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

PELVIC PAIN

1 Which of the following statements concerning pelvic pain are true?

A Pain may be defined as chronic if it has been present for 3 months or more.
True ❑ False ❑

B The levonorgestrel-releasing IUS is useful after surgery for endometriosis.
True ❑ False ❑

C Half of patients undergoing diagnostic laparoscopy have normal findings.
True ❑ False ❑

D Vaginal examination is important to confirm ectopic pregnancy.
True ❑ False ❑

E Patients with severe pelvic inflammatory disease should be referred to a gynaecologist if there is no improvement after 72 hours.
True ❑ False ❑

2 What two simple tests, in addition to clinical examination, are essential in evaluating most cases?

3 Elizabeth is a 39-year-old carer in a stable relationship and has 2 teenage children, the younger born by emergency caesarean section. Condoms are used for contraception. She has a 9-month history of pelvic pain which is worse in the latter part of her cycle and some deep dyspareunia. There is no abnormal discharge and she has no bowel or urinary symptoms. Clinical examination is normal and pelvic examination is slightly uncomfortable but otherwise normal.

A What further investigation would be indicated?

B What common gynaecological causes have not been excluded?

C What therapeutic measures could be offered?

D If this did not help what would be the next option?

4 List 3 gynaecological 'red flag' symptoms mentioned in the article which relate to pelvic disease.

5 If a case of pelvic infection is suspected:

A What type of swab should be taken?

B What antimicrobial treatment is recommended?

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

INFERTILITY

7 Sexual intercourse every..... days optimises the chances of clinical pregnancy. Statistically overall, ... of couples will conceive within 6 months of trying. If conception has not occurred after ..... of regular unprotected intercourse, couples should be offered further clinical investigations including ..... assessment and/or assessment of ..... .

8 Which of the following statements concerning infertility are true?

A Where a woman is aged over 35 investigations should normally take place after infertility of less than 12 months' duration.
True ❑ False ❑

B Older age in the male partner has no effect on a couple's fertility.
True ❑ False ❑

C Fallopian tube dysfunction is the most common cause of infertility and affects 1 in 15 women
True ❑ False ❑

D Smoking reduces fertility
True ❑ False ❑

E Fertility in women is reduced when BMI is above 26.
True ❑ False ❑

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CME

9 Match the word with the statement:

A Chance of conception after 3 cycles of IVF
B Treatment used when mild male factor identified
C Treatment used when there is fallopian tube blockage
D Percentage of women conceiving after 12 months' of unprotected sex.

1 85%
2 ICSI
3 IVF
4 25%
5 >50%

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

RHEUMATOID ARTHRITIS

11 Which of the following statements about RA are true?

A Clinical diagnosis is more important than ARA criteria.
True ❑ **False** ❑

B Anti-CCP antibodies have a predictive effect for functional decline.
True ❑ **False** ❑

C There is a therapeutic window of opportunity in early disease.
True ❑ **False** ❑

D Disease progression should be evaluated regularly using clinical impression.
True ❑ **False** ❑

E Following diagnosis 3 monthly review is initially needed.
True ❑ **False** ❑

12 List the three situations mentioned where urgent referral may be indicated.

13 Complete the following statement concerning pharmacological therapy. A combination of ..... should be offered as first-line treatment as soon as possible ideally within..... months of the start of persistent symptoms.

14 Which of the following statements concerning NSAIDs in RA are true?

A They have moderate disease-modifying effects
True ❑ **False** ❑

B The smallest possible dose should be used for the shortest possible time
True ❑ **False** ❑

C A PPI should be coprescribed
True ❑ **False** ❑

D They should be given continuously
True ❑ **False** ❑

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

CLINICAL REVIEWS

16 Which of the following statements are true?

A Elton and Campbell's study on smoking shows that the ban in public places has reduced smoking prevalence.
True ❑ **False** ❑

B Retinopathy is a predictor of CHD mortality only in patients with diabetes.
True ❑ **False** ❑

C People who have family members with alcohol or drug dependence (AODD) are more likely to develop diabetes or asthma.
True ❑ **False** ❑

D Families of those with AODD tend to have lower incomes than those with other morbidities.
True ❑ **False** ❑

Answers

PELVIC PAIN
1 A False (6 months) **B** True **C** False (one third) **D** False **E** True

2 Pregnancy test, urinalysis

3 A Pelvic ultrasound **B** Endometriosis and adhesions **C** Trial of combined oral contraceptive pill or oral progestogen or GnRH agonist **D** Referral for laparoscopy

4 Palpable pelvic mass, intermenstrual bleeding over the age of 40, new onset pelvic pain postmenopause

5 A Endocervical **B** Ofloxacin and metronidazole

INFERTILITY
7 2 to 3 days, half, 1 year, semen, ovulation

8 A True **B** False **C** False **D** True **E** False (28)

9 A5 **B**3 **C**3 **D**1

RHEUMATOID ARTHRITIS
11 A True **B** True **C** True **D** False **E** False (monthly)

12 Involvement of the small joints of the hands or feet, where more than one joint is affected, where there has been a delay of 3 months in seeking medical advice.

13 DMARDs, 3 months

14 A False **B** True **C** True **D** False

16 A False **B** False **C** False **D** True