

April 2012 – Psychiatry

CPD questionnaires must be completed online via www.cpdjournals.co.za
After submission you can check the answers and print your certificate.

MANAGEMENT OF BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA

1. The behavioural and psychological symptoms of dementia result in (choose one):

- A. Increased caregiver burden
- B. Increased rates of depression in caregivers
- C. Early placement in residential care
- D. Poor patient quality of life
- E. All of the above.

2. A common side-effect of atypical antipsychotic drugs is (choose one):

- A. Parkinsonism
- B. Weight gain and dyslipidaemias
- C. Tardive dyskinesia
- D. None of the above.

3. True (A) or false (B):

Antipsychotic use in the elderly increases the risk of cerebrovascular accident.

DEPRESSION IN CHILDREN AND ADOLESCENTS

4. Depression in children (choose the correct answer):

- A. Is more common in girls than boys
- B. Occurs with equal frequency in boys and girls
- C. Does not occur
- D. Requires medication as the first line of treatment
- E. Is not associated with an increased suicide risk.

5. The first-line medication treatment for adolescents with depression is (choose the correct answer):

- A. An SSRI such as fluoxetine
- B. Lithium
- C. A stimulant
- D. A tricyclic antidepressant
- E. Sodium valproate.

6. True (A) or false (B):

Depressed children may present with irritability and aggression.

MANAGEMENT OF TRAUMA AND PTSD

7. Acute stress management involves the following (choose one):

- A. Psychological debriefing
- B. The use of benzodiazepines to alleviate stress
- C. Individual psychotherapy
- D. Ensuring safety
- E. The use of SSRIs.

8. PTSD (choose one):

- A. Dissociation is part of the triad of symptoms

- B. Can be diagnosed in the first 4 weeks after a traumatic event
- C. Trauma-focused CBT is a recommended choice of psychological treatment
- D. Improves with the use of benzodiazepines
- E. Is not a prevalent disorder.

9. True (A) or false (B):

Chronic PTSD is diagnosed when symptoms persist for more than 3 months.

ALCOHOL DEPENDENCE – WHAT ACTUALLY WORKS

10. In the British population, with very similar alcohol consumption and dependence rates to those found in South Africa, the percentage of the population that is alcohol dependent is (choose one):

- A. 10%
- B. 13%
- C. 17%
- D. 21%
- E. 25%.

11. Which one of the following is not highlighted by William Miller *et al.* as an effective therapy for alcohol dependence?

- A. Motivational interviewing
- B. Community reinforcement approach
- C. Hypnosis
- D. Brief intervention
- E. Social skills training.

12. True (A) or false (B):

When encountering an individual in your practice with alcohol dependence in the precontemplative stage it is necessary to force them to receive treatment immediately.

WILLS AND CURATORS – DECISION-MAKING IN ADULTS WITH IMPAIRED CAPACITY

13. Decision-making capacity requirements include (choose one false answer):

- A. Understanding the situation and act
- B. Intact memory function
- C. Absence of psychosis
- D. Correct orientation
- E. Ability to speak.

14. True (A) or false (B):

Curators can be routinely replaced by a power of attorney.

15. Choose one false answer regarding testamentary capacity:

- A. Is dependent on mental state at the time of making a will
- B. Can be challenged
- C. Requires medical assessment if capacity is in doubt

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- D. Assessment not required to be undertaken if curatorship is appointed
- E. The medical practitioner has the final decision.

ISSUES IN TREATING DEPRESSION IN PRIMARY CARE

- 16. The most effective antidepressant in moderate depression is (choose one):**
- A. Fluoxetine
 - B. Cognitive therapy
 - C. Bupropion
 - D. Venlafaxine
 - E. All the above are equally effective.
- 17. After a patient with a moderate depressive episode has been treated for 14 weeks, the chances of remission from the episode are (choose one):**
- A. 20%
 - B. 33%
 - C. 57%
 - D. 67%
 - E. 75%.

MANAGING INSOMNIA IN THE PRIMARY CARE SETTING

- 18. The promotion of sleep is facilitated by (choose one):**
- A. Noradrenalin
 - B. Serotonin
 - C. Histamines
 - D. Adenosine
 - E. Acetylcholine.
- 19. Stimulus control therapy includes (choose one):**
- A. Extending time in bed
 - B. Avoiding daytime naps
 - C. Melatonin
 - D. Staying in bed while awake
 - E. Relaxation training.
- 20. True (A) or false (B):**
The 'A' in BZRA stands for agonist.