

BNP | Haemochromatosis | Vitamin D Testing in Primary care Quiz



This case study features several brief clinical scenarios of patients who may require BNP, Haemochromatosis gene testing, or Vitamin D testing.

For each scenario please indicate the action you would take. The results will be collated and the aggregated results discussed by a panel representing clinical and laboratory practice. You will receive feedback based on this discussion and your responses.

You may participate anonymously if you wish but if you want to receive personalised feedback or claim RNZCGP CME points please include your NZMC number.

Notes

- Please fax your answer sheet to bpac^{nz} by **16th February 2007**.
- Ensure your NZMC number is recorded if you wish to have CME points credited. Completing this case study will credit you with two CME points.
- CME points will be entered online after the closing date of the case study.

**Please record your responses on the back
of this page**

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BNP | Haemochromatosis | Vitamin D

Testing in Primary Care Quiz



- An otherwise healthy 25 year-old woman has an older brother with hereditary haemochromatosis. She asks if she should be tested. Which of the following options do you recommend?
 - Advise her that iron takes several decades to accumulate, and she should wait until she is at least 40 to be checked
 - Request HFE gene testing
 - Request iron studies
 - Check for symptoms
- Iron studies performed on a random blood sample from a 28 year-old man are all normal other than a transferrin saturation of 52%. Which of the following options do you recommend?
 - Repeat iron studies on a fasting sample when well
 - Request HFE gene testing
 - Follow up as recommended by the laboratory
 - Repeat when patient next visits
- A 32 year-old female patient has previously been identified as homozygous for the C282Y mutation on the HFE gene. She asks about determining the HFE status of her two young children. Which of the following options do you recommend?
 - Suggest iron studies and HFE gene testing on both children
 - Recommend to defer testing until the children are >20 years old
 - Suggest HFE gene testing on the father of the children
 - Check the children for signs and symptoms of haemochromatosis
- You suspect an 82 year-old female rest home patient may be vitamin D deficient. She has no relevant symptoms but does have low sun exposure. Which of the following options do you recommend?
 - Request vitamin D test
 - Request calcium, phosphate, and alkaline phosphatase tests
 - Prescribe vitamin D supplementation without vitamin D testing
 - Recommend a multivitamin
- Which group(s) of people are most likely to benefit from a vitamin D testing?
 - People with atypical osteoporosis
 - People with low sun exposure
 - People with pale complexions
 - People with either high alkaline phosphatase or low serum calcium or phosphate
 - People with hyperthyroidism
- A 68 year-old man presents with breathlessness on exertion and you suspect chronic heart failure. Which of the following tests would you perform initially?
 - Chest xray
 - ECG
 - BNP
 - Echocardiography
- A 69 year-old man has been on bendrofluzide and quinapril for the last three years. It was initiated by a previous GP because he was getting short of breath on a steep hill near his house. He has now moved from this location and feels well with no breathlessness. He asks if he can stop the medication. What role does BNP assay have in helping your decision?
 - BNP has no clear role yet in diagnosing heart failure in those already on therapy
 - BNP results may rule out the presence of systolic dysfunction
 - BNP results may confirm the presence of systolic dysfunction
 - BNP results may guide the need for echocardiography
- A 72 year-old woman has acute dyspnoea with classical clinical features of acute heart failure. What role would BNP testing have in your immediate management?
 - Would perform BNP testing and start treatment before results available
 - Would perform BNP testing and await results before starting treatment
 - Would delay BNP testing until after immediate management
 - Would not perform BNP testing at all

Name NZMC no.

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