



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 multiple choice questions of the RACGP Fellowship exam. The quiz is endorsed by the RACGP Quality Improvement and Continuing Professional Development Program and has been allocated 4 Category 2 points per issue. Answers to this clinical challenge are available immediately following successful completion online at www.gplearning.com.au. Clinical challenge quizzes may be completed at any time throughout the 2011–2013 triennium, therefore the previous months answers will no longer be published.

Nyoli Valentine

Single completion items

CPD



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

Samantha Jones

Samantha Jones, 18 year of age, has an intellectual disability. Staff at Samantha's supported workplace reported a developing relationship with a male co-worker with similar intellectual disabilities. Samantha's mother has brought her in to discuss this.

Question 1

You discuss with Samantha her understanding of sexual behaviour and relationships.

Which of the following is INCORRECT:

- A. interviewing Samantha alone may facilitate discussion about sexual behaviour and relationships
- B. patients with intellectual disability may obtain information about sex and relationships from the internet chat sites, television shows and pornographic websites
- C. Samantha is not required to understand sexual activity to consent to this
- D. Samantha may experience nonconsensual sexual activity even after consenting to initiate sexual activity
- E. legislation does not prevent people with an intellectual disability from having consensual sexual relationships.

Question 2

Samantha's mother wishes to support Samantha's relationship with her co-worker.

Choose the correct statement:

- A. androgen suppression may be appropriate to reduce the risk of sexual intimacy
- B. placing restriction at home on Samantha's relationship may lead to

inappropriate behaviour and unsafe sexual activity

- C. Samantha may believe that sexual expression is unacceptable
- D. the sex education Samantha received at school will provide her with enough information to engage in sexual relationships
- E. B and C.

Question 3

In relation to Samantha's need for contraception, choose the correct statement:

- A. depot medroxyprogesterone is clearly the best choice for Samantha as it is easy to administer
- B. sterilisation should be considered if her new relationship includes sexual intimacy
- C. contraception is not important for Samantha due to her reduced fertility
- D. oral contraceptives, IUDs and progesterone subcutaneous implants are appropriate contraceptive options
- E. couples with intellectual disability may wish to have children, however this should be discouraged as offspring are likely to have intellectual disabilities.

Question 4

Before leaving, Samantha's mother wants to discuss Samantha's risk of sexual abuse.

Choose the correct statement:

- A. the perpetrators of sexual abuse toward people with intellectual disability usually have similar disabilities
- B. sexual abuse has long term consequences including maladjustment,

poor long term relationships and high risk sexual activity

- C. all patients with intellectual disability will be unable to verbalise their abuse and will present with changes in behaviour
- D. contraception and sterilisation reduce the risk of sexual abuse
- E. legislation prevents sexual abuse from occurring in people with intellectual disability.

Case 2

Jasmin Warner

Three year old Jasmin has just been diagnosed with cerebral palsy (CP). Her family come in to discuss this with you.

Question 5

Choose the correct statement:

- A. CP is a temporary disorder of movement and posture
- B. the prevalence of CP is approximately 2.0–2.5 per 10 000 live births
- C. CP disorders are due to progressive disturbances in the developing fetal or infant brain
- D. perinatal causes are responsible for the majority of CP cases
- E. CP may result from a series of events that culminate in motor damage.

Question 6

Jasmin was diagnosed with spastic hemiplegia CP. Choose the correct statement:

- A. CP is classified by motor type, topographical distribution and severity of the motor disorder
- B. diplegia is where the predominant motor symptoms are in the upper limbs
- C. ataxic CP is characterised by abnormalities of tone and movement disorders
- D. level 1 of the Gross Motor Function Classification System indicates a need

for a wheelchair

E. likely motor outcome can be predicted from 5 years of age.

Question 7

Which of the following should be considered when providing healthcare for a child with CP:

