



Africa HEALTH CPD Challenge
Questions

Were you paying attention? Test your retentive capacities on issues raised in this edition of *Africa Health*. You can quietly test yourself, or – and we're particularly keen on this – you could make it a part of the foundation of a Journal Club in your department or health institution. Life-long learning is a collaborative exercise and the whole health team can be positively stimulated by being involved in such discussion.

Q1. Malaria

- i. For how long does an insecticide treated bednet (ITN) remain chemically useful in killing the mosquito?
- ii. In protecting pregnant women from malaria, why has it been found that providing ITNs at antenatal clinics is not an effective method of achieving effective coverage?

Q2. Medicine: Itch

- i. Histamine is the most well-known mediator in causing pruritis, but can you name two other causes?
- ii. Name three common dermatoses causing itch?

Q3. Medicine: Haematological Emergencies

- i. What level of oxygen saturation is considered essential in the management of acute vaso-occlusive sickle crisis (VOC)?
- ii. Describe two life-threatening transfusion reactions.

Q4. Medicine: Blood in Systemic Disease

- i. What is the most common anaemia in hospitalised patients?

- ii. Why does it not respond to iron therapy?

- iii. What is the principal cause of anaemia for patients with renal disease?

Q5. Clinical Review

- i. In addition to fever and pneumonia, name at least two other circumstances that prior to laboratory confirmation might lead you to suspect a patient might be suffering from Middle East Respiratory Syndrome?
- ii. What appears to be the commonest carrier of the virus; and how far back have researchers found it to have been carrying antibodies to the virus?

Q6. Medicine Digest

- i. Prophylactic fluconazole in extremely low birth weight infants is supported or not supported by a recent multi-centre study?
- ii. For what condition(s) is the drug raltegravir effective?
- iii. Bronchiectasis is a chronic and disabling respiratory disorder. What group of drugs has been shown to be effective in improving the condition?

Answers**Q1.**

i. Two to three years.

ii. Not enough women attend antenatal clinic services

during the early stages of their pregnancy.

Q2.

i. Any two of the following: prostaglandins,

proteinases, opiates, neuropeptides, neurotrophins

and cytokines;

ii. Three from the following: eczema, urticarial, lichen

planus, scabies, psoriasis, and immunobullous disor-

ders (e.g. dermatitis herpetiformis);

iii. From: chlorphenamine, loratadine, desloratadine,

cetirizine, levocetirizine, fexofenadine.

Q3.

i. 94%

ii. Two from: acute haemolytic reaction; transfusion

of a blood component contaminated by bacteria;

severe allergic or anaphylactic reaction; transfusion-

Q6.

i. Not supported.

ii. HIV and TB co-infection.

iii. Statins (specifically atorvastatin).

Q5.

i. Either: history of recent travel to the Arabian

peninsula; close contact with a symptomatic

traveller; associated with a cluster of cases with a

similar aetiology;

ii. The camel. And antibodies show them to have been

carrying the virus from as far back as 2003.

Q4.

i. Anaemia of Chronic Disease (ACD).

ii. It increases the risk of infection by making iron

available to bacterial pathogens.

iii. Low erythropoietin concentration.

related acute lung injury (TRALI).