

# 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

## MYASTHENIA GRAVIS

**1 Which of the following statements about myasthenia gravis (MG) are true?**

**A** Patients who have negative antibodies and normal neurophysiology may still have MG  
True  False

**B** Most patients need treatment with prednisolone  
True  False

**C** Acetylcholinesterase inhibitors reduce the breakdown of ACh in presynaptic nerve endings  
True  False

**D** Plasma exchange is sometimes required for myasthenic crisis  
True  False

**E** A typical GP practice with 10,000 patients is likely to have four patients with MG  
True  False

**2 What are the two most common presenting features?**

**3 If the symptoms remain purely ocular for more than two years what is the likelihood of symptom progression?**

**4 Match the treatments with the statements**

- A** Acetylcholinesterase inhibitor
- B** Prednisolone
- C** Pyridostigmine
- D** Azathioprine
- E** Thymectomy

- 1** Short half life
- 2** Liver toxicity
- 3** First-line treatment
- 4** Beneficial in younger patients
- 5** Immunomodulatory treatment

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

## VERTIGO

**6 List three red flag features warranting urgent referral and investigation**

**7 Complete the following sentences concerning Ménière's disease.**

It usually starts between the ages of ..... and ..... The typical symptom complex consists of episodic ..... vertigo associated with reversible hearing loss and ..... With time patients often develop persistent ..... hearing loss.

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

**A** Labyrinthitis may be caused by Herpes simplex infection  
True  False

**B** If Hallpike's test is positive then an Epley manoeuvre should be performed  
True  False

**C** With central causes of nystagmus, visual fixation makes diagnosis difficult  
True  False

**D** Acute vestibular failure may be treated with prochlorperazine  
True  False

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

**CHLAMYDIA**

**10 List five signs or symptoms that may suggest possible chlamydia infection in men.**

**11 Jane is a 25-year-old dental nurse. She informs you that her previous boyfriend has told her that he has a chlamydia infection. She asks if she can be tested for the condition.**

**A** Jane does not want you to perform a vaginal examination. What other approaches can be considered to obtain a sample for testing?

**B** She tests positive for chlamydia, she has no allergies, what treatment would you offer?

**C** What other advice would you give relating to treatment?

**D** She has a current boyfriend whom she has not seen for five weeks, should he be offered screening?

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

**A** Partner notification should be done exclusively by the STI clinic  
True  False

**B** Women with PID who test positive for chlamydia should also be treated for gonorrhoea  
True  False

**C** Asymptomatic individuals with two or more sexual partners in the past two months should be offered screening  
True  False

**D** After treatment patients do not need follow up  
True  False

**E** Test (NAAT) results may remain positive for up to five weeks after treatment  
True  False

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

**EDITORIAL**

**14 A GP sees several patients with similar symptoms and suspects these are due to environmental contamination. Which organisation should suspicions be reported to?**

**15 If she fails to report the suspicions which sanctions may be applicable?**

**A** GMC  
True  False

**B** Civil courts  
True  False

**C** Criminal courts  
True  False

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

**A** Notification can be 'undone' if an alternative diagnosis is established  
True  False

**B** Currently the authorities are informed of most cases of notifiable infectious disease  
True  False

**C** Notification must always be carried out within 48 hours  
True  False

**Answers**

- MYASTHENIA GRAVIS**  
1 A True B True C False D True E False (two)  
2 Ptosis and diplopia  
3 10%  
4 A B C D E 4  
**VERTIGO**  
6 Headache, neurological symptoms, neurological signs  
7 20, 40, rotatory, tinnitus, sensorineural  
**EDITORIAL**  
14 Health Protection Agency  
8 A True B True C False D True  
9 A True B True C False  
10 Urethral discharge, dysuria, urethritis, epididymo-orchitis, reactive arthritis  
11 A First voided urine sample or a self-obtained low vaginal swab B Single dose azithromycin 1g C Abstain from sex for one week D Yes  
12 A True B True C True D False E True  
**CHLAMYDIA**  
10 Urethral discharge, dysuria, urethritis, epididymo-orchitis, reactive arthritis  
16 A True B False C False  
15 A True B True C False