

NOW ONLINE: www.acpp.edu.au or www.jnlcompmed.com.au

CPE article 7: valerian



Pharmacists This unit is worth half-an-hour CPE credit. ACPP members and CPE self-assessment program subscribers can read the Valerian monograph, then circle the appropriate answers and complete the form below the questions, using a black pen. Photocopy the page and **fax** it to **the Australian College of Pharmacy Practice on 02 6273 8988**, or **post** to: **ACPP, Reply Paid 7007, CANBERRA BC ACT 2610**. Or, complete the unit **online: www.acpp.edu.au**.
Be prompt – ACPP must receive your answers by 15 January. Answers will be printed in the next *JCM* [Vol 3(1)] in Jan/Feb.

Q Circle the most appropriate answer to the following questions. More than one answer may be correct.

1 Valerian is best used in the treatment of

- a) insomnia
- b) anxiety
- c) alcoholism
- d) depression

2 The pharmacological effects of valerian include

- a) laxative
- b) CNS stimulant
- c) antispasmodic
- d) aphrodisiac

3 Comparative studies have been conducted with valerian and

- a) oxazepam
- b) betamethasone
- c) phenobarbitone
- d) diazepam

4 In practice, valerian is sometimes used

- a) together with hops, passionflower and/or lemon balm
- b) to induce vivid dreams
- c) to aid in the management of conditions exacerbated by anxiety
- d) during benzodiazepine withdrawal

5 Valerian is an attractive option for insomnia because it

- a) is as effective as some benzodiazepines for this indication
- b) has a wide safety margin
- c) lacks next-day somnolence effects
- d) has a noxious odour

CPE ARTICLE 5 ANSWERS: saw palmetto
JCM 2003;2(5):51 – SEPTEMBER/OCTOBER 2003
1. c, d 2. d 3. a 4. a, b, c, d 5. a, d

Your details – please print clearly or type

SURNAME

GIVEN NAMES

ADDRESS

CITY/TOWN STATE POSTCODE

TELEPHONE

EMAIL

PROGRAM EVALUATION –

Your comments on our CPE article are appreciated

Relevance of this topic

- very good good fair poor

Accuracy of the article

- very good good fair poor

Education value

- very good good fair poor

How many minutes did it take you to complete this unit?

- < 30 min 30–60 61–90 > 90

Please tick one

- ACPP member – Valerian monograph CPE costs no extra to ACPP members and subscribers
- I currently subscribe to the CPE self-assessment program (\$150 for 15 tests)