

CPD September 2020

The CPD programme for SAJCH is administered by Medical Practice Consulting.

CPD questionnaires must be completed online at www.mpconsulting.co.za

Regarding carers' knowledge of treatment of severe acute malnutrition (SAM)

1. Which statements are true about therapeutic feeding programmes (TFPs)?
 - a. A default rate of more than 15% is acceptable in TFPs.
 - b. A child who misses two consecutive weekly visits in an outpatient TFP is considered a defaulter.
 - c. Hypothermia is associated with a high mortality rate among acutely malnourished children.
 - d. SAM contributes to 50% of deaths in under-fives in emergency contexts.

Regarding parenting stresses in caring for children with autism spectrum disorders (ASD)

2. Which statements are true about ASD?

ASD is a neurodevelopmental disorder characterised by:

- a. repetitive behaviours that occur alongside with limitations in communication
- b. overeating
- c. muscle syndrome.

3. Is the following statement true or false?

Research indicates that parents raising children with neurodevelopmental disorders experience stress and some elevated levels of depression.

- a. True
- b. False.

Regarding adherence to acute asthma guidelines

4. The most common viral infection that triggers an acute asthmatic exacerbation is:
 - a. coronavirus
 - b. adenovirus
 - c. respiratory syncytial virus
 - d. rhinovirus.
5. Chest radiography should be performed in:
 - a. all patients presenting with acute asthma exacerbations
 - b. infants presenting with an acute exacerbation of asthma
 - c. patients who have failed to respond to standard therapy
 - d. patients who require intravenous corticosteroid therapy.
6. The recommended first-line treatment for an acute exacerbation of asthma is:
 - a. oral corticosteroids
 - b. short acting β_2 -agonists
 - c. supplemental oxygen
 - d. antibiotics.

Regarding the Road-to-Health booklet (RTHB) assessment and completion challenges faced by nurses in rural primary healthcare facilities

7. In this study, the highest completed sections of the RTHB were:
 - a. weight \times age growth chart section
 - b. head circumference section
 - c. weight \times length/height chart section
 - d. immunisation section.
8. One of the significant contributors to the death of under-five children is:
 - a. malnutrition
 - b. congenital abnormalities
 - c. accident
 - d. none of the above.

Regarding HIV prevalence at birth in very-low-birthweight infants

9. The most notable risk factor for HIV transmission is:
 - a. prematurity
 - b. birthweight
 - c. maternal age
 - d. HIV viral load.
10. *In utero* HIV transmission:
 - a. is estimated to be 1.1% in South Africa (SA)
 - b. is low, even if there is poor maternal compliance
 - c. is estimated to be 1.4 % in SA
 - d. only occurs in high-risk pregnancies.
11. Limitations of this study include:
 - a. only four newborns were tested for HIV
 - b. repeat HIV polymerase chain reaction (PCR) was done at 10 weeks
 - c. nevirapine given immediately after birth can decrease the viral load significantly, rendering a negative HIV PCR test result
 - d. all newborns were tested immediately after birth.

Regarding cumulative mild traumatic brain injury in young adolescent rugby players

12. How long can post-concussive symptoms last after a contact sport injury?
 - a. 1 hour
 - b. 24 hours
 - c. 1 week
 - d. 3 months.
13. What are the reasons for under-reporting of the incidence of child and adolescent rugby concussions?
 - a. Players may not want to appear to be the weak link in the team.
 - b. Players believe that they must lose consciousness.
 - c. Fear that players may lose their place in the team.
 - d. All of the above.

A maximum of 3 CEUs will be awarded per correctly completed test.

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Factors influencing adolescent use of over-the-counter cough syrup

14. According to the SA Children's Act, adolescents can access over-the-counter medications:
 - a. from 18 years old, when they become adults
 - b. from 12 years old, with the explicit consent of a parent or legal guardian
 - c. from 12 years old, without parental consent if they have sufficient maturity
 - d. the Children's Act only deals with prescription medication.
15. This study found that:
 - a. one-quarter of the sample had used over-the-counter cough medicine (OTTCM) recreationally
 - b. participants reported accessing OTTCM illegally
 - c. participants were aware of the adverse health effects of OTTCM
 - d. participants used OTTCM instead of alcohol because they did not want to feel drunk.
16. Which of the following statements is true?
The Codeine Care Initiative:
 - a. provides on-site pharmaceutical support to those misusing codeine.
 - b. recommends requesting proof of identity from those wanting to purchase codeine-based products
 - c. reports adolescent misuse of codeine-based products to authorities
 - d. argues for a total ban of codeine-based products in SA.

Regarding fibroblast growth factor-23 (FGF-23) and fetuin-A in black SA children with chronic kidney disease (CKD)

17. Which of the following statements about fetuin-A are true?
 - a. It is a glycoprotein produced by the liver.
 - b. Serum levels are increased in a pro-inflammatory uraemic environment.
 - c. It is a key circulatory inhibitor of ectopic calcification.
 - d. Lower serum levels have been reported with declining kidney function.
 - e. It is also known as α 2-Heremans-Schmid glycoprotein.

18. Which of the following statements about FGF-23 are true?
 - a. It is produced by the liver.
 - b. It regulates phosphate levels in the body by suppressing phosphate reabsorption.
 - c. FGF-23 serum levels decrease with declining kidney function.
 - d. Klotho inhibits FGF-23 effects in the body.
 - e. It has been associated with mineral and bone disorder observed in chronic kidney disease.

Regarding infant deaths

19. Sudden infant death syndrome (SIDS) is a diagnosis that can only be made after:
 - a. death scene investigation
 - b. clinical history review
 - c. full autopsy
 - d. all of the above.
20. Which of the following are risk factors for sudden unexpected death in infancy (SUDI)?
 - a. prematurity
 - b. co-sleeping
 - c. sleeping in the supine position
 - d. exposure to tobacco smoke.

Regarding the treatment of childhood Hodgkin lymphoma

21. What is the fundamental histological feature of Hodgkin's disease?
 - a. presence of Reed-Sternberg giant cells
 - b. presence of small monomorphic cells
 - c. presence of small round cells
 - d. absence of atypical cells.
22. What was the overall survival rate for patients included in this study?
 - a. 15%
 - b. 30%
 - c. 100%
 - d. 82%.

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