

MCQs

1 As a pathological entity, CADASIL:

- a is a pure form of white matter ischaemic disease
- b is more common than Huntington's disease
- c tends not to present at a relatively young age
- d rarely follows a course analogous to that of vascular dementia
- e may involve disruption to key neural pathways.

2 In terms of the clinical features of CADASIL:

- a they tend to be consistent within families
- b manic illness is a recognised feature
- c migraine is a particularly common symptom in later presentations
- d frontal lobe symptoms are unusual
- e it is unusual for psychiatric features to be present.

3 In CADASIL diagnosis:

- a single photon emission tomography is the first-line neuroimaging investigation
- b diffusor tensor imaging is used primarily as a diagnostic tool
- c *Notch3* mutation screening shows no variance between populations
- d family history is unlikely to be relevant
- e skin biopsy or genetic testing are legitimate as diagnostic tools.

4 Treatments in CADASIL:

- a may include acetylcholinesterase inhibitors in future
- b vary significantly from those in vascular dementia

- c can markedly influence the prognosis
- d for secondary prevention exclude antihypertensives, as they are unlikely to be effective
- e have an extensive evidence base.

5 As regards psychiatrists and CADASIL:

- a for atypical psychiatric presentations consider CADASIL
- b psychotropic medication should not be prescribed in CADASIL
- c collaboration with neurologists is important
- d psychological therapies have been shown to be effective
- e there are no significant care giver and social care costs in CADASIL.

MCQ answers

1	2	3	4	5
a T	a F	a F	a T	a F
b F	b T	b F	b F	b F
c F	c F	c F	c F	c T
d F	d F	d F	d F	d F
e F	e F	e T	e F	e F

Night Sister

How is it possible not to grow hard,
To build a shell around yourself when you
Have to watch so much pain, and hear it too?
Many you see are puzzled, wounded; few
Are cheerful long. How can you not be scarred?

To view a birth or death seems natural,
But these locked doors, these sudden shouts and tears
Graze all the peaceful skies. A world of fears
Like the ghost-haunting of the owl appears.
And yet you love that stillness and that call.

You have a memory for everyone;
None is anonymous and so you cure
What few with such compassion could endure.
I never met a calling quite so pure.
My fears are silenced by the things you've done.

We have grown cynical and often miss
The perfect thing. Embarrassment also
Convinces us we cannot dare to show
Our sickness. But you listen and we know
That you can meet us in our own distress.

Elizabeth Jennings (1926–2001) was born in Boston, Lincolnshire to a medical family. Her father was the Chief Medical Officer. She read English at St Anne's College, Oxford, and later worked as a librarian at Oxford City Library. She was awarded a Commander of the Order of the British Empire (CBE) in 1992. She had a psychiatric hospital admission in the early 1960s and is reported to have attempted suicide. Two volumes of poetry describe her experience of being in a mental hospital, Recoveries (1964) and The Mind has Mountains (1966). 'Night Sister' is reproduced from Elizabeth Jennings: New Collected Poems (ed. M. Schmidt), published by Carcanet. © 2002 Estate of Elizabeth Jennings.

Poem selected by Professor Femi Oyeboode

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