



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 of 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: Medicine

- i) What may be the cause of persisting symptoms (e.g. fatigue, malaise, pains) after recovery from an attack of Ebola virus infection?
- ii) Name four risk factors for the development of osteoporosis.
- iii) Give two reasons for the decline in malaria prevalence in Africa over the last 15 years.

Q2. Clinical Review: Paediatrics

- i) Which age group is the peak for hookworm infection
 - a) 2-4 years
 - b) Adults
 - c) 5-15 years
- ii) The best treatment for *Trichuris trichiura* is:
 - a) Mebendazole
 - b) Albendazole
 - c) Albendazole + Oxantel pamoate
- iii) The optimal method to control soil-transmitted helminths for children using anthelmintics is:

- a) Mass treatment of the community
- b) Treatment of school-aged children

Q3. Medicine: Dizziness in older adults

- i) What are the three underlying causes of dizziness that patients may experience?
- ii) Patients presenting with dizziness should be fully examined. What should you focus when examining them?

Q4. Medicine: The physiology of ageing

- i) After the age of 50, men lose bone mineral density at a rate of 1% per year, but at what rate do women lose bone density?
- ii) Who is susceptible to changes in intravascular volume?

Q5. Medicine Digest

- i) Patients treated with crizanlizumab experienced a lower average rate of sickle cell crises over a year period, but what was the percentage?
 - a) 35%
 - b) 45%
 - c) 65%

Answers

- Q1. i) Patients may experience symptoms of vertigo, presyncope and disequilibrium.
- ii) When examining patients presenting with dizziness, you should focus on the following:
- a) Erect and supine blood pressures
 - b) Pulse
 - c) Nystagmus
 - d) Neