

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

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## Regarding the age at which adult height is achieved during adolescence in the Birth to Twenty cohort

- Which of the following factors strongly influence the potential for growth?
  - socioeconomic factors
  - nutritional factors
  - health factors
  - all of the above.
- Secular growth trends in height in South Africa (SA) show a positive change among
  - white males
  - black males
  - white females
  - black females.

## Regarding the prevalence of prelacteal feeding and its associated factors among mothers of under-24-month old children in Ethiopia

- In the present study, which factor was not associated with prelacteal feeding?
  - lack of counselling on optimal breastfeeding during antenatal care visits
  - lack of immediate postnatal care
  - maternal age
  - poor knowledge of mother about optimal breastfeeding.
- What is the prevalence of prelacteal feeding in Arba Minch Zuria District, southern Ethiopia?
  - 15%
  - 40%
  - 16.8%
  - 20%.

## Regarding individual and community-level factors associated with symptoms of acute lower respiratory tract infections (LRTIs) in children under 5 years

- Acute LRTIs are due to bacterial, fungal, or viral infections of the respiratory tract, and lead to:
  - breathing difficulties
  - fatigue, wheezing, pain on swallowing
  - fever, cough, nasal discharge, sputum production
  - all of the above.
- Which of the following factors were associated with acute lower respiratory tract infections in children in the present study?
  - child diarrhoea status, maternal education, area of residence, region of residence, electricity use in the community

- child age, child diarrhoea status, maternal education, area of residence
- child gender, stunting, area of residence, region of residence, electricity use in the community
- all of the above.

## Regarding sudden unexpected death of infants (SUDI)

- In SA, what percentage of under-5 deaths are infants?
  - 25%
  - 10%
  - 75%
  - 50%.
- Which of the following statements are true?
  - The term sudden infant death syndrome (SIDS) refers to all infant deaths occurring during sleep.
  - SIDS is a diagnosis of exclusion, reserved for cases of infant death which remain unexplained after intensive history taking, scene investigation and complete autopsy with ancillary investigations.
  - SUDI refers to all cases of infant death in which the cause of death is not apparent immediately.
  - In SA, the main cause of SUDI is infanticide.
- What was the leading cause of SUDI in the present study?
  - accidental asphyxia
  - congenital cardiac abnormalities
  - respiratory conditions such as bronchopneumonia and pneumonitis
  - unexplained causes, after complete autopsy.

## Regarding the outcome of newborns admitted to kangaroo mother care units

- Which statement about neonatal sepsis is false?
  - Neonatal sepsis is a major cause of morbidity and mortality worldwide, especially when an infant is delivered preterm.
  - The signs of sepsis are specific, i.e. high body temperature with tachycardia and tachypnoea.
  - Clinical signs of sepsis should have a complete blood count, differential with smear, blood culture, and lumbar puncture.
  - Blood culture is the gold standard for diagnosis, but it is insensitive.
- Premature infants are prone to apnoea. The main reason for this is:
  - Preterm infants have more quiet sleep than REM sleep.
  - Gastroesophageal reflux is the most common cause of apnoea in preterm infants.
  - Preterm infants have a blunted response to carbon dioxide (CO<sub>2</sub>).
  - Supplemental oxygen may be helpful in decreasing apnoeic episodes.

A maximum of 3 CEUs will be awarded per correctly completed test.  
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**Regarding the effect of school-based interventions on body composition of Grade 4 children from lower socioeconomic communities**

12. Which technique was used to calculate body composition in the present study?

- a. bioelectrical impedance (BIA)
- b. underwater weighing
- c. skinfold thickness
- d. all of the above
- e. none of the above.

13. What was the age group of the participants?

- a. 5 - 7 years
- b. 8 - 11 years
- c. 9 - 11 years
- d. 13 - 15 years
- e. none of the above.

**Regarding the prevalence and outcomes of persistent pulmonary hypertension of the newborn (PPHN)**

14. Which of the following statements are true?

- a. PPHN results from failure of circulatory transition at birth.
- b. PPHN infants always require mechanical ventilation therapy.
- c. Caesarean section birth carries the highest aetiological risk for PPHN.
- d. In the present study, PPHN prevalence was found to be higher than in most resource-limited settings.

15. Which of the following statements regarding PPHN are true?

- a. Meconium aspiration is identified as a risk factor in less than one-third of infants with PPHN.
- b. There is no association between PPHN and birth asphyxia.
- c. Most infants with PPHN who received inotropes did not survive.
- d. PPHN mortality in SA is lower than in other low-income countries.

**Regarding muscle strength in young in young children perinatally infected with HIV who initiated antiretroviral therapy early**

16. Which of the following statements are true?

- a. Skeletal muscle involvement can occur at any stage of HIV infection.
- b. Muscle weakness in children living with HIV has been well established.
- c. Children living with HIV tend to engage in less vigorous physical activity.
- d. Muscle strength and muscle power are the same thing.

17. Which of the following factors were associated with muscle strength in children living with HIV in the present study?

- a. body mass index
- b. viral load
- c. sex
- d. Tanner staging.

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