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

AUTISM IN ADULTS

1 Which of the following interventions are recommended in managing autism?

A Group-based social learning programmes
B SSRI antidepressants
C Antipsychotics for challenging behaviour not otherwise responsive
D Lithium for acute mood disturbance

2 Complete the following statement:
An autism assessment in adults should be prompted by:

One or more of the following:
Persistent difficulties in social ..... or .....
or .....behaviours, resistance to change or restricted interests.

PLUS

One or more of the following:
Problems with ..... or ..... or ....
Contact with ..... or ..... services.
A.....condition.

3 Which of the following statements about autism are true?

A Most people with the condition have learning disabilities
True ❑ **False** ❑

B Many patients with autism, without a learning disability, are hypersensitive to light, sound or colour
True ❑ **False** ❑

C Brain imaging should routinely be performed
True ❑ **False** ❑

D Gastrointestinal conditions are common
True ❑ **False** ❑

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

DISRUPTIVE BEHAVIOUR DISORDERS

5 Match the number to the statement

A Percentage of children affected by oppositional defiant disorder

B Age in months at which children are most physically aggressive

C How many times more likely adopted children with biological parents with a violent or criminal history are to display antisocial behaviour

D How many times more likely the most seriously affected children are to have drug problems, criminal behaviour or teenage pregnancy

1 3 or 4
2 5-10
3 22
4 5

6 A young single mother brings her five-year-old son to see you. He has been excluded from school for a serious assault on another child. The mother is on probation for violence against another young woman. She tells you that she is at her wits' end with the boy who is 'totally out of control' despite obvious strict punishments. She asks for medication to calm him down. As the discussion continues the child fidgets and plays for short periods with everything he can reach in your consulting room.

A What comorbid condition is likely?

B What should you do next?

C What other action should be considered?

7 Which of the following statements are true?

A Children with moderately severe conduct disorder should be referred for evidence-based group therapy
True ❑ **False** ❑

B CBT may be helpful in adolescents
True ❑ **False** ❑

C Watching and waiting is a reasonable strategy when home and school life are not unacceptably disrupted
True ❑ **False** ❑

»

CME

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

SCABIES

9 Which of the following statements about scabies are true?

A Healthcare professionals are at particular risk
True ❑ False ❑

B The rash represents an acute hypersensitivity reaction
True ❑ False ❑

C Mites can survive away from the body for up to three days
True ❑ False ❑

D Crusted scabies is more infectious because it is caused by a more aggressive type of mite
True ❑ False ❑

E Symptoms may take up to six weeks to develop following infection
True ❑ False ❑

10 A 30-year-old teacher is concerned he has scabies. Several children in the class have been affected and he has developed an intense itch.

A Where might burrows be apparent?

B What is a typical feature of the itch?

C What test can be done in primary care?

11 You prescribe 5% permethrin cream to treat scabies in an adult.

A To which areas of the body should it be applied?

B How many applications should be used and at what frequency?

C What other measures should be taken?

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

Answers

AUTISM IN ADULTS
1 A, C
2 Interaction; communication; stereotypic; employment; education; social relationships; mental health; learning disability; neurodevelopmental
3 **A** True **B** True **C** False **D** True

DISRUPTIVE BEHAVIOUR DISORDERS
5 **A**4 **B**3 C1 D2
6 **A** ADHD **B** Refer him to CAMHS **C** Referral to/discussion with social services
7 **A** False (parents referred) **B** True **C** True

SCABIES
9 **A** True **B** False **C** True **D** False **E** True
10 **A** The finger webs, sides of the fingers, palms, flexural aspects of the wrists, elbows and anterior axillary folds, insteps, and genital skin **B** Worse at night **C** The burrow ink test
11 **A** From the chin down **B** Two, one week apart **C** Treat all close contacts. Leave bed linen, towels and clothes in a plastic bag for a few days and then wash them