

Physiomer® CPD Questionnaire:

The when, why, what and how of nasal irrigation

Dr. Johan Grobbelaar

MBChB, MMed, FC (ORL)

Completion of the following CPD activity will issue the doctor with **1 CPD point**.

Please return the completed questionnaire sheet to your representative, or to Austell at cpd@austell.co.za

Certificates will be e-mailed to you.

Name	_____
MP number	_____
Contact Details	_____
Email Address	_____
Representative Name	_____

Please circle the correct answer:

1. What is nasal irrigation used for?

- a) Post operatively
- b) Acute and chronic rhino-sinusitis
- c) Allergic rhinitis
- d) Prevention of upper respiratory tract infection
- e) All of the above

6. Nasal irrigation solutions containing more trace elements are superior to saline alone?

- a) False
- b) True

2. Nasal irrigation has been clinically proven to reduce inflammation by reducing the release of IL-8

- a) True
- b) False

7. Physiomer composition:

- a) 30% diluted seawater
- b) 0% seawater
- c) 100% seawater

3. Hypertonic solutions has a potential role in treating:

- a) Post operatively
- b) Chronic rhino-sinusitis
- c) Allergic Rhinitis

4. What is the ideal pH for nasal irrigation solutions?

- a) 6-7,5
- b) 4,5-7
- c) 8

5. Topical antibiotics are commonly added to nasal irrigation solutions. Studies have shown that adding topical antibiotics may:

- a) Improve symptoms
- b) Reduce ciliary beat frequency
- c) Increase ciliary beat frequency
- d) Increase mucociliary clearance time

8. Benefits of a buffer system in nasal irrigation solutions:

- a) Efficiently reduces mucus viscosity, thus facilitating elimination by ciliated cell movement.
- b) Eliminated secretions and crusts
- c) Regenerates nasal mucosa

9. Physiomer has been clinically proven to reduce medicine consumption by:

- a) 100%
- b) 36,2%
- c) 62,1%

10. Which nasal irrigation solution contains the most trace elements, major elements, buffers and has the ideal pH?

- a) Sterimar / Diluted seawater
- b) Physiomer / Undiluted seawater
- c) Saline