

# What can you learn from this issue?

Test yourself with the *BJFM* 'before and after' self-audit. The information required to answer the following MCQs is covered by the articles in this issue. You may want to try these MCQs both before and after reading to gauge the educational value derived. How – or whether – you use this tool is up to you:

## CHILDHOOD ECZEMA

**1. In infants, what strength topical corticosteroid (TCS) is recommended for use of the face?**

(Check one box only)

- |             | Before reading           | After reading            |
|-------------|--------------------------|--------------------------|
| a. Mild     | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Moderate | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Strong   | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Potent   | <input type="checkbox"/> | <input type="checkbox"/> |

**2. Side effects of using topical calcineurin inhibitors (TCIs) include?**

(Check one box only)

- |                         | Before reading           | After reading            |
|-------------------------|--------------------------|--------------------------|
| a. Thinning of the skin | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Lesions              | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Flaky skin           | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Stinging or burning  | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Blotchy skin         | <input type="checkbox"/> | <input type="checkbox"/> |

## BARIATRIC SURGERY

**3. An intragastric balloon should be removed after how long?** (Check one box only)

- |                 | Before reading           | After reading            |
|-----------------|--------------------------|--------------------------|
| a. One month    | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Three months | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Six months   | <input type="checkbox"/> | <input type="checkbox"/> |
| d. One year     | <input type="checkbox"/> | <input type="checkbox"/> |

**4. Which if the following is the most common form of bariatric surgery?** (Check one box only)

- |                                 | Before reading           | After reading            |
|---------------------------------|--------------------------|--------------------------|
| a. Biliary pancreatic diversion | <input type="checkbox"/> | <input type="checkbox"/> |

- |                            |                          |                          |
|----------------------------|--------------------------|--------------------------|
| b. Sleeve gastrectomy      | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Adjustable gastric band | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Intragastric balloon    | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Gastric bypass          | <input type="checkbox"/> | <input type="checkbox"/> |

**5. Which two forms of gastric surgery have been found to have the best results in reducing glycated haemoglobin levels?**

(Check two boxes only)

- |                                 | Before reading           | After reading            |
|---------------------------------|--------------------------|--------------------------|
| a. Biliary pancreatic diversion | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Sleeve gastrectomy           | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Adjustable gastric band      | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Intragastric balloon         | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Gastric bypass               | <input type="checkbox"/> | <input type="checkbox"/> |

## CHRONIC PELVIC PAIN SYNDROME

**6. Up to what percentage of men will suffer symptoms of prostatitis in their lifetime?**

(Check one box only)

- |        | Before reading           | After reading            |
|--------|--------------------------|--------------------------|
| a. 30% | <input type="checkbox"/> | <input type="checkbox"/> |
| b. 40% | <input type="checkbox"/> | <input type="checkbox"/> |
| c. 50% | <input type="checkbox"/> | <input type="checkbox"/> |
| d. 60% | <input type="checkbox"/> | <input type="checkbox"/> |

**7. Combined, acute bacterial prostatitis (type I) and chronic bacterial prostatitis (type II) account for approximately what percentage of cases of prostatitis?** (Check one box only)

- |        | Before reading           | After reading            |
|--------|--------------------------|--------------------------|
| a. 5%  | <input type="checkbox"/> | <input type="checkbox"/> |
| b. 10% | <input type="checkbox"/> | <input type="checkbox"/> |
| c. 15% | <input type="checkbox"/> | <input type="checkbox"/> |
| d. 20% | <input type="checkbox"/> | <input type="checkbox"/> |
| e. 30% | <input type="checkbox"/> | <input type="checkbox"/> |

**8. How many different types of chronic pelvic pain syndrome are there?**

(Check one box only)

- |          | Before reading           | After reading            |
|----------|--------------------------|--------------------------|
| a. Two   | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Three | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Four  | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Five  | <input type="checkbox"/> | <input type="checkbox"/> |

- d. 7.5 mmol/L    
 e. 8.0 mmol/L

**12. Purging should be suspected if potassium is below what level in the bloodstream?**

(Check one box only)

- |               | Before reading           | After reading            |
|---------------|--------------------------|--------------------------|
| a. 3.0 mmol/L | <input type="checkbox"/> | <input type="checkbox"/> |
| b. 3.5 mmol/L | <input type="checkbox"/> | <input type="checkbox"/> |
| c. 4.0 mmol/L | <input type="checkbox"/> | <input type="checkbox"/> |
| d. 4.5 mmol/L | <input type="checkbox"/> | <input type="checkbox"/> |
| e. 5.0 mmol/L | <input type="checkbox"/> | <input type="checkbox"/> |

**FEMALE GENITAL MUTILATION**

**9. Female genital mutilation (FGM) is classified under how many different types?**

(Check one box only)

- |          | Before reading           | After reading            |
|----------|--------------------------|--------------------------|
| a. Three | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Four  | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Five  | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Six   | <input type="checkbox"/> | <input type="checkbox"/> |

**13. The SCOFF guidelines advise investigation if a stone in weight (14lb/6.35kg) is lost. But over what period of time?**

(Check one box only)

- |                 | Before reading           | After reading            |
|-----------------|--------------------------|--------------------------|
| a. Six weeks    | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Two months   | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Three months | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Four months  | <input type="checkbox"/> | <input type="checkbox"/> |

**10. Peak prevalence for FGM to take place is between which age?**

(Check one box only)

- |                            | Before reading           | After reading            |
|----------------------------|--------------------------|--------------------------|
| a. Birth-four years of age | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Five-eight years of age | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Nine-12 years of age    | <input type="checkbox"/> | <input type="checkbox"/> |
| d. 13-16 years of age      | <input type="checkbox"/> | <input type="checkbox"/> |

**14. What percentage of people suffering with an eating disorder is estimated to be male?**

(Check one box only)

- |        | Before reading           | After reading            |
|--------|--------------------------|--------------------------|
| a. 1%  | <input type="checkbox"/> | <input type="checkbox"/> |
| b. 11% | <input type="checkbox"/> | <input type="checkbox"/> |
| c. 21% | <input type="checkbox"/> | <input type="checkbox"/> |
| d. 31% | <input type="checkbox"/> | <input type="checkbox"/> |

**EATING DISORDERS**

**11. Bingeing should be suspected if the blood sugar level contains more than how much glucose?**

(Check one box only)

- |               | Before reading           | After reading            |
|---------------|--------------------------|--------------------------|
| a. 6.0 mmol/L | <input type="checkbox"/> | <input type="checkbox"/> |
| b. 6.5 mmol/L | <input type="checkbox"/> | <input type="checkbox"/> |
| c. 7.0 mmol/L | <input type="checkbox"/> | <input type="checkbox"/> |

**15. Which eating disorder is commonly precipitated by witnessing a loved one choking or vomiting while eating?** (Check one box only)

- |                                      | Before reading           | After reading            |
|--------------------------------------|--------------------------|--------------------------|
| a. Food avoidance emotional disorder | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Selective eating                  | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Functional dysphagia              | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Binge eating disorder             | <input type="checkbox"/> | <input type="checkbox"/> |

**Answers on page 40.** We welcome all feedback from readers about the educational value of *BJFM*. Please send you comments to [BJFM@pavpub.com](mailto:BJFM@pavpub.com)