

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

GI RED FLAGS

1 Which of the following statements concerning *Helicobacter pylori* are true?

A Carriage confers a relative risk of 3 of developing gastric cancer
True ☐ False ☐

B In a typical practice 25% of patients may be carriers
True ☐ False ☐

C Eradication is particularly effective in reflux-predominant disease
True ☐ False ☐

D Post-eradication serology is a good guide to the success of treatment
True ☐ False ☐

E Eradication may increase the risk of oesophageal adenocarcinoma
True ☐ False ☐

2 Identify the following features as being predominantly attributable to dyspepsia, reflux or as being alarm symptoms

A Dysphagia
Dyspepsia ☐ Reflux ☐ Alarm ☐

B Early satiety
Dyspepsia ☐ Reflux ☐ Alarm ☐

C Bloating
Dyspepsia ☐ Reflux ☐ Alarm ☐

D Unexplained weight loss >3kg
Dyspepsia ☐ Reflux ☐ Alarm ☐

E Burning retrosternal pain
Dyspepsia ☐ Reflux ☐ Alarm ☐

F Burping
Dyspepsia ☐ Reflux ☐ Alarm ☐

G New-onset symptoms lasting > four weeks in a person older than 55
Dyspepsia ☐ Reflux ☐ Alarm ☐

H Nocturnal symptoms
Dyspepsia ☐ Reflux ☐ Alarm ☐

3 When an alarm feature is present, what is the investigation of choice?

COELIAC DISEASE

4 Which of the following statements concerning coeliac disease are true?

A Most cases are diagnosed in childhood
True ☐ False ☐

B Only 50% of cases are diagnosed
True ☐ False ☐

C There is an association with type 1 diabetes and thyroid disease
True ☐ False ☐

D Around 10% of first-degree relatives will have the condition
True ☐ False ☐

E Medication can obviate the need for a gluten-free diet
True ☐ False ☐

F Diagnosis should always be confirmed by duodenal biopsy
True ☐ False ☐

5 A List three common modes of presentation in adulthood.

B What screening blood tests are used if this condition is suspected?

C Why should patients with coeliac disease be offered a pneumococcal vaccine?

DIVERTICULAR DISEASE

6 What two lifestyle factors and two clinical conditions are associated with diverticular disease?

7 Which of the following statements about diverticular disease are true?

A Most cases of diverticulitis will resolve with conservative management
True ☐ False ☐

B Imaging or colonoscopy is required for diagnosis
True ☐ False ☐

C Most patients over the age of 75 will have a degree of diverticular disease
True ☐ False ☐

D Diverticulitis occurs in 60% of patients with diverticulosis
True ☐ False ☐

E Patients under the age of 40 are more likely to require surgery
True ☐ False ☐

8 Therapies for diverticular disease have not been subject to rigorous clinical trials. However, which measures are recommended?

HYPOTHYROIDISM

9 What changes to the following biochemical parameters might be expected in primary and secondary hypothyroidism?

A Primary hypothyroidism

TSH _____
Free T4 _____

B Secondary hypothyroidism

TSH _____
Free T4 _____

10 Which of the following drugs or substances may be linked to hypothyroidism?

- A** Iodine
- B** Amiodarone
- C** Propranolol
- D** Lithium
- E** Bromide
- F** Alcohol
- G** Combined oral contraceptives

11 Which of the following statements concerning thyroid replacement therapy are true?

A Treatment may sometimes make angina worse
True ☐ False ☐

B Treatment often results in improvements to the lipid profile
True ☐ False ☐

C Typically patients need 1.6µg per kg body weight of T3
True ☐ False ☐

BREAST PROBLEMS

12 A Triple assessment is almost 100% sensitive. List the three elements.

B Which type of HRT causes the greatest increase in breast cancer risk, and how many extra cases are produced per 1,000 women treated for 10 years?

13 Which of the following patients should be referred to secondary care?

A A 45-year-old woman with clear nipple discharge but no palpable lump

B A 40-year-old woman with vague lumpiness of both breasts not persisting after her menstrual period

C A 38-year-old woman with a one month history of eczema around the nipple that has not responded to treatment

D A 30-year-old woman who has a sister with ovarian cancer and a mother who had breast cancer when she was 39

E A 60-year-old woman with persistent pain located in the left upper outer quadrant

14 Which of the following statements concerning mastalgia are true?

A It is commonly the sole presenting symptom of breast cancer
True ☐ False ☐

B A low-fat, high-carbohydrate diet may help
True ☐ False ☐

C Treatment with local anaesthetic and steroid injection is often useful
True ☐ False ☐

15 Complete the following statement about post-surgical care of breast cancer patients.

Specialist follow-up is normally continued for a maximum of _____ years. In most cases hormonal treatment will continue for at least _____ years. Routine imaging is _____ performed.

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

Answers

- 15** Three, five, not
14 A False B True C True
13 C, D and E
12 Breast problems A Clinical, radiological and pathological assessment
B Oestrogen/progestosterone combination therapy. This will lead to 19 extra cancers per 1,000 users of HRT for 10 years
11 A True B True C False (T4)

- 10** A, B, D and E
9 Hypothyroidism A TSH will be raised, free T4 will be lowered B Both TSH and free T4 will be lowered
8 A high-fibre diet, probiotics and mesalazine
7 A True B False C True D False, 20-30% E True
6 Divericular disease Low-fibre diet and cigarette smoking, adult polycystic kidney disease and immunosuppressant therapy

- 5** Anaemia, fatigue and symptoms similar to IBS
Tissue transglutaminase antibodies and endomysial antibodies C Possible hypospensism
4 Coeliac disease A False B False (10%) C True
D True E False F True
3 Endoscopy
2 A Alarm B Dyspepsia C Dyspepsia D Alarm
E Reflux F Dyspepsia G Alarm H Reflux
1 GI red flags A True B True C False, it may exacerbate symptoms D False, carbon urea breath testing E True