



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 are not published.

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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

Samantha Philips

Samantha, 45 years of age, presents for a Pap test. She mentions she 'hit her head' last Saturday night while drinking with friends.

Question 1

You want to ask Samantha about her alcohol intake. What information does the AUDIT Alcohol Consumption Questions (AUDIT-C) screening tool elicit:

- A. information about quantity and frequency of usual drinking and frequency of heavy drinking
- B. information about quantity and frequency of heavy drinking and frequency of usual drinking
- C. information about quantity and frequency of usual drinking
- D. information about the type of alcohol consumed and locations where alcohol is consumed
- E. information about type, quantity and frequency of usual drinking.

Question 2

Samantha drinks more than six standard drinks every Saturday night. She does not drink alcohol during the week. Current National Health and Medical Research Council (NHMRC) guidelines suggest restricting alcohol intake to:

- A. two standard drinks for women, four standard drinks for men on any occasion
- B. two standard drinks for men and

women on any occasion with two alcohol free days per week

- C. two standard drinks for men and women on any occasion
- D. four standard drinks for men and women on any occasion
- E. one standard drink for men and women on any occasion.

Question 3

You are concerned Samantha is drinking alcohol at high risk levels. Choose the MOST correct statement. Assessment of a patient with suspected problem drinking should include questions regarding:

- A. motivation to change, other substance use and psychiatric comorbidities
- B. alcohol dependence according to the DSM-IV criteria
- C. collateral history from family members, alcohol dependence and other substance use
- D. motivation to change, other substance use, alcohol dependence and psychiatric comorbidities
- E. family history, previous admissions to hospital for alcohol excess, other substance use and alcohol dependence.

Question 4

In assessing the impact and risk of Samantha's drinking, which of the following is the LEAST appropriate:

- A. asking Samantha if she drives
- B. asking Samantha if she has children
- C. asking Samantha if she works on the weekend

- D. asking Samantha who she drinks alcohol with
- E. admitting Samantha to hospital to observe if she withdrawals from alcohol.

Case 2

Daniel Albertson

Daniel, 30 years of age, is a new patient to your clinic. Daniel states he has been drinking on average four standard drinks, 5 days per week for the past 6 months since starting his new job. Before this he was consuming on average two standard drinks, 2 days per week.

Question 5

You provide brief intervention to Daniel to reduce his alcohol intake using the FLAGS framework. Which is NOT a key component of brief intervention:

- A. providing Daniel with feedback on potential harms and risks of liver cirrhosis
- B. listening to Daniel's response and assessing his readiness to change
- C. providing nonjudgmental advice and information on the benefits of reduced drinking
- D. assisting Daniel in setting specific goals for changing his drinking patterns
- E. asking Daniel to choose strategies to help in achieving his goals.

Question 6

Your brief intervention is most likely to:

- A. make no difference
- B. halve Daniel's alcohol intake
- C. reduce Daniel's alcohol intake by a few drinks per week
- D. help Daniel give up alcohol completely
- E. reduce Daniel's alcohol intake on weekends only.

Question 7

Daniel moves out of the area and returns 5 years later drinking six standard drinks per day, 7 days per week. He is seeking your help to reduce his alcohol intake. In regards to alcohol withdrawal, which of the following statements are true:

- thiamine is not required as Daniel is now reducing his alcohol intake
- the timing of Daniel's first drink of the day may indicate the severity of withdrawal symptoms
- diazepam should be avoided in Daniel due to risk of dependence
- withdrawal rating scales are unlikely to be useful in monitoring progress
- most patients with alcohol dependence require inpatient withdrawal management.

Question 8

Daniel goes through alcohol withdrawal and you prescribe naltrexone to reduce the risk of relapse. Which of the following statements is true of naltrexone:

- naltrexone causes a severe negative reaction to drinking alcohol
- naltrexone is not PBS subsidised
- naltrexone is an opiate agonist
- naltrexone reduces the reward associated with drinking alcohol
- naltrexone is safe in patients with renal failure.

Case 3**Bart Watson**

Bart, 60 years of age, is a regular patient who drinks harmful levels of alcohol. He has had multiple previous unsuccessful attempts at reducing his alcohol intake. He presents today for annual review.

Question 9

Which of the following statements is true in regards to alcoholic cirrhosis:

- 3000 Australians died from alcoholic liver cirrhosis between 1992 and 2001
- the major feature is liver enlargement
- cirrhosis occurs mostly commonly in middle aged men
- cirrhosis is usually symptomatic with abdominal pain the most common symptom
- cirrhosis is a consequence of episodic risky drinking.

Question 10

Bart's laboratory investigations have been returned. Which of the following results might increase your suspicion of alcoholic hepatitis:

- leukopenia
- elevated AST and ALT with a ratio of 2:1
- decreased GGT
- isolated elevated ALP
- elevated albumin.

Question 11

Bart is diagnosed with alcoholic cirrhosis. You counsel him about abstinence from alcohol. What is the approximate 5 year survival for patients with cirrhosis who abstain from alcohol:

- 10%
- 25%
- 40%
- 60%
- 80%.

Question 12

Three months later, Bart continues to drink alcohol and he has lost 5 kg. In regards to his nutritional status, which of the following statements is true:

- Bart's weight loss is likely due to poor intake due to drinking
- Bart should be prescribed iron supplements
- a low protein diet should be recommended
- Bart should be prescribed thiamine supplements
- snacking should be avoided.

Case 4**Gabrielle Keating**

Gabrielle, aged 21 years, presents for an STI check. She reports being drunk on Saturday night and engaging in unprotected sex with a friend's brother.

Question 13

Regarding high risk drinking in adolescents, which of the following statements is true:

- 10% of 14–19 year olds report consuming alcohol at levels associated with short term harm on at least a monthly basis
- the proportion of young men engaging

in high risk drinking is increasing more rapidly than the proportion of young women engaging in high risk drinking

- Australians are consuming alcohol at a younger age than previously
- 20% of 16–24 year olds report having consumed more than 20 standard drinks on a single occasion
- rates of high risk drinking in young people has decreased over the past 2 decades.

Question 14

Gabrielle states her first drink of alcohol was offered to her at home when she was 15 years of age. Parenting strategies that can reduce the adolescent's alcohol consumption include all of the following EXCEPT:

- parental modelling
- limiting availability of alcohol
- parental monitoring
- approving of adolescent drinking
- improving general communication.

Question 15

You wish to discuss Gabrielle's drinking with her. Which of the following options is likely to be helpful in this discussion:

- providing information about liver cirrhosis
- discussing previous experiences of behaving in a regrettable way when intoxicated
- discussing the importance of abstinence to avoid temptation of drinking unsafe amounts of alcohol
- encouraging her to find new friends who don't drink alcohol
- discussing the risks associated with long term regular drinking.

Question 16

You offer Gabrielle practical tips to engage in low risk drinking. These would include all of the following EXCEPT:

- drinking beverages with lower alcohol content
- keeping count of the number of standard drinks she consumes
- having food with alcohol
- alternating alcoholic drinks with nonalcoholic drinks
- drinking in rounds with friends.