

## CPE article 22: slippery elm



**Pharmacists** This unit is worth half-an-hour CPE credit. ACPPM members and CPE self-assessment program subscribers can read the Slippery elm 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 and Management** on **02 6273 8988**, or **post** to: **ACPPM, PO Box 7007, CANBERRA BC ACT 2610**. Or, complete the unit **online: www.acp.edu.au**. **Be prompt** — ACPPM must receive your answers by 6 March 2006. Answers will be printed in the next *JCM* [Vol 5(2)] in March/April 2006.

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

### 1 Slippery elm was used by native

- a Australian healers for treating snake bite
- b American healers for treating GI complaints
- c Australian healers for treating diarrhoea
- d American healers for treating snake bite

### 2 Today, slippery elm is a popular symptomatic treatment for

- a gastric reflux
- b osteoarthritis
- c PMS
- d dyspepsia

### 3 Slippery elm is used in various ways, such as mixed with

- a glue to make cement
- b water to make glue
- c water to make a paste
- d milk to make gruel

### 4 Slippery elm is used

- a with other herbs as an antitussive agent
- b with other herbs for insomnia
- c as a stand-alone treatment for constipation
- d as a stand-alone treatment for cancer

### 5 Slippery-elm bark

- a is highly irritant
- b contains nutritional factors
- c contains mucilage
- d is toxic

**CPE ARTICLE 21 ANSWERS: calendula**  
**JCM 2005;4(6):81 – NOVEMBER/DECEMBER 2005**  
**1. b, d 2. c 3. b 4. b, c 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

ACPPM member – Slippery elm monograph CPE costs no extra to ACPPM members and subscribers

I currently subscribe to the CPE self-assessment program (\$150 for 15 tests)