

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

ALLERGIC RHINITIS IN CHILDREN

1 What is the most common aeroallergen causing rhinitis:

A All year round?

B In spring?

C In summer?

2 A 15-year-old girl soon to take her GCSEs consults you about minimising her hay fever symptoms. Last year these were particularly troublesome. She currently takes loratadine.

A What other measures could you advise?

B Despite this she has a difficult summer. What treatment could be offered by a specialist allergy clinic?

3 Which of the following statements about allergic rhinitis are true?

A Nasal blockage is the most common symptom
True ☐ False ☐

B Allergic rhinitis affects one in ten children aged six to seven
True ☐ False ☐

C IgM attached to mast cells causes degranulation when presented with an antigen
True ☐ False ☐

D Topical nasal steroids are the first measure that should be implemented
True ☐ False ☐

E Treating associated asthma helps patients with allergic rhinitis
True ☐ False ☐

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

HIP PROBLEMS IN CHILDREN

5 Rank the following pathological causes of limping in children in order of incidence (highest first):

A Slipped upper femoral epiphysis

B Perthes' disease

C Irritable hip

D Inflammatory arthritis/tendinitis

6 Which of the following statements about irritable hip are true?

A It peaks in the summer months when children are most active
True ☐ False ☐

B It is more common in boys
True ☐ False ☐

C CRP is mildly raised
True ☐ False ☐

D If symptoms last more than 12 days further investigation is indicated
True ☐ False ☐

E There is a recurrence in up to 20% of patients
True ☐ False ☐

7 Which of the following patients should be urgently referred?

A A two-year-old boy with fever and a painful limp

B A ten-year-old girl with a one-week history of pain in the hip

C A toddler who keeps falling over his feet

8 When screening for idiopathic developmental hip dysplasia, which tests are used?

9 Complete the following statement about the tests in question 8:

These tests have high but low



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

11 MELANOMA

Which of the following statements concerning melanoma are true?

A Suspicious lesions, if small, should be removed in primary care and sent for histology
True ☐ False ☐

B Sentinel lymph node biopsy is critical to maximise survival
True ☐ False ☐

C Having a second wide excision after primary surgery improves survival
True ☐ False ☐

D Older people have the highest incidence
True ☐ False ☐

12 List the three major features on the Glasgow seven point checklist.

13 These major features all score 2 on the checklist. What score does NICE recommend as a threshold for referral?

14 Where is the most common site for melanoma:

A In men?

B In women?

15 Which of the following lesions should be referred?

A A mole that has started to bleed

B A lesion growing under a nail

C Any large mole

D A lesion that has changed in shape, colour or size

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

Answers

- ALLERGIC RHINITIS IN CHILDREN**
1 A House dust mite B Tree pollen C Grass pollen
2 A Add a topical nasal steroid or consider a leukotriene receptor antagonist B Allergen immunotherapy
3 A True B True C False D False E True
- HIP PROBLEMS IN CHILDREN**
4 C, D, B, A
5 C, D, B, A
6 A False B True C False D True E False
7 A
8 Ortolani and Barlow manoeuvres
9 Sensitivity, specificity
- MELANOMA**
10 Change in size, irregular shape, irregular colour
11 A False B False C True D True
12 Change in size, irregular shape, irregular colour
13 3
14 A Back B Legs
15 A, B, D