

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.

### 1. Investigation of jaundice

- Qi. When does jaundice become clinically apparent?
- Qii. Elevated conjugated bilirubin occurs in cirrhosis and acute liver injury. Name two rare inherited diseases in which it also occurs (five possible answers).
- Qiii. An enlarged non-tender gall bladder in the presence of jaundice is referred to as Courvoisier's sign. What does it indicate?
- Qiv. In the investigation of patients with jaundice when should a liver ultrasound be undertaken?
- Qv. Liver biopsy is particularly useful for identifying which disease?

### 2. Clinical Review

- Qi: Epidemiological studies of *M genitalium* were limited as it is very difficult to culture. What scientific advent changed this?
- Qii: *M genitalium* infection increases the risk for HIV acquisition. Is this statement  
 a. True  
 b. False
- Qiii: Currently, which is the only antibiotic that offers reliable cure for genital gonorrhoea?
- Qiv. The World Health Organization's new definition of blindness and visual impairment relies on 'presenting vision'. What is this?
- Qv. What is the major cause of blindness in Africa?  
 a. Glaucoma  
 b. Onchocerciasis  
 c. Cataract
- Qvi. Glaucoma and retinal disease are the fastest growing causes of blindness worldwide. Is this statement  
 a. True  
 b. False

### 3. Medicine Digest

- Qi: Influenza is a common cause of acute lower respiratory infections. What percentage of subsequent deaths in children under 5 years old occur in developing countries?  
 a. 43%  
 b. 67%  
 c. 99%
- Qii: Pneumonia kills more children than any other disease. What is a major factor increasing the risk of pneumonia?  
 a. Living in damp conditions  
 b. Burning biomass fuels in the home  
 c. Living with adults who smoke
- Qiii. The use of ACE inhibitors in the first trimester of pregnancy has been associated with increased risk of birth defects. New research suggests otherwise – in what way?
- iv. In hospital-acquired infection which of the following are associated with increased risk of *Clostridium difficile* infection?  
 a. Older age  
 b. Use of antibiotics  
 c. Use of proton-pump inhibitors
- v. Dietary fibre is thought to protect against colorectal cancer. Which type of fibre reduces the risk and which has no significant effect?



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- Q1
- i. When the serum bilirubin is more than twice the upper limit of normal.
  - ii. Dubin-Johnson syndrome, Rotor syndrome, progressive familial intrahepatic cholestasis, and benign recurrent intrahepatic cholestasis, and low phospholipid-associated cholelithiasis.
  - iii. The presence of possible gallbladder malignancy, not gallstones.
  - iv. To establish whether biliary obstruction is present.
  - v. Autoimmune liver disease.
- Q2
- i. Polymerase chain reaction technology.
  - ii. True.
  - iii. Intramuscular ceftriaxone.
  - iv. If patients have glasses the vision is tested with the glasses. If they do not, the uncorrected vision is used.
  - v. Cataract.
  - vi. True.
- Q3
- i. 99%.
  - ii. Answer 'b', burning biomass fuels.
  - iii. It is the hypertension itself rather than the drugs that increases the risk.
  - iv. All three.
  - v. Total dietary fibre, cereal fibre, and whole grains reduces the risk; fruit, legume, and vegetable fibre has no significant effect.



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