



The banner features the 'Africa Health' logo on the left, which includes a stylized orange sun above the text 'Africa HEALTH'. To the right, the text 'CPD Challenge' is written in a large, white, serif font against a purple background. Below this, the word 'Questions' is written in a smaller, white, sans-serif font on an orange background.

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. Dermatology

- i. Some drugs have recently become established for their role in dermatology. For what use were they originally intended?
- ii. What is the name of the long-established calcineurin inhibitor used in the treatment of severe atopic eczema?
- iii. Before commencing immunosuppressive therapy, which two of the following infections should patients be screened against?
 - a. HIV
 - b. Hepatitis C
 - c. Neutrophilic dermatoses
 - d. Hepatitis B
- iv. Which drug group, should only be used in the short-term management of acute severe inflammatory and allergic skin disease?
- v. What contraindications do you need to be especially watchful for with patients taking oral retinoids?
- vi. In primary care, what percentage of care (are said to) involve skin-disorders?
 - a. 4%
 - b. 9%
 - c. 18%
 - d. 25%
- vii. When taking the history of a patient presenting with a rash. Name four key pieces of information you need to establish.
- viii. In brief what is the difference in structure between the following:
 - a. Creams
 - b. Ointments
 - c. Lotions
 - d. Gels

ix. Name two causes of hirsutism

x. What is the diagnostic benefit of low energy ultraviolet light?

xi. Would an application of 3FTU of corticosteroids be for an arm or a leg?

Q2. Clinical Review

- i. In Africa's 'meningitis belt' what incident rate has been common per 100 000 population?
 - a. 300
 - b. 200
 - c. 100
- ii. In 2010 Burkina Faso became the first country to implement a national vaccination programme against meningitis. Name one of the statistically significant outcomes.
- iii. Why do *P. Vivax* infections recur, while *P. Falciparum* infections do not?
- iv. Why might switching from oral to parenteral polio vaccine be of benefit?

Q3. Medicine Digest

- i. The introduction of surgical safety checklists significantly reduces mortality of complications after surgery?
 - a) True.
 - b) False.
- ii. In the Tanzanian study quoted, to the nearest ten percent, what was the origin of febrile episodes (viral, bacterial, or parasitic)?
- iii. Do probiotics help in the treatment of infant colic?
- iv. Enterovirus 71 (EV71) is a major cause of what disease?

- Q2
- i. Answer a) 300.
 - ii. A 71% decline in the risk of meningitis; a 64% decline in the risk of fatal meningitis; and no cases of group A *N. meningitidis* meningitis (Nm_{menA}) in vaccinated subjects.
 - iii. Pivax forms a hypnooite stage in the liver. *Falci-parum* does not. In vegans and in malnutrition.
 - v. Oral vaccine contains attenuated live virus; parenteral does not.
- Q3.
- i. Answer 'b' False.
 - ii. Viral; 71%; bacterial: 22% and parasitic 11%.
 - iii. No.
 - iv. Hand, foot, and mouth disease or herpangina.
- Q1
- i. The prevention of organ transplant rejection.
 - ii. Ciclosporin.
 - iii. Answer a) HIV and d) Hepatitis B.
 - iv. Oral glucocorticosteroids.
 - v. Mood change, depression and suicide.
 - vi. Answer d) 25%.
 - vii. Select from:
 - a) History of topical treatments used.
 - b) Recent pharmaceutical consumption.
 - c) Recent alternative/homeopathic treatments taken.
 - d) Occupational and recreational exposure.
 - e) Family history.
 - f) Contact history.
 - g) Provocative factors.
 - h) Unusual recent travel.
 - viii. a) Creams: water-based (with a cooling emollient effect).
 - b) Ointments contain no water.
 - c) Lotions: watery suspensions for use over hairy or large body surface areas.
 - d) Gels are watery suspensions of insoluble drugs.
 - xi. Polycystic ovary syndrome; Cushing's syndrome; virilizing tumours; hyperprolactinoma or acromegaly; anabolic steroid use.

Answers

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