

# 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

## UTI IN CHILDREN

**1 Which of the following statements about UTI in children are true?**

**A** Significant bacteriuria should always be treated

True  False

**B** Infections caused by organisms other than *E. coli* are more likely to be associated with structural abnormalities

True  False

**C** All patients with suspected infection under the age of 3 months should be urgently referred

True  False

**D** Lower urinary tract infection should be treated with a seven-day course of antibiotics

True  False

**E** A negative dipstick test in a child under three does not rule out an infection

True  False

**2 In which of the following situations would imaging and/or referral be indicated?**

**A** A three-year-old girl with a second lower urinary infection

**B** An infant of two months with a first UTI

**C** A two-year-old boy with a first UTI and clinical features of pyelitis

**D** A girl, aged three, with a first UTI and growth of *Klebsiella*

**3 A three-year-old girl presents with a first episode of lower urinary infection. There are no worrying features. What advice would you give to the parents to help prevent recurrence?**

**4 A two-year-old girl still in nappies presents with symptoms suggestive of a possible lower UTI.**

**A** How should a urine sample ideally be collected?

**B** What tests should be performed on the sample?

**C** What drugs could be used first line?

**D** How long would you prescribe these drugs for?

**E** She remains unwell after 48 hours and her parents consult you again, what if any action should be taken?

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

## CONSTIPATION

**6 Which of the following would be considered red flags in a child with symptoms of constipation?**

**A** Passing ribbon-like stools

**B** Passing less than one stool per week

**C** Associated diurnal enuresis

**D** A delay of >48 hr in passing meconium in a full-term baby

**7 What is recommended as first-line treatment for constipation?**

**8 If this agent is used for disimpaction, what typical dose should be used for maintenance?**

**9 Which of the following might be regarded as key healthcare professionals in the management of children with constipation?**

**A** GP  
True  False

**B** Dietician  
True  False

**C** Specialist nurse  
True  False

**D** CAMHS therapist  
True  False

**E** Paediatrician  
True  False

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

**NEUROPATHIC PAIN**

**11 Which two types of pain should be addressed in a patient complaining of back pain with a lumbar radicular component?**

**12 Drugs used in treating pain may act at different levels. Match the drug listed to the most important site of action.**

- A Periphery
- B Spinal cord
- C Brain

- 1 Carbamazepine
- 2 Amitriptyline
- 3 Gabapentin

**Answers**

**14** Capsaicin, lidocaine  
**15** Antidepressants e.g. tricyclics, anticonvulsants e.g. carbamazepine, gabapentin, pregabalin  
**EDITORIAL**  
**17** 60, small, significant reduction  
**CLINICAL REVIEWS**  
**18 A** True **B** False **C** True  
**19** first-degree, brothers, younger  
**NEUROPATHIC PAIN**  
**11** Neuropathic, nociceptive  
**12 A** 1 **B** 3 **C** 2  
**13 A** False **B** True **C** True **D** False  
**CONSTIPATION**  
**6 A** Yes **B** No **C** No **D** Yes  
**7** PEG 3350 plus electrolytes (Movicol)  
**8** Around half the dose used for disimpaction  
**UTI IN CHILDREN**  
**1 A** False **B** True **C** True **D** False **E** True  
**2 A** No **B** Yes **C** Yes **D** Yes  
**3** The child should drink plenty of fluids and not delay voiding. Explain the symptoms of UTI to the parents and the importance of prompt assessment if they feel the child has developed a further infection  
**4 A** Clean catch **B** Dipstick and laboratory microbiology **C** Trimethoprim or nitrofurantoin **D** Three days **E** Refer to paediatric department

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

- A** Allodynia is a typical feature of nociceptive pain  
True  False
- B** Skin colour changes may be present in neuropathic pain syndromes  
True  False
- C** Patients with complex regional pain syndrome should have priority referral  
True  False
- D** Significant improvement is to be expected with longstanding pain treated with novel drugs  
True  False

**14 A 55-year-old man attends six months after a severe attack of shingles on his chest. He has severe post-herpetic neuralgia. Which topical treatments may be useful?**

**15 Simple analgesics such as paracetamol as well as codeine and NSAIDs have had little effect, what other drugs could be used?**

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

**EDITORIAL: MI AND PASSIVE SMOKING**

**17 Complete the following sentences**  
 Passive smoking increases the risk of coronary heart disease by as much as .....%. Following the introduction of the smoking ban in England there was a ..... but ..... in admissions for MI.

**CLINICAL REVIEWS**

**18 Urine cytology: when considering non-visible haematuria which of the following statements are true?**

- A** Cystoscopy and upper renal tract imaging is advised  
True  False
- B** GPs should arrange routine urine cytology  
True  False
- C** GPs should check BP, renal function and albumin:creatinine ratio  
True  False

**19 Prostate cancer: Complete the following sentence**

Risk of prostate cancer increases with number of affected..... relatives, particularly ....., and with .....age at diagnosis.