

## Wernicke-Korsakoff Syndrome Workbook

This workbook has been designed to be used in conjunction with the course reading booklet. 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 is the under-lying cause of the clinical manifestations of WKS?
2	Give three situations in which WKS may occur.
3	Which area of the body undergoes most damage in WKS ?
4	What are the clinical signs of WE ?

**5**

**What is thiamine, and what is it's role in the body ?**

6	What form does the majority of the body's thiamine take ?
7	How long would it take for clinical signs of thiamine deficiency to be exhibited in an individual lacking thiamine in their diet?
8	What sources of thiamine are available to humans ?
9	How much thiamine do we require on a daily basis, and how do we absorb it?

<b>10</b>	<b>Which enzymes involved in metabolism require thiamine as a cofactor ?</b>
<b>11</b>	<b>What are the consequences for cell function if these enzymes cannot function effectively ?</b>

<b>12</b>	<b>How does central nervous system damage occur with thiamine deficiency ?</b>
<b>13</b>	<b>How does alcohol interfere with the uptake of thiamine ?</b>

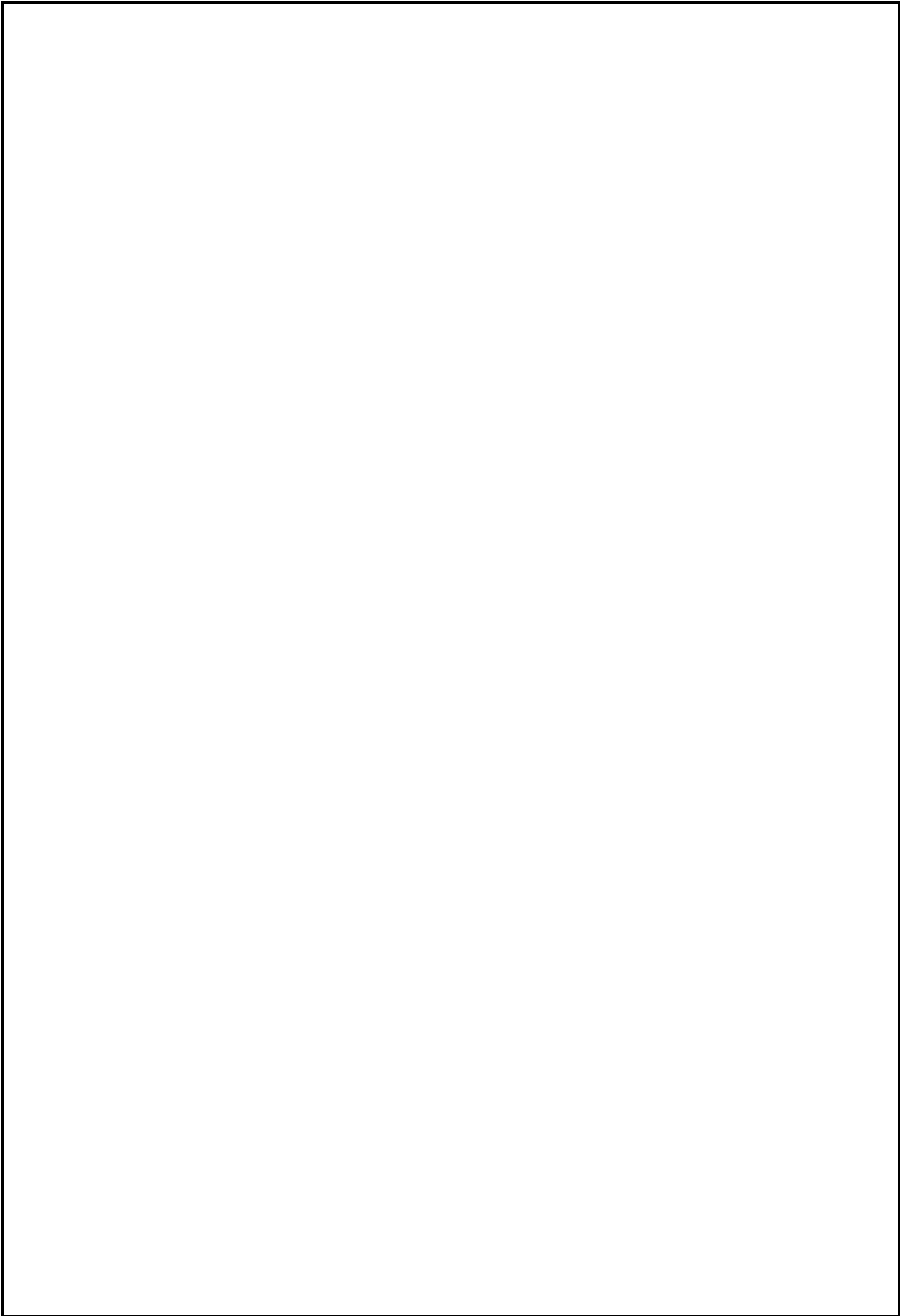
14	<b>What clinical presentation would you expect in a patient exhibiting Korsakoff's syndrome ?</b>
15	<b>What is the outlook for patients presenting with WKS ?</b>

## 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.