

CPD @ SA Family Practice

Earn 80% of your required CPD points by completing the SA FAMILY PRACTICE CPD questionnaire each month.

2006 ANSWERSHEETS

CPD QUESTIONNAIRES MUST NOW BE COMPLETED ONLINE AT www.safpj.co.za

- Simply click on the "CPD" icon below the journal masthead. You will be directed to the CPD questionnaire on the www.ecpdsa.co.za website
- Click on the SA Family Practice Volume 48(3) April 2006 activity listed on the "Choose a CPD activity" page.
- You will be prompted to login on the [ecpdsa](http://www.ecpdsa.co.za) website. Click on "Register" on the top menu bar if you have not registered on [ecpdsa](http://www.ecpdsa.co.za) before, or simply Log In.
- Click on "Continue" at the bottom of the "CPD Activity" page to view the CPD questions. Complete the questions online. If successful, you will receive your CPD certificate online.
- If you experience any problems or choose to receive a printed CPD answer sheet for manual processing, kindly contact Lourensa at Tel: (021) 975 4684, Fax: (021)-975 3448, or Email: lourensa@ecpdsa.co.za
- If you return the completed CPD answer sheet by fax or email your answers will be entered on the www.ecpdsa.co.za website. If successful, your CPD certificate will be available on [ecpdsa](http://www.ecpdsa.co.za), or returned to you on request.

Please note this is a FREE service to members of the SA Academy of Family Practice/Primary Care and subscribers to the journal only.

Thank you very much for your cooperation.
The CPD Management Office

Question 1-4: Fibromyalgia Syndrome: Page 20-28

- Choose the incorrect statement**
 - Fibromyalgia (FM) is the most common cause of widespread musculoskeletal pain.
 - Laboratory tests and imaging studies play a role in establishing the diagnosis of FM.
 - Failure to recognise FM by primary care doctors often leads to inappropriate referrals.
 - Central sensitisation may be reason for the augmented pain experience of FM patients.
 - The primary care doctor is in the best position to manage patients with FM.
- Is the following statement true or false?**
To enable the diagnosis of FM, the patient needs to have seven or more out of 18 specified tender points.
 - True
 - False
- Choose the incorrect statement**
 - In the diagnosis of FM, fever, malaise and neurological signs may indicate other abnormalities.
 - A subset of patients with FM predominantly complain of peripheral arthralgia without joint swelling.
 - Tiredness may be the predominant symptom of FM.
 - There is no relationship between quality of sleep and pain intensity.
 - Patients with FM may experience autonomic dysfunction, like hypotension, dizziness and vertigo.
- Is the following statement true or false?**
Exercise can be beneficial in FM, particularly if pain control has not yet been achieved.
 - True
 - False

Question 5-9: Chronic Non-Cancer Pain: Page 30-36

- Is the following statement true or false?**
Chronic pain may be nociceptive of neuropathic.
 - True
 - False
- Choose the incorrect statement**
 - Serotonin is functionally inhibitory on pain transmission.
 - Post-traumatic pain is an example of non-neuropathic pain.
 - Amitriptyline may have an analgesic effect in patients with acute pain.
 - The mechanism of action of bupropion in pain syndromes involves dopamine uptake.
 - Carbamazepine and lamotrigine are calcium channel blockers.
- Is the following statement true or false?**
Venlafaxine and duloxetine are selective serotonin reuptake inhibitors.
 - True
 - False
- Choose the incorrect statement.**
 - Predominantly serotonergic drugs may be ineffective in treating chronic pain.
 - Carbamazepine is indicated for the treatment of trigeminal neuralgia.
 - In terms of efficacy, antidepressants are superior to antiepileptics.
 - The efficacy of tricyclic antidepressants has been documented in a variety of non-neuropathic pain syndromes.
 - Tricyclic antidepressants have the best documented efficacy in patients with fibromyalgia.
- Choose the incorrect statement**
 - In neuropathic pain, an antiepileptic drug is preferred if the patient cannot tolerate the side effects of tricyclic antidepressants.
 - Exercise is the primary therapy for chronic low back pain.
 - In non-neuropathic pain, a tricyclic antidepressant can be used as a pain

- adjuvant to alleviate muscle spasm.
- Even when drug therapies for painful neuropathies are successful, there is only a 50 to 70 percent reduction in pain.
- Opiates have been proved effective in the treatment of non-neuropathic pain.

Question 10-12: Postoperative pain management in the paediatric patient: Page 37-42

- Choose the incorrect statement**
 - Premature babies can sense pain in a focused manner.
 - In children aged 5 to 12 years, pain evolves fear of harm or mutilation.
 - Physiological indicators of pain may include tachycardia, restlessness and pallor.
 - Children older than four years can talk about their pain.
 - Behavioural rating scales are probably the most reliable indication of pain in children who cannot verbalise their pain accurately.
- Is the following statement true or false?**
Inexpensive and uncertainty amongst healthcare personnel are reasons why children's pain is treated inadequately.
 - True
 - False
- Is the following statement true or false?**
Toddlers need higher doses of analgesics than adult for all routes of administration.
 - True
 - False

Question 13-16: Joint and Soft Tissue Injection: Page 43-47

- Choose the incorrect statement**
 - Intratendinous injection should be avoided because of the likelihood of weakening the tendon.
 - If the patient has achieved significant benefit after the first joint and soft tissue injection, a second injection may be given if symptoms recur.
 - Joint or soft tissue aspiration may be for diagnostic or therapeutic reasons.
 - Medication can be injected into a joint as sole form of treatment.
 - After removal of fluid from a joint, early reaccumulation of fluid can occur.
- Is the following statement true or false?**
Bacteraemia and joint prosthesis are relative contraindications to therapeutic joint and soft tissue injection.
 - True
 - False
- Is the following statement true or false?**
Dexamethasone sodium phosphate is a high dose, long duration corticosteroid.
 - True
 - False
- Choose the incorrect statement**
 - Informed consent should be obtained before injection.
 - Non-sterile gloves can be used when injecting soft tissue regions.
 - An 18-to 20-gauge needle should be placed on the equipment tray for injections.
 - During aspiration, the patient should be placed in the supine position.
 - To minimize pain, the patient can apply ice, but for no longer than 15 minutes at a time.

Question 17-20: Diagnostic and therapeutic injection of the shoulder region: Page 48-53

- Choose the incorrect statement**
 - The glenohumeral joint is the most mobile in the body.
 - The three major indications for glenohumeral joint infections are osteoarthritis, capsulitis and rheumatoid arthritis.
 - Adhesive capsulitis is often accompanied by tendinosis or bursitis.
 - For glenohumeral injection, a 10ml syringe and 25 gauge needle are needed.
 - 2 to 4ml betamethasone or methylprednisolone should be injected into the glenohumeral joint.
- Choose the incorrect statement**
 - Acromioclavicular (AC) sprain is also known as separated shoulder.
 - AC joint osteoarthritis typically develops secondary to previous injury.
 - There is a clear differentiation between AC joint pathology and rotator cuff impingement syndrome.
 - For AC joint infection, 0.5ml of 1% lignocaine can be utilised as anaesthetic.
 - The needle is inserted from the superior to anterior approach to the AC joint, and directed inferiorly.
- Is the following statement true or false?**
The subacromial space is the site of inflammation associated with various activities, such as throwing and weight lifting.
 - True
 - False
- Is the following statement true or false?**
Weight lifters, masons and rock climbers are at particular risk for inflammation of the long head of biceps tendon.
 - True
 - False