A. monitoring for adequate nutritional intake and providing education about constipation

B. assessing for hearing deficits and visual problems

C. ensuring up-to-date immunisation

D. monitoring for intellectual disability and learning problems

E. all of the above.

Question 8

Jasmin's parents report that she seems to be in pain and not sleeping at night. They are worried she is unwell. Which of the following statements is INCORRECT:

A. ambulatory children have a greater risk of hip dislocation and subluxation than nonambulatory children

B. an intercurrent infection should be considered

C. pathological fractures from osteoporosis may present with pain and irritability

D. untreated dental disease may be a source of pain

E. gastro-oesophageal reflux can cause pain and if severe aspiration.

Case 3

Aiden Murphy

Aiden, 16 years of age, has an intellectual disability. He lives with his parents and two younger siblings. Aiden's mother, Jenny, is finding it increasingly difficult to manage his behaviour.

Question 9

You obtain further information to assess Aiden's challenging behaviour. Which of the following statements is INCORRECT:

A. a history should include an accurate description of the behaviour including triggers and patterns of behaviour

B. excessive rocking and extreme withdrawal are not challenging behaviours

C. pain may cause change in behavioural levels

D. medications, including prescription and

other drugs may compound behaviour symptoms

E. seizures may be misinterpreted as challenging behaviours.

Question 10

You ask Aiden and Jenny about psychiatric symptoms. Choose the correct statement:

A. ritualistic behaviour usually indicates psychosis

B. self talk indicates auditory or visual hallucinations

C. anhedonia and reduced motivation may indicate depression

D. Aiden's behaviour makes him eligible for referral to a psychologist for assessment under the Better Outcomes in Mental Health Care program

E. anxiety is uncommon in patients with intellectual disability.

Question 11

Jenny has noted Aiden's behaviour is worse in the afternoons when she describes the home environment as 'chaotic'. Choose the correct statement:

A. Jenny should purchase a PlayStation for use after school

B. Aiden's behaviour will improve when his younger brother can discipline him

C. Aiden should play on his own in his room to avoid overstimulation

D. turning off the television and radio can reduce overstimulation

E. no changes should be made as Aiden needs to adjust.

Question 12

Twelve months later Jenny and Aiden return. This time you are concerned he has severe depression. You arrange for psychiatry review, psychology referral and consider starting medication. Choose the correct statement:

A. as Aiden is young, a high starting dose of antidepressant is needed for adequate efficacy

B. antipsychotics may reduce the seizure threshold; antidepressants will not

C. benzodiazepines may cause a paradoxical agitation reaction

D. alpha blockers can be used for repeated and serious acts of aggression

E. different antipsychotic medications should be used for regular and prn medications to reduce adverse events.

Case 4

Madison Delahunty

Madison, 25 years of age, has Down syndrome (DS). She presents to you for annual review.

Question 13

The current life expectancy of people with DS is approximately:

A. 40 years

B. 50 years

C. 60 years

D. 70 years

E. equal to those without DS.

Question 14

In relation to the incidence and prevalence of DS, which of the following is correct:

A. there are approximately 500 DS births per year

B. the prevalence of people with DS in Australia has decreased

C. the chance of a woman aged 20 years having a DS child is 1 in 1400

D. the chance of a woman aged 45 years having a DS child is 1 in 100

E. the majority of DS babies are born to women over 45 years of age.

Question 15

Which of the following should be considered for Madison as part of her annual review:

A. thyroid function testing

B. medication review

C. dental review

D. cardiovascular examination

E. all of the above.

Question 16

Later in the week Madison brings her neighbour Christopher, a 55 year old man with DS, to see you. During the consult Madison mentions that Christopher is often confused. Choose the correct statement:

A. the leading cause of death in older adults with DS is cardiovascular disease

B. the average age of diagnosis for Alzheimer disease in people with DS is early to mid 60s

C. Christopher requires annual hearing and vision assessments

D. osteoporosis prevention is unlikely to be of benefit in Christopher due to his shortened life expectancy

E. the differential diagnosis for Christopher's confusion includes Alzheimer disease.