

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

RHEUMATOID ARTHRITIS

1 A 22-year-old woman presents with joint pain without any obvious cause. Score the following clinical features according to the 2010 American College of Rheumatology/ European League Against Rheumatism classification criteria for RA.

- A** Swollen wrist

- B** Negative serology

- C** Raised ESR

- D** Duration of symptoms <6 weeks

2 Can a diagnosis be confidently made?

3 Is specialist referral desirable?

4 Which of the following statements are true?

- A** Patients with inflammatory arthritis should be referred even if the diagnosis is uncertain
True False

- B** Isotope bone scan may be useful
True False

- C** Early disease is more amenable to treatment
True False

- D** Complete initial investigations before referral
True False

5 A patient with strong evidence of early RA has been seen in the rheumatology clinic.

A Identify two drugs which could be used in initial treatment.

B If the patient fails to respond adequately what class of drug might be recommended?

C Which tool should be used to monitor disease activity?

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

OSTEOARTHRITIS

7 A diagnosis of osteoarthritis of the knee is made in a 67-year-old former miner.

A What treatment might be prescribed initially?

B What medication would be the next therapeutic step?

C He has only limited response to the above measures, what additional treatment might be offered?

8 Which of the following treatments for OA is recommended by NICE?

- A** Paracetamol
True False

- B** Oral NSAID prescribed alone
True False

- C** Glucosamine
True False

9 Which of the following statements are true?

- A** Oestrogen may have a protective effect for OA
True False

- B** There is an inverse relationship between OA and osteoporosis
True False

- C** Analgesia should be taken before exercise
True False

- D** Opioids should generally be avoided even in severe OA
True False

- E** Walking sticks should be used on the affected side
True False

10 Name two non-pharmacological treatments which may reduce pain in OA.

11 Give two examples of self-help measures for patients with OA.

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

EDITORIAL

13 Which of the following statements about the PRIME study are correct?

- A** Never drinkers had the lowest risk of IHD
True False
- B** Binge drinkers had a higher risk than regular drinkers
True False
- C** Moderate drinking may raise HDL cholesterol levels
True False
- D** Current advice is to recommend regular moderate alcohol consumption for cardioprotection
True False
- E** The study participants from Belfast had a lower average alcohol consumption than those from France
True False

CLINICAL REVIEWS

Urology

14 Complete the following sentences.

The study suggests that patients with an index finger longer than their ring finger have approximately the risk of prostate cancer of those with equal finger lengths or longer ring fingers.

The findings are consistent with those of a paper in the British Journal of Urology, where those with a lower digit ratio (i.e. index finger shorter than ring finger) had higher mean....., higher risk of and subsequent diagnosis of

Sexual health

15 Complete the following sentences.

Just under% of the estimated 77,400 people living with HIV in the UK are unaware of their diagnosis.

In areas where local prevalence exceeds 2 per 1,000 population, HIV testing should be offered to patients registering in general practice.

Obstetrics and gynaecology

16 Complete the following sentences.

Induction of labour with vaginal prostaglandin and were newly identified risk factors for amniotic fluid embolism. Placenta praevia and abruption, instrumental and deliveries, were all associated with an increased risk of AFE.

Answers

RHEUMATOID ARTHRITIS

1 A 2 B 0 C 1 D 0

2 No

3 Yes

4 A True B False C True D False

5 A DMARD, methotrexate, steroid

B Biologic agents C Disease activity score 28 (DAS-28)

OSTEOARTHRITIS

7 A Paracetamol, topical NSAID B Oral NSAID or COX-2 inhibitor C Intra-articular joint injection

EDITORIAL

13 A False B True C True D True E True

CLINICAL REVIEWS

8 A True B False (PPI should be co-prescribed) C False

9 A True B True C True D False E False

10 Acupuncture, TENS

11 Local strengthening exercises, aerobic fitness training, weight loss (if appropriate)

Answers

12 Two-thirds, PSA levels, prostate biopsy, prostate cancer

13 30%, all

14 Manual removal of the placenta, Caesarean