



Africa HEALTH CPD Challenge
Questions

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. Clinical Review: Dermatology

Which of the following statements about Buruli ulcer are true?

- i. In an endemic region, the diagnosis of BU can be made on the basis of history and clinical presentation alone with laboratory support.
- ii. BU is a more significant problem in resource-limited regions of the world where it occurs in impoverished rural communities.
- iii. BU never occurs on the face.
- iv. BU can be associated with bone and joint involvement.
- v. Antibiotic regimens for BU do not lead to microbiological cure and therefore all cases require surgical intervention.

Q2. Clinical Review: Family Medicine

- i. The World Health Organization (WHO) indicates that, in 2015, how many adults worldwide were underweight?
 - a) 440 million
 - b) 462 million
 - c) 476 million
- ii. Two studies looked at the implementation of what in different countries?

Q3. Medicine: Asthma mechanisms

- i. What are macrophages derived from?

Q4. Medicine Digest

- i. What is the highest risk factor for overweight or obesity (OWO) in children?
- ii. A cohort study found that lithium was associated with the highest risk of what?

Answers

Q1. In resource-limited regions of the world, the diagnosis of BU are not always available. Particularly in endemic regions, the clinical diagnostic tests for BU are not always available. True. In resource-limited regions of the world, the diagnosis of BU can be straightforward for experienced clinicians as the classical presentation of BU is so characteristic.

ii. True. BU can occur in countries where poverty is not a significant issue. However it is still more common in resource limited countries and West Africa still has the highest burden of disease.

!!!. False. BU can affect any part of the body. It is more common on the limbs but can also occur on the face.

iv. True. The infection can disseminate and affect soft tissue, bones, and joints. The risk of dissemination may be higher in children and those with HIV immunosuppression.

v. False. Effective antibiotic regimens as recommended by the WHO often lead to microbiological cure. Surgical intervention is not always indicated.

Q2. 462 million adults worldwide are underweight.

ii. The two studies looked at the implementation of the South African Triage Scale in different countries.

Q3. Macrophages are derived from blood monocytes, traffic into the airways in asthma and can be activated by allergens via low-affinity IgE receptors.

Q4. The highest risk factor for OWO in children was having an obese mother with a low folate concentration when compared to normal-weight mothers.

ii. The study found that lithium was associated with the highest risk of renal failure and hypercalcaemia, and thyroid disease rates were highest in those on lithium compared to valproate and olanzapine.

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