

CPD WHILST YOU WEE



FAST FACTS TO CHANGE YOUR PRACTICE

COPD

- Accounts for 50% of global health budget (Gold report)
- Patients take 4-6 weeks to get better, those with severe disease can take 8-10 weeks, so manage expectations.
- Hydrocarbons in MDI account for 3% of NHS carbon footprint
- Cannabis is 5-6 times more emphysematous than tobacco

Returning traveller

NaTHNaC – <https://nathnac.net>



Functional neurological disorders

- Seen in post vaccine reactions
- Levels of disability comparable to other illnesses
- Patients face rudeness and dismissal from medical staff, which perpetuates problem and increases attendance at health care settings
- Outcomes are best when it is explained sensitively and supportively to patients and referred to neuro teams.

Maternal Medicine (MBRRACE report)

- Maternal mortality deaths have increased on latest report
- Thrombosis and thromboembolism are the leading cause of death
- Black women are approx. 3 x more likely to die than white
- women in perinatal period and Asian women approx. 2 x as likely
- Most women that die have pre-existing medical conditions, and the report found that **half of these deaths were preventable if their pre-existing conditions had been better managed**
- Women that live in the 20% poorest areas have double the mortality of those that live in least deprived areas



How do I make a difference?

Half of pregnancies are unplanned

- Think about doing a pregnancy test in all women of childbearing age
- Talk to women with poorly controlled medical conditions about pregnancy/contraception. A lot of these women don't seek pre pregnancy counselling so you may be the only health professional they see, so you can make a difference (see above about preventable deaths)