

CPE article 2: echinacea



Pharmacists This unit is worth half-an-hour CPE credit. ACPP members and CPE self-assessment program subscribers can read the Echinacea monograph, then answer the questions by circling the appropriate answers below, using a black pen. Complete the form underneath the questions, 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**.
Be prompt – ACPP must receive your answers by 15 July. Answers will be printed in the next *JCM* [Vol 2{4}] in July/August.

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

1. Echinacea was first used

- a) in traditional Chinese medicine
- b) in Ayurvedic medicine
- c) by the North American Indians
- d) in Germany

2 The term 'echinacea' may only refer to

- a) *E. pallida*
- b) *E. purpurea*
- c) *E. angustifolia*
- d) all of the above

3 Echinacea has been used topically for treating

- a) skin rashes
- b) wounds
- c) acne
- d) head lice

4 Overall, research suggests the herb

- a) may be better suited as a treatment for URIs rather than prevention
- b) is worthless as a therapeutic substance
- c) acts mainly on non-specific immunity
- d) has significant antidepressant activity

5 Products containing echinacea

- a) only contain the root
- b) only contain the leaf
- c) only contain the fresh pressed leaf juice
- d) can contain a combination of the above

CPE ARTICLE 1 ANSWERS: milk thistle

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1. d 2. d 3. c 4. a, b, c 5. a, b

Your details – please print clearly or type

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