Module 5

Making patients partners in their care

CPD QUESTIONNAIRE

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1. The principle of acting in the patient's best interests first as a moral code of conduct required of a clinician was described by:

☐ **A** Hippocrates ☐ **B** Galen ☐ **C** Sackett

2. The philosophy of distinguishing 'this patient' from the disease as exhibited in the individual was described by:

☐ **A** Hippocrates ☐ **B** Galen ☐ **C** Sackett

3. Which of the listed ethical principles oblige the physician to practice EBM?

☐ **A** Beneficence ☐ **B** Non-maleficence ☐ **C** Justice
☐ **D** Autonomy ☐ **E** All the above ☐ **F** A and C

4. EBM is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.

☐ **A** True ☐ **B** False

5. Which statement is false? EBM is:

☐ **A** Essential to clinical decision-making
☐ **B** Essential to promoting high-value individualised care
☐ **C** Necessary only to substantiate clinical judgement

6. Eight principles of patient-centred care have been designed by:

☐ **A** Sackett ☐ **B** Picker ☐ **C** Galen

7. Which statement regarding the principles of patient-centred care is true?

☐ **A** Respect for patients' preferences, values and expressed needs are more significant than access to care and services
☐ **B** Information, education and communication with the patient is more important than the involvement of family and friends

8. Shared decision-making for a suitable treatment option should focus on:

☐ **A** EBM for best outcomes ☐ **B** Patient values and preferences ☐ **C** A and B

9. The most important step to alleviating the patient's anxiety and fear of administering insulin is:

☐ **A** To reassure that pen technologies exist to minimise the pain
☐ **B** To ensure they understand the necessity of insulin to maintaining life
☐ **C** To explain that long-term complications of diabetes disease are not caused by insulin

10. Education about diabetes disease progression is sufficient to allay all fears patients may associate with insulin administration.

☐ **A** True ☐ **B** False

11. Strategies to avoid hypoglycaemia include:

☐ **A** Coaching patients on the range of mild, moderate and severe symptoms ☐ **B** The type of device being used
☐ **C** Cost benefits ☐ **D** All the above
☐ **E** A and B

12. The patient may be resistant to insulin intensification because of:

☐ **A** Fears that their disease is worsening ☐ **B** The cost of increasing the dose
☐ **C** Increasing the number of injections ☐ **D** All the above
☐ **E** A and C

13. The need for insulin intensification can be minimised by maintaining positive lifestyle choices in diet, exercise, sleep and stress management.

☐ **A** True ☐ **B** False

14. Which statement regarding patient-centred care is false?

☐ **A** Improved adherence and compliance, with improved cardiometabolic parameters
☐ **B** Increased expenditure is outweighed by improved outcomes

15. Central to patient-centred care, the clinician needs to learn the art of communicating through proper questioning and the ability to listen to where those needs are.

☐ **A** True ☐ **B** False

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