

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.

PREMATURE OVARIAN INSUFFICIENCY (POI)

1. How many per thousand (1000) women under the age of 40 years are affected by early menopause? (Check one box only)

	Before reading	After reading
a. Fewer than 5	<input type="checkbox"/>	<input type="checkbox"/>
b. At least 10	<input type="checkbox"/>	<input type="checkbox"/>
c. At least 20	<input type="checkbox"/>	<input type="checkbox"/>
d. More than 20	<input type="checkbox"/>	<input type="checkbox"/>

2. Which of the following is not a known risk factor for premature ovarian insufficiency? (Check one box only)

	Before reading	After reading
a. History of developmental delay	<input type="checkbox"/>	<input type="checkbox"/>
b. Poorly controlled diabetes mellitus	<input type="checkbox"/>	<input type="checkbox"/>
c. Polycystic ovary syndrome	<input type="checkbox"/>	<input type="checkbox"/>
d. History of early menarche (first period at ≤ 10 years)	<input type="checkbox"/>	<input type="checkbox"/>
e. Hypothalamic dysfunction	<input type="checkbox"/>	<input type="checkbox"/>
f. Hyperprolactinaemia	<input type="checkbox"/>	<input type="checkbox"/>

3. After excluding pregnancy in a woman less than 40 years old with 3–4 months of amenorrhoea or menstrual irregularity, which of the following describes a core diagnostic indicator?

(Check one box only)

	Before reading	After reading
a. A serum follicle stimulating hormone (FSH) value of greater than 30 IU/L	<input type="checkbox"/>	<input type="checkbox"/>
b. Two serum FSH values of greater than 40 IU/L spaced more than one month apart	<input type="checkbox"/>	<input type="checkbox"/>
c. Two serum FSH values of greater than 50 IU/L more than one month apart	<input type="checkbox"/>	<input type="checkbox"/>
d. Three serum FSH values of greater than 30 IU/L, each being more than one month apart	<input type="checkbox"/>	<input type="checkbox"/>
e. A serum FSH value of greater than 60 IU/L	<input type="checkbox"/>	<input type="checkbox"/>

COPD

4. What are the four parameters measured to determine the BODE index, used to predict mortality in COPD? (Check one box only)

	Before reading	After reading
a. BMI, obesity, dyspnoea and exercise tolerance	<input type="checkbox"/>	<input type="checkbox"/>
b. BMI, severity of airways obstruction, dyspnoea and exercise capacity	<input type="checkbox"/>	<input type="checkbox"/>
c. Bronchial capacity, obesity, dyspnoea and exercise tolerance	<input type="checkbox"/>	<input type="checkbox"/>
d. Bronchial capacity, severity of airways obstruction, dyspnoea and exercise capacity	<input type="checkbox"/>	<input type="checkbox"/>

5. By approximately how much does treatment with inhaled corticosteroids for COPD increase the relative risk of any pneumonia?

(Check one box only)

	Before reading	After reading
a. 20%	<input type="checkbox"/>	<input type="checkbox"/>
b. 40%	<input type="checkbox"/>	<input type="checkbox"/>
c. 60%	<input type="checkbox"/>	<input type="checkbox"/>
d. 80%	<input type="checkbox"/>	<input type="checkbox"/>

ALLERGIC RHINITIS

6. Which of the following is/are not known risk factors for allergic rhinitis?

(Check all boxes that apply)

	Before reading	After reading
a. Atopy	<input type="checkbox"/>	<input type="checkbox"/>
b. Low socioeconomic status	<input type="checkbox"/>	<input type="checkbox"/>
c. environmental pollution	<input type="checkbox"/>	<input type="checkbox"/>
d. birth during a pollen season	<input type="checkbox"/>	<input type="checkbox"/>
e. Caucasian ethnicity	<input type="checkbox"/>	<input type="checkbox"/>
f. early weaning	<input type="checkbox"/>	<input type="checkbox"/>
g. maternal smoking	<input type="checkbox"/>	<input type="checkbox"/>
h. Low birth weight	<input type="checkbox"/>	<input type="checkbox"/>

7. Which of the following statement(s) regarding immunotherapy for allergic rhinitis is/are correct? (Check all boxes that apply)

	Before reading	After reading
a. Immunotherapy may prevent asthma as well as reducing the symptoms of allergic rhinitis	<input type="checkbox"/>	<input type="checkbox"/>
b. Subcutaneous immunotherapy usually comprises two injections with an extract of the allergen	<input type="checkbox"/>	<input type="checkbox"/>
c. Immunotherapy carries a small risk of causing a systemic allergic reaction	<input type="checkbox"/>	<input type="checkbox"/>
d. All immunotherapy should be undertaken in secondary care	<input type="checkbox"/>	<input type="checkbox"/>
e. Sublingual immunotherapy can be administered without medical supervision after the initial treatment	<input type="checkbox"/>	<input type="checkbox"/>
f. Immunotherapy does not reduce the risk of developing new sensitisations to allergens	<input type="checkbox"/>	<input type="checkbox"/>

10. When assessing scrotal pain, which of the following statement(s) is/are correct? (Check all boxes that apply)

	Before reading	After reading
a. The "blue dot" sign (a blue discolouration at the upper pole of the testis) can be clearly seen in the early stages of torsed appendix testis.	<input type="checkbox"/>	<input type="checkbox"/>
b. The torsed appendix testis can be diagnosed by careful palpation	<input type="checkbox"/>	<input type="checkbox"/>
c. It is a sessile cyst 2-3mm in diameter attached to the upper pole of the testes within the tunica vaginalis	<input type="checkbox"/>	<input type="checkbox"/>
d. Acute epididymitis is caused predominantly by pathogenic urinary tract bacteria, such as Escherichia coli	<input type="checkbox"/>	<input type="checkbox"/>
e. Recent instrumentation of the urinary tract, such as catheterisation or cystoscopy, may be a cause of acute epididymitis	<input type="checkbox"/>	<input type="checkbox"/>

MALE HEALTH

8. Which of the following is the main cause of acute scrotal pain in children and young men? (Check one box only)

	Before reading	After reading
a. Epididymitis	<input type="checkbox"/>	<input type="checkbox"/>
b. Orchitis	<input type="checkbox"/>	<input type="checkbox"/>
c. Testicular torsion	<input type="checkbox"/>	<input type="checkbox"/>
d. Trauma	<input type="checkbox"/>	<input type="checkbox"/>
e. Hydrocele	<input type="checkbox"/>	<input type="checkbox"/>

9. When examining a boy presenting with scrotal pain, what condition is signified by a discrete swelling at the upper pole of the epididymis that is exquisitely tender? (Check one box only)

	Before reading	After reading
a. Testicular torsion	<input type="checkbox"/>	<input type="checkbox"/>
b. Torsed appendix testis	<input type="checkbox"/>	<input type="checkbox"/>
c. Hydrocele	<input type="checkbox"/>	<input type="checkbox"/>
d. Varicocele	<input type="checkbox"/>	<input type="checkbox"/>
e. Epididymitis	<input type="checkbox"/>	<input type="checkbox"/>
f. Tumour	<input type="checkbox"/>	<input type="checkbox"/>

CANCER DIAGNOSIS

11. Which of the following statement(s) is/are correct? (check all boxes that apply)

	Before reading	After reading
a. The level of knowledge among people in the Sweden about the age related risk of breast, colon, lung and prostate cancers is almost three times that of people in the UK	<input type="checkbox"/>	<input type="checkbox"/>
b. Cancers diagnosed as emergencies have asignificantly worse prognosis than those diagnosed through the urgent GP route	<input type="checkbox"/>	<input type="checkbox"/>
c. There is strong evidence that the urgent cancer referral systems impact positively on outcomes	<input type="checkbox"/>	<input type="checkbox"/>
d. Smoking is associated with increased risk increased risk of myeloid leukaemia, as well as prostate, bladder and ovarian cancers.	<input type="checkbox"/>	<input type="checkbox"/>
e. The increased risk of kidney cancer caused by smoking is reduced to near zero within one year of stopping.	<input type="checkbox"/>	<input type="checkbox"/>
f. Younger patients are less likely to be referred for suspected cancer, compared to older people	<input type="checkbox"/>	<input type="checkbox"/>

Answers on page 39. We welcome all feedback from readers about the educational value of *BJFM*. Please send you comments to BJFM@pavpub.com