

# TEST YOURSELF ONLINE

GOOD PRACTICE KNOWLEDGE IS IMPORTANT WHEN ADVISING CUSTOMERS



## Questions

1. What is the connective tissue in joints called?
  - a) Ligaments
  - b) Tendons
  - c) Muscles
  - d) Cartilage
2. What does the treatment option PRICE stand for?
  - a) Protect, rubefacients, ice, compress, elevate
  - b) Physiotherapy, rest, ice, cold treatment, exercise
  - c) Protect, rest, ice, compress, elevate
  - d) Physiotherapy, rubefacients, ice, cold treatment, exercise
3. Which of the following describes a strain?
  - a) A joint being moved beyond its normal range of motion
  - b) The result of an abnormal or excessive force being applied to a joint
  - c) Stretching or tearing of muscle fibres
  - d) All of the above
4. Which of the following statements is FALSE?
  - a) Stretching muscles before and after exercise improves flexibility
  - b) People should take rest days in between exercising to let their body recover
  - c) Warming up before exercise makes synovial fluid more jelly-like and lubricates the joints
  - d) Using the right equipment, such as running shoes rather than fashion trainers, can reduce the risk of injury
5. Which of the following would NOT require referral?
  - a) A suspected ruptured Achilles tendon
  - b) A suspected dislocated shoulder
  - c) A suspected sprained ankle
  - d) A suspected fracture of the lower arm
6. Which of the following treatments would you recommend to a customer to help reduce swelling and inflammation?
  - a) Heat treatments
  - b) Bruise reducers
  - c) Non-steroidal anti-inflammatory drugs
  - d) Rubefacients



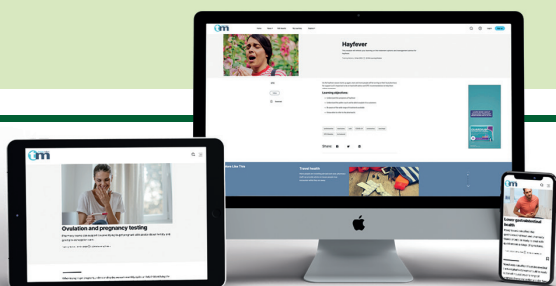
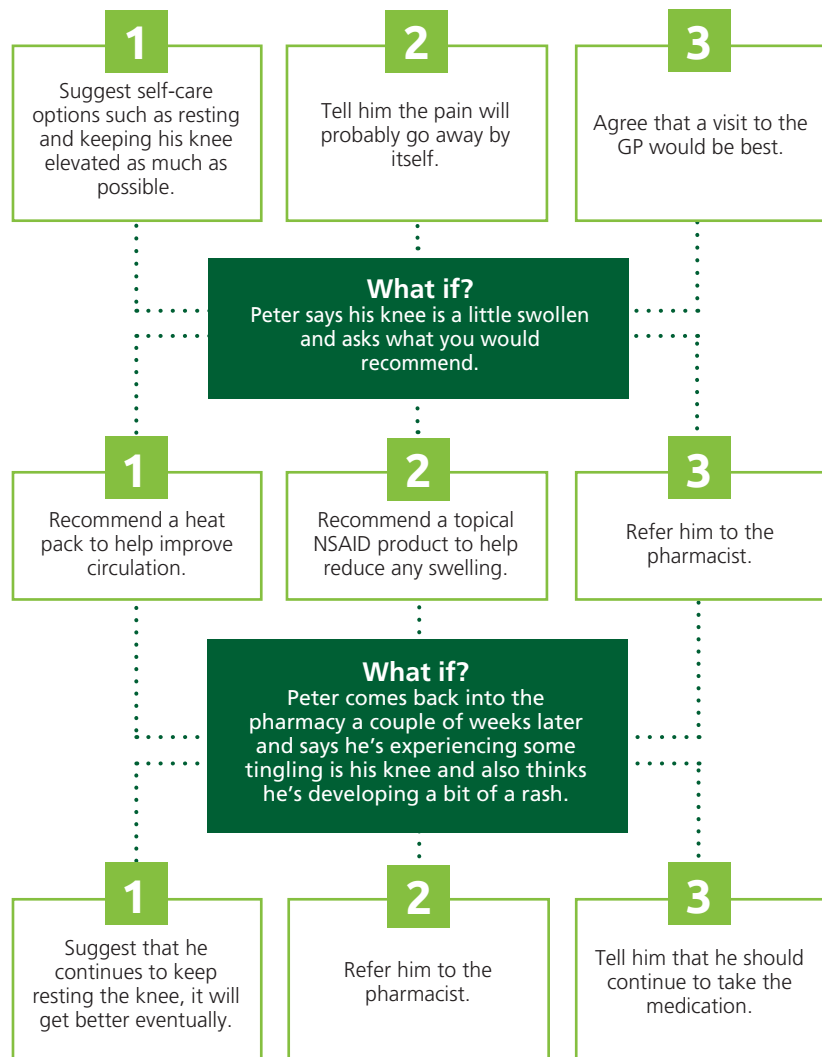
## Scenario



Peter, 55, comes into the pharmacy with a sore knee. He thinks he's strained it whilst running and is wondering if this is something he should go to the GP for.

### What would you recommend?

For each part of this scenario, think about the decision you would make and, importantly, why you would choose that option. In addition, for each decision that you make, think about how you would talk to the customer and provide the necessary advice. Discuss this with your team and pharmacist.



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