

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

COPD

1 List four non-pharmacological measures that should be considered in all patients with COPD?

2 Which of the following statements are true?

A Around one in three COPD patients discharged with the condition are readmitted within three months
True False

B COPD can be diagnosed by spirometry after the use of a bronchodilator without reference to symptoms
True False

C Lower body mass index in older people is associated with higher mortality
True False

D Even with a number of poor prognostic factors at the time of assessment 50% of patients will be alive after five years
True False

3 Margaret is a 66-year-old former teacher with COPD. Her FEV₁ is <50% but >30% of predicted value. She has symptoms of cough and breathlessness.

A How should she be categorised according to NICE guidance?

B When might you consider referring her for long-term and ambulatory oxygen?

C How would you manage an episode of haemoptysis in this patient?

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

URTI

5 Which of the following statements are true?

A Group B streptococcus is the most common bacterial cause of acute pharyngitis
True False

B Antibiotics need not always be prescribed for bacterial sore throat
True False

C Viral pneumonia is the most common complication of influenza in adults
True False

D High-dose vitamin C can improve symptoms in acute URTI
True False

6 What four elements make up the CRB-65 score?

7 How would you manage a patient with a score of 3 or 4?

8 The Centor score gives one point for which of the following?

A Tonsillar exudates
True False

B Tachycardia
True False

C Drooling
True False

D History of fever
True False

E Absence of cough
True False

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

HEART FAILURE

10 Which of the following symptoms would restrict prescribing of beta-blockers in heart failure?

- A Erectile dysfunction
- B COPD
- C Peripheral vascular disease

11 Which two features would prompt urgent referral in a patient with suspected heart failure?

12 In a case of heart failure due to left ventricular systolic dysfunction:

A Which two groups of drugs should be used first line?

B List three types of drug that could be used as second-line treatment if symptoms persist.

13 Which of the following are new recommendations in the updated NICE guideline on heart failure?

A Use of beta-blockers in early stages
True False

B Supervised group exercise-based rehabilitation programme
True False

C All patients hospitalised should be seen by a specialist for review
True False

14 List any changes to your clinical practice that you might make having read this article.

CLINICAL REVIEWS (MENTAL HEALTH)

15 What proportion of patients who stop their antidepressants suddenly will experience discontinuation symptoms?

16 How long should treatment with antidepressants be continued after remission to minimise the risk of relapse?

17 What adverse effect of SSRIs has been identified when used in the first trimester of pregnancy?

CLINICAL REVIEWS (SEXUAL HEALTH)

18 A young woman asks your advice about self-testing kits for chlamydia, what do you tell her?

Answers

- 1** Smoking cessation, influenza and pneumococcal vaccination, weight management, pulmonary rehabilitation (if breathless)
- 2** A True B False C True D False (30%)
- 3** A Severe B If her FEV₁ drops below 50% C Refer for investigation
- 4** A True B True C False (bacterial) D False
- 5** A False B True C False D False
- 6** Presence of Confusion, Respiratory rate ≥ 30 , low BP, age > 65
- 7** Urgent hospital referral
- 8** A True B False C False D True E True
- 9** HEART FAILURE
- 10** None
- 11** Previous MI, high BNP
- 12** A ACE inhibitors and beta-blockers B Aldosterone antagonist, ARB, hydralazine with nitrate
- 13** A False B True C True
- 14** 20%
- 15** 20%
- 16** At least six months
- 17** Septal heart defects
- 18** Not recommended, poor predictive value and low sensitivity