

Workbook : Inflammation.

This workbook has been designed to be used in conjunction with the course reading booklet. There are a number of different tasks and activities for you to complete, including a case study. 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 are the main differences between stable, permanent, and labile cells?
2	What changes occur in platelets after they are activated?

3

Describe the main events in the intrinsic and extrinsic pathways.
What is the common pathway?

4	What are the common causes of acute inflammation ?
5	Describe the clinical appearance of acute inflammation, and explain this is so.

6

Give a description of each of the following, explaining the functional significance.

1. Changes in vessel diameter.

2. Increased vessel permeability

3. Formation of cellular exudate

7

Describe how the movement of neutrophils changes in blood vessels in response to tissue damage.

8	What occurs on the surface of the neutrophil that allows it to adhere to the endothelium ?
9	What are the roles of histamine and prostaglandins in the inflammatory process ?

10	What are the beneficial effects of inflammation ?
11	What are the detrimental effects of inflammation ?

12	What are the potential consequences of inflammation ?
13	What is the main difference between acute and chronic inflammation ?

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.