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EDUCATION Clinical challenge



# Clinical challenge

Questions for this month's clinical challenge are based on articles in this issue. The style and scope of questions is in keeping with the MCQ of the College Fellowship exam. The quiz is endorsed by the RACGP Quality Assurance and Continuing Professional Development Program and has been allocated 4 CPD points per issue. Answers to this clinical challenge will be published next month.

Steve Trumble

## SINGLE COMPLETION ITEMS

### DIRECTIONS

Each of the questions or incomplete statements below is followed by five suggested answers or completions. Select the most appropriate statement as your answer.

#### Case 1 – John Gage

It is now nine months since bushfires ravaged John Gage's country home while he sheltered in his dam. Since that time, he has seen you on a number of occasions suffering from symptoms of post-traumatic stress disorder (PTSD).

#### Question 1

John's symptoms most probably include all except:

- A. obsessive need to discuss the event
- B. hypervigilance
- C. sense of detachment
- D. physical symptoms of anxiety
- E. reduced interest in everyday activities.

#### Question 2

For John to be diagnosed with PTSD, his symptoms should have persisted for longer than:

- A. one week
- B. one month
- C. three months
- D. six months
- E. nine months.

#### Question 3

Which course is atypical of PTSD?

- A. delayed onset followed by resolution over one month

- B. early onset followed by resolution over three months
- C. early onset followed by a fluctuating course
- D. exacerbations unrelated to external triggers
- E. flare ups at times of acute stress.

#### Question 4

In treating John, the following principles are important:

- A. early intervention provides the best chance of clinical remission
- B. delayed treatment allows the patient to spontaneously resolve their issues
- C. not all antidepressants have PBS approval for treating PTSD
- D. both A and C
- E. both B and C.

#### Case 2 – Josie Nikakis

Josie Nikakis had just left the Bali nightclub area on October 12 last year when she heard the explosion. Over the next two days, she sat beside the stretcher of her best friend, Gail, who eventually died of her wounds. Since returning to Australia, Josie has been a tireless volunteer for victims of the bombing.

#### Question 1

Josie consults you wanting a quick cure for a prolonged respiratory infection as she is busy organising a charity ball. She is angry and frustrated that she can't just shake it off. In managing her, you should:

- A. advise her to drop all her commitments and focus on herself

- B. arrange a full blood examination, infectious mononucleosis screen and thyroid function test
- C. refer her to a psychiatrist for early intervention
- D. raise the possibility of a linkage between her depleted health and the bombing
- E. none of the above.

#### Question 2

In adopting a preventive health approach to Josie's care, which of the following needs attention?

- A. smoking
- B. alcohol consumption
- C. diet
- D. exercise
- E. all of the above.

#### Question 3

Josie's mother, Fotini, is also your patient. She was extremely distressed when she heard about the bombing as Josie did not make contact for 24 hours. She has remained traumatised by this experience. In managing Fotini's post-traumatic response you can expect all EXCEPT:

- A. gradual alleviation of distress over time
- B. physical consequences of her trauma to be limited to the first 12 months
- C. intrusive re-experiencing of the event
- D. loss of interest, irritability and social withdrawal
- E. unpredictable episodes of emotion.

#### Question 4

Counselling services for those affected by the Bali bombings are available from:

- A. National Association for Loss and Grief
- B. state health departments
- C. Lifeline
- D. Kids Helpline
- E. all of the above.

#### Case 3 – Michael O'Connor

It's been an appalling few years for Michael O'Connor. His wife died from a postpartum haemorrhage and, depressed and drinking heavily, he lost his driver's licence and his job. Now the bank is foreclosing on his mortgage.

#### Question 1

Important factors in developing Michael's coping strategies include all EXCEPT:

- A. heightening negative emotions
- B. the meanings or interpretations he assigns to his losses
- C. identifying 'tripwires' that provoke relapses
- D. enhancing self worth and self image
- E. controlling anxiety.

#### Question 2

Unless we practise appropriate self care, working with patients like Michael can have a negative effect on GPs':

- A. attitude
- B. emotional state
- C. wellbeing
- D. energy and alertness
- E. all of the above.

#### Question 3

Michael's sister, Julie, is a doctor who has just returned from working with Médecins Sans Frontières in Afghanistan. She should be having a break from her duties at least every:

- A. three months
- B. six months
- C. nine months
- D. 12 months
- E. two years.

#### Question 4

Humanitarian workers returning from a traumatic mission may experience feelings of:

- A. accomplishment
- B. enhanced self worth
- C. guilt
- D. frustration
- E. any of the above.

#### Case 4 – Roger Banks

Roger Banks, 38 years of age, is concerned about a nodular, pigmented lesion on his forearm. He is concerned it might be a skin cancer.

#### Question 1

The commonest malignancy in the 15–44 year old age group is:

- A. lymphoma
- B. leukaemia
- C. malignant melanoma
- D. squamous cell carcinoma
- E. basal cell carcinoma.

#### Question 2

The 'C' in the ABCD acronym for superficial spreading melanoma stands for:

- A. contour irregularity
- B. colour variation
- C. capillaries
- D. crust formation
- E. change.

#### Question 3

Basal cell carcinomas may be distinguished from nodular melanomas by:

- A. hyperkeratosis
- B. absence of pigment
- C. smaller diameter
- D. pearliness
- E. all of the above.

#### Question 4

You decide to biopsy Roger's lesion. The correct method is:

- A. shave biopsy
- B. punch biopsy
- C. complete excisional biopsy
- D. shave excision
- E. core biopsy.