



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. World Malaria Report 2013

- i. The World Health Organization has issued a series of documents focusing Test, Treat, and Track. Expand these 3Ts.
- ii. In malaria-endemic countries in Africa what percentage of cases are still being treated without diagnostic testing?
  - a. 36%.
  - b. 80%.
  - c. 54%.
- iii. Individual cases of malaria should be registered at health facility level. Why is this?

### Q2. Evidence-based practice in relation to indwelling urinary catheters

- i. Appropriate indications for use of an indwelling urinary catheter (IUC) are:
  - a. Diuresis.
  - b. Preference of patient.
  - c. To reduce the need for nursing care.
- ii. To measure output accurately in critically ill patients a suitable size IUC for most adults is:
  - a. 6–8 Ch.
  - b. 12–14 Ch.
  - c. 14–16 Ch.
  - d. The largest that the patient can tolerate.
- iii. The balloon of an IUC in an adult should normally be filled with:
  - a. 5 mls normal saline.
  - b. 5 mls tap water.
  - c. 10 mls sterile water.
  - d. 20 mls normal saline.
- iv. The recommended practice for a patient with an IUC is usually:
  - a. Emptying the drainage bag every 2 hours
  - b. Restricting fluid intake.
  - c. Reviewing IUC use at least daily.
  - d. Perineal hygiene using antiseptics three times a day.
- v. A latex IUC should normally be:
  - a. Changed every 2 days.
  - b. Changed every 7 days.
  - c. Left in situ for up to 1 month.
  - d. Left in situ until no longer needed.

### Q3. The unconscious patient

- i. What are the broad diagnostic categories of unconsciousness?
- ii. Give four examples of diffuse physiological brain dysfunction
- iii. What is the smell associated with organophosphate poisoning?
  - a. Roses.
  - b. Garlic
  - c. Urine.

### Q4 Stroke

- i. What is the cause of 10% of strokes?
- ii. What is the percentage of stroke incidence in patients under age 65?
  - a. 15%
  - b. 25%
  - c. 35%
- iii. Warfarin prevents stroke in atrial fibrillation and appears safe. Is it safe to use in the very elderly?
  - a. Yes.
  - b. No.

### Q5. Clinical Review

- i. Which is the most common mode of transmission in relapsing fever?
- ii. Patients may dramatically deteriorate after the initiation of treatment of relapsing fever. What is this known as and what causes it?
- iii. If discoloured sputum is present in acute bronchitis what does it indicate and what treatment is given?
- iv. Most ready-to-use therapeutic foods are lipid-based pastes. What do they combine?
- v. When is there an indication for intravenous fluids in children with severe acute malnutrition?
- vi. At the end of 2012, the estimated number of adults and children living with HIV/AIDS in sub-Saharan Africa was:
  - a. 18.5 million.
  - b. 20.0 million
  - c. 25.0 million
  - d. 29.0 million

- vii. At the end of 2012, the number of people on anti-retroviral therapy in low- and middle-income countries was:
  - a. 6.4 million.
  - b. 8.0 million.
  - c. 9.7 million.
  - d. 12.2 million.
- viii. The 2013 WHO *Consolidated Guidelines on the Use of Antiretroviral Drugs for Treating and Preventing HIV Infection* recommend that ART can be initiated in all children regardless of clinical stage or CD4 cell count under what age:
  - a. 1 year.
  - b. 3 years.
  - c. 5 years.
  - d. 10 years.

**Q6. Medicine Digest**

- i. Interim results from the CHER trial have shown anti-retroviral treatment to be lifesaving. Define CHER.
- ii. What is the current standard first-line treatment for advanced pancreatic cancer?
- iii. Studies show that mental and substance use disorders increased between 1990 and 2010. By how much?
  - a. 14.5%.
  - b. 37.6%.
  - c. 47.8%.
- iv. Paediatric-onset Crohn's disease is more aggressive than adult-onset disease. Is this statement
  - a. True.
  - b. False.



- Q1. Diagnostic testing; antimalarial treatment; strengthening surveillance systems to track malaria.
  - i. ii. 'b', 80%.
  - iii. It allows for the recording of suspected cases, diagnostic test results, and treatments administered.
- Q2. To measure output accurately in critically ill patients.
  - i. ii. 12-14Ch.
  - iii. 10mls sterile water.
  - iv. Review IUC use at least daily.
  - v. Changed every 7 days.
- Q3. Neurological, metabolic, diffuse physiological dysfunction, and functional.
  - ii. Intoxication with alcohol, drug overdose, seizures, hypothermia.
  - iii. 'b', garlic.
- Q4. Intracerebral haemorrhage
  - i. ii. 'b', 25%.
  - iii. 'a', yes.
- Q5. Insect transmission.
  - i. ii. The Jarish-Herxheimer reaction.
  - iii. A bacterial cause; antibiotics are given.
  - iv. Milk powder, electrolytes, and micronutrients.
  - v. When there is circulatory collapse caused by severe dehydration or septic shock and the child is lethargic or unconscious (excluding cardiogenic shock).
  - vi. 'c', 25.0 million.

- Q6. Children with HIV early antiretroviral.
  - i. ii. Gemcitabine.
  - iii. 'b', 37.5%.
- vii. 'c', 9.7 million.
- viii. 'c', 5 years.

