



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. Optimal use of blood tests in acute medicine

- i. Some blood tests that are particularly frequently requested have well recognised pitfalls. Give four examples.
- ii. What is point-of-care testing (POCT) also referred to as?
- iii. Give an example of point-of-care testing in ancient times.

Q2. Management of poisoning

- i. What is the method most commonly used to assess the degree of impairment of consciousness.
- ii. How should patients be nursed to minimise the risk of aspiration of the gastric contents into the lungs?
- iii. Skin blisters may occur in poisoned patients. How should bullous lesions be treated and why?

Q3. Clinical Review

- i. What is the major complication of hypertension?
- ii. In the treatment of amoebic liver abscesses, when should aspiration be considered?
- iii. The syndrome 'burning feet' is typically worse in the morning. Is this statement true or false?

- iv. How many people acquire a sexually transmitted disease every day?
- v. What is the difference between a rapid test and a point-of-care test?
- vi. The most significant barrier to effective screening and treatment of STIs in low-resource settings is the lack of point-of-care tests. Is this statement true or false?

Q4. Medicine Digest

- i. How many patients treated with antidepressant drugs achieve a successful outcome?
 - a. Half.
 - b. Three-quarters.
 - c. A third.
- ii. When using antidepressants, prolonged corrected QT interval (QTc) is associated with use of citalopram, escitalopram, and amitriptyline. When is the risk greater?
- iii. The TREM2 gene has an anti-inflammatory role in the brain. What does this suggest?
- iv. In the treatment of diabetes, although weekly exenatide and daily liraglutide give similar clinical results there was one difference. What was it?

v. Rapidly defined as tests that give a result in less than 30 minutes. Point-of-care (POC) tests are defined as tests that are simple and can be performed at all healthcare settings, especially at primary healthcare settings, with minimal training and little or no equipment. Rapid tests may require batch testing, electrical equipment such as centrifuge, microscope or refrigerator, making them inappropriate in some low-resource settings.

vi. False. While having effective POC tests can facilitate screening and treatment, it is also important that there be political will, leadership, communication, and economic support behind efforts to manage specific STIs. The experiences in the global effort to reduce maternal syphilis show that availability of a rapid test is not sufficient to put in practice an effective programme of screening and treatment.

Q4

i. Answer c. A third.

ii. With older and more ill patients.

iii. The predisposition to Alzheimer's disease may be mediated by inflammation.

iv. The reduction in HbA_{1c} levels was greater with liraglutide.

i. Estimated glomerular filtration rate, troponin, D-dimer, and C-reactive protein.

ii. Near-patient testing.

iii. Tasting the urine of a patient to diagnose diabetes.

Q2

i. The Glasgow Coma Scale (GCS).

ii. With head down in the left lateral position.

iii. They should be left intact until they burst, to reduce the risk of infection.

Q3

i. The major complication of hypertension is stroke – or cerebrovascular accident (CVA).

ii. Aspiration of amoebic liver abscesses should be considered if the abscess is likely to rupture, if metronidazole treatment fails, or if the abscess is very large.

iii. False, 'burning feet syndrome' is worse at night.

iv. The World Health Organization estimates that a million people acquire a sexually transmitted infection.

Q1



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