F
11 A Moderate intensity exercise (increased heart rate and breathing, but still able to converse) e.g. brisk walking, jogging or cycling B Orlistat C Yes (BMI > 35) D Gastric banding and gastric bypass
12 A In patients without capacity and in the absence of a designated attorney the nearest relative's views are always paramount
True False
13 A False B True C False D False E True
14 Aspirin, beta-blockers, statins, RAS blockers and thienopyridines
15 A True B True C False
CLINICAL REVIEWS
14 Aspirin, beta-blockers, statins, RAS blockers and thienopyridines
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OBESITY
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EDITORIAL
13 A False B True C False D False E True