Issues and Answers: Topical therapy for psoriasis

CPD QUESTIONNAIRE

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1. What is the estimated prevalence of psoriasis in South Africa?

☐ **A** 1% ☐ **B** 2% ☐ **C** 3%

2. What is the prevalence of psoriasis in the South African Indian population?

☐ **A** 5%-8% ☐ **B** 8%-10% ☐ **C** 10%-15%

3. What are the histological features of psoriasis?

☐ **A** Epidermal thickening
☐ **B** Infiltration of inflammatory cells
☐ **C** An increase in dilated blood vessels
☐ **D** All of the above

4. The most common form of psoriasis is?

☐ **A** Plaque psoriasis ☐ **B** Inverse psoriasis ☐ **C** Guttate psoriasis

5. Psoriasis is a condition which only affects the skin.

☐ **A** True ☐ **B** False

6. Psoriasis is an inherited condition worsened by environmental factors. What is the risk of children developing the disease from one parent?

☐ **A** 10% ☐ **B** 14% ☐ **C** 19%

7. What is the risk of a child inheriting the condition if both parents suffer from psoriasis?

☐ **A** Almost one in two children ☐ **B** One in three children

8. Psoriasis shows an association with a greater risk of developing which of the following conditions:

☐ **A** Hypertension
☐ **B** Visceral fat deposition
☐ **C** Fat deposition around liver and heart
☐ **D** Type 2 diabetes
☐ **E** All of the above

9. Scalp involvement in psoriasis is an indication of increased risk of which of the following complications:

☐ **A** Arthritis
☐ **B** Cardiovascular effects
☐ **C** Cancer
☐ **D** Deafness
☐ **E** A, B, and C
☐ **F** C and D

10. In mild-to-moderate psoriasis, which of the following treatments are appropriate:

☐ **A** Topical calcipotriol/ betamethasone dipropionate combination gel
☐ **B** Oral cyclosporine
☐ **C** Interleukin blockers

11. Scalp psoriasis with thick scaling should ideally be treated with:

☐ **A** Clobestasol medication plus calcipotriol/betamethasone medication ☐ **B** Intensive antidandruff shampoo

12. Aggressive treatment of scalp psoriasis is advocated:

☐ **A** Because thick scales of scalp block absorption
☐ **B** To reduce further hair loss
☐ **C** To reduce severity of scaling
☐ **D** All of the above

13. Topical calcipotriol works by:

☐ **A** Reducing proliferation of keratinocytes
☐ **B** Modulating the immune response
☐ **C** Both A and B

14. Clinical studies have shown that calcipotriol plus betamethasone:

☐ **A** Is consistently effective in mild-to-moderate psoriasis
☐ **B** Improves measures of quality of life (QOL)
☐ **C** Is well tolerated
☐ **D** All of the above

15. In primary care, which of the following screening tests should be done in psoriasis patients?

☐ **A** BP monitoring
☐ **B** Glucose levels
☐ **C** Depression scores
☐ **D** All of the above