

Statins Workbook

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

Self-assessment

1	What is the main reason for the use of statin therapy ?
2	Define the term 'pleiotropic effect'
3	Which cells are targeted by statins in relation to the use stated in question 1 ?
4	Which enzyme is the target for statins?
5	Describe why targeting this enzyme produces a reduction in cholesterol synthesis.

6	Why is the reduction of mevalonate important ?
7	What is the role of isoprenoids?
8	List the pleiotropic effects of statins ?

9

Choose two of these pleiotropic effects, and discuss their mechanism of action.

10	What statin metabolism pathway is inhibited using azole anti-fungal agents ?
11	What is rhabdomyolysis, and why can it occur with statin use?

12

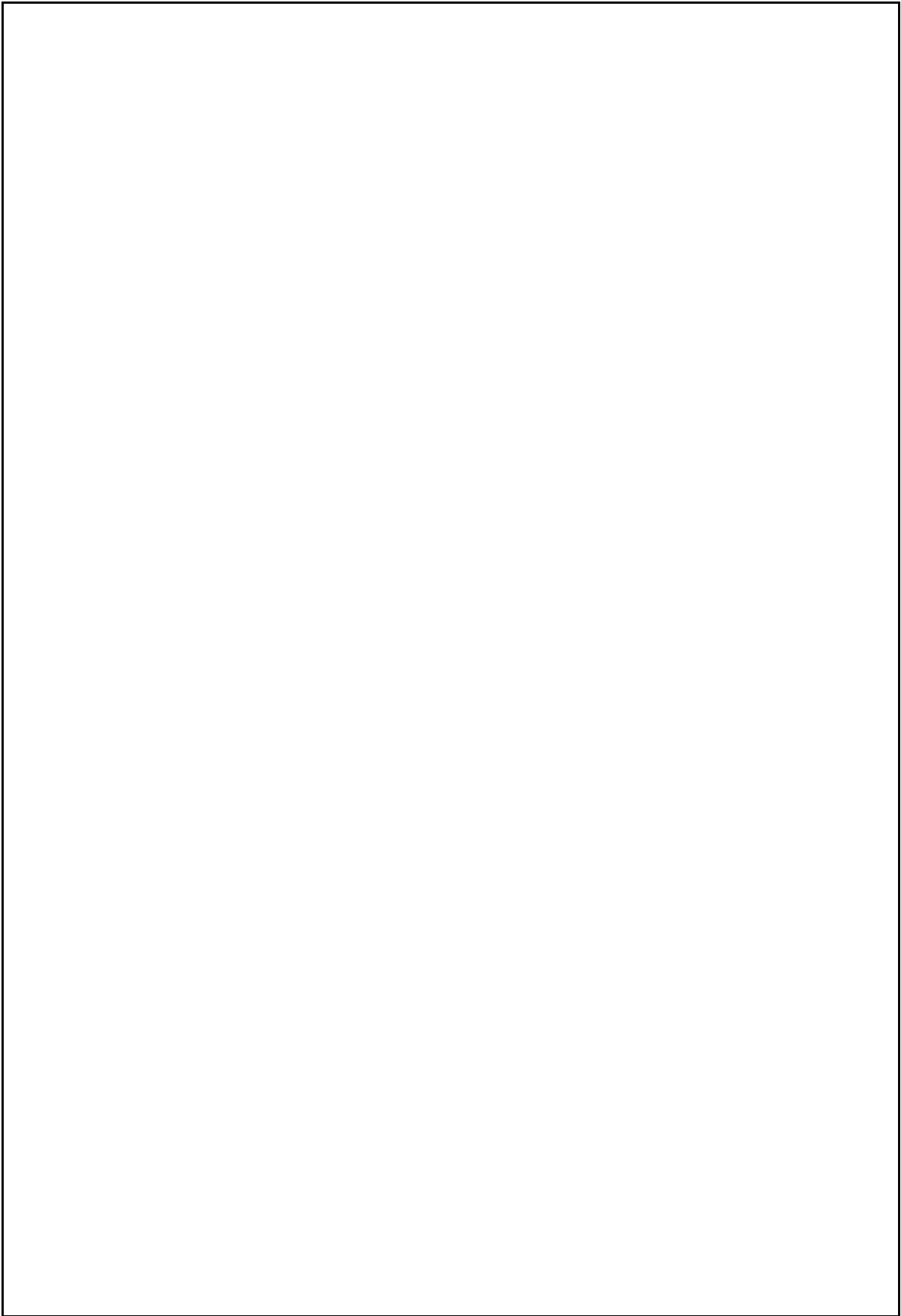
List 10 of the most common risk factors for statin-related myalgia

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful; was it interesting; was it applicable to your practice ? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course ?
Did you complete the course on your own, or as part of a learning group ?
Your general reflective account:



Key Learning / Practice points (list up to 5) :

1

2

3

4

5

If you feel you have any further comments to make about your learning, please use the space below.