

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: Paediatrics

- In the meningococcal belt of sub-Saharan Africa which of the following is the commonest serogroup
 - (a) C
 - (b) A
 - (c) B
 - (d) W-135
- ii. 4CMenB vaccine comprises
 - (a) Three components
 - (b) Four components
- iii. The following serotypes will be omitted from polio vaccines:
 - (a) OPV 1
 - (b) OPV 3
 - (c) OPV 2

Q2. Clinical Review: AIDS

- i. Which of the following statements are true for the year 2015?
 - (a) There were an estimated 50 million people globally living with HIV.
 - (b) Just over two million people globally were newly infected with HIV.
 - (c) About 70% of all people living with HIV lived in sub-Saharan Africa.
 - (d) There were 25 million people on antiretroviral therapy.

- (e) South Africa has the largest HIV epidemic in the world.
- ii. Which of the following statements are true for the 2016 World Health Organization Antiretroviral Therapy (ART) Guidelines?
 - (a) ART should be offered to all persons infected with HIV regardless of WHO clinical stage or CD4 cell count.
 - (b) The threshold for diagnosing virological failure when on ART is 10 000 copies/mL.
 - (c) Part of the package of care for people living with HIV should be assessing and managing cardiovascular risk and depression.
 - (d) In stable patients it is recommended that there can be less frequent clinic visits and medication pick-up (three to six months).
 - (e) To help the scale up of ART, treatment can be initiated by lay providers.

Q3. Medicine: Transient loss of consciousness

i. Patients with a history of what are at high risk of future cardiac arrest?

Q4. Medicine: What do we need to do to sustain compassionate medical care?

i. What are the six actions required to sustain compassionate care?

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Answers	
Collaboration; Support for colleagues; Commitment	enaT (9)
care are: Awareness; Self-care; Attentive listening;	ocini (n)
Q4. i. The six actions required to sustain compassionate	esls? (b)
VO	(c) True
are at high risk of future cardiac arrest.	10,
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جې: i. Patients with a history of myocardial infarction or	
Q3.	esls?
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-T (=)	ii. (b) Four components
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