

TEST YOURSELF ONLINE

GOOD PRACTICE KNOWLEDGE IS IMPORTANT WHEN ADVISING CUSTOMERS



Questions

1. Which of the following is the optimal pH range for good vaginal health?

- a) 1.5-3.5
- b) 0-2.8
- c) 3.8-4.5
- d) 4.8-7

2. Which of the following can cause a change in vaginal pH?

- a) Menopause
- b) Menstruation
- c) Antibiotics
- d) All of the above

3. A lack of which hormone can cause vaginal dryness?

- a) Testosterone
- b) Progesterone
- c) Oestrogen
- d) Oxytocin

4. Which of the following symptoms indicate a thrush infection?

- a) A greyish discharge with a strong fishy smell
- b) A thick white, odourless discharge
- c) Constipation
- d) Kidney pain

5. Which of these statements about cystitis is FALSE?

- a) It is an inflammation of the bladder
- b) It is usually caused by a viral infection
- c) Symptoms include stinging or pain on urination
- d) It may cause cloudy urine

6. Which of these customers would you NOT refer to the pharmacist?

- a) A pregnant woman with symptoms of BV
- b) A child with symptoms of thrush
- c) A woman who had confirmed thrush a year ago and thinks she has it again
- d) A man with symptoms of cystitis



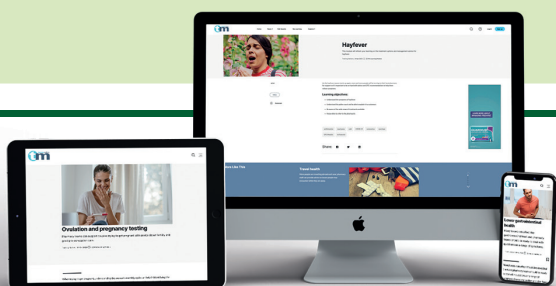
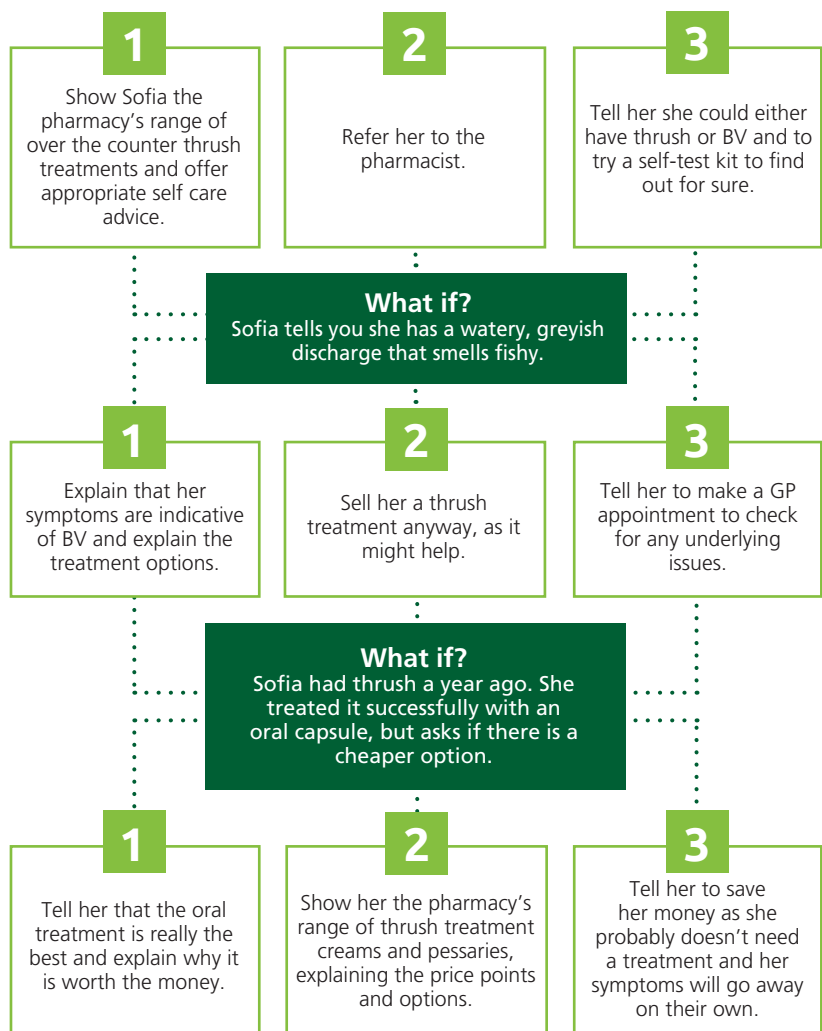
Scenario



34-year-old Sofia asks to speak to you in a quiet area of the pharmacy. She tells you that she thinks she has thrush as she has searched her symptoms online and they seem to match the description. She has never had these symptoms before.

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.



Go to www.tmmagazine.co.uk to submit your answers to these questions. When you pass, you'll be able to download a certificate to showcase your learning. You can also add this to your online, personalised learning log.

www.tmmagazine.co.uk