



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 or 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. Advances in the treatment of severe asthma

- i. The World Health Organization's classification of severe asthma includes three groups. What are they?
- ii. The current estimate of close to 50 million asthmatics living on the African continent is expected to grow. Why is this (give two reasons)?
- iii. What is the only biological agent licensed for the treatment of asthma.
- iv. High altitude treatment is known to be good for patients with asthma. To what is the benefit attributed?

Q2. Anaemia

- i. Anaemia is the most common blood disorder. What percentage of the world population does it affect?
 - a. 30%
 - b. 46%
 - c. 27%
- ii. Anaemia prevalence is high in developing countries. Why is this?
- iii. Symptoms of anaemia include tiredness, fatigue, loss of energy, palpitations, exertional dyspnoea, and effort angina. In the elderly there is another symptom, what is this?
- iv. Where is deficiency of B₁₂ and folic acid most likely found?
- v. A bone marrow examination is rarely necessary in B₁₂/folate deficiency; however, when should it be done?
- vi. Anaemia in the elderly can be difficult to resolve. Why is this?
- vii. Modern diets (muesli, bran, wholemeal flour) interfere significantly with iron absorption. Is this statement
 - a. True.
 - b. False.

Q3. Clinical Review

- i. Infertility is not a significant health problem in developing countries. Is this statement
 - a) True.
 - b) False.

- ii. What are the main causes of infertility in sub-Saharan Africa?
- iii. Infertility care can be expensive. What can be done in low-resource settings to help people?
- iv. Corneal disease is a major cause of blindness in Africa. Historically what causes the majority of corneal scars?
- v. These conditions are becoming less common, why is this?
- vi. Microbial keratitis appears to be more common in the tropics than in temperate climates. Is this statement
 - a. True.
 - b. False.

Q4. Medicine Digest

- i. a) What is the most common complication following peritoneal surgery and b) what is thought to be the cause?
- ii. What is the percentage of women over 50 years of age estimated to have some degree of pelvic organ prolapse?
 - a. 65%.
 - b. 34%.
 - c. 40%.
- iii. The increased risk of thrombosis occurs during pregnancy and also during the postpartum period. For how many weeks post-delivery does the risk persist?
 - a. 6 weeks.
 - b. 12 weeks.
 - c. 9 weeks.
- iv. The global prevalence of tobacco smoking has decreased but the number of daily smokers has increased. Why is this?
- v. Co-trimoxazole is known to protect children and HIV-positive adults against malaria. Is this statement
 - a. True.
 - b. False.

- Q1
 i. Untreated severe asthma; difficult-to-treat severe asthma; treatment-resistant severe asthma.
 ii. More Africans are adopting Western lifestyles; more Africans are moving to urban centres.
 iii. Omalizumab.
 iv. A lower allergenic load, particularly reduced exposure to dust mite.
- Q2
 i. Answer a) 30%.
 ii. Dietary deficiencies and/or blood loss through parasitic gut infestations.
 iii. Intermittent claudication.
 iv. In vegans and in malnutrition.
 v. If assay values are inconclusive.
 vi. Multiple co-morbid conditions and therapy may complicate the picture.
 vii. Answer a) True.
- Q3
 i. False. Although the problem of infertility has largely been ignored in the face of the need for contraception, and prevention of HIV/AIDS and maternal mortality, worldwide 50–70 million couples suffer from infertility. In Africa, at least 2% of the population is infertile.
- Q4
 i. a) Adhesions. b) Lack of preventative barriers.
 ii. Answer 'c' 40%.
 iii. Answer 'b' 12 weeks.
 iv. Population growth!
 v. Answer 'a' True.
- ii. Bacterial infections that damage both the male genital tract and the female reproductive system are the main causes of infertility in sub-Saharan Africa. The bacteria *Chlamydia trachomatis* and *Neisseria gonorrhoeae* are the organisms most commonly associated with fertility problems.
- iiii. While it is true that infertility treatments, including in vitro fertilization (IVF), can be expensive, there is research underway to simplify to make them more appropriate to low-resource settings. The most important factors are prevention and treatment of sexually transmitted infections, prevention of pregnancy-related infections, and safe delivery care.
- iv. Trachoma, onchocerciasis, and vitamin A deficiency.
- v. Public health interventions, e.g.: vitamin A and ivermectin distribution; measles immunisation; improved sanitation and water supplies.
 vi. Answer 'a' True.

Africa HEALTH CPD Challenge **Answers**

The screenshot shows the Africa Health website homepage. At the top, it says "Africa HEALTH visit www.africa-health.com today!". Below this is a navigation bar with links: Home, Latest issues, Back issues, Info centre, Meetings, Staff, Our Publishing Partners, Register for Updates, Contact us. The main content area is divided into three sections:

- Info centre:** Includes links for "Links >>", "Register for email updates >>", "Opportunities", "Meetings >>", and "Contribute to Africa Health >>".
- Latest issues:** Features a large promotional banner for a "Win! A stethoscope to WIN every month" contest. The banner text says: "Sign up for FREE email alerts whenever a new issue is published, and be entered into the draw to win a stethoscope". Below the banner is a button that says "register for eAlerts NOW!!".
- Back issues >>:** Shows two journal covers from Africa Health.
- Other titles:** Promotes "The African Journal of Respiratory Medicine" (AJRM) and "The African Journal of Diabetes Medicine" (AJDM).

At the bottom of the page, a footer reads: "Welcome to the Africa Health web site, the home of practical and relevant information for the busy health professional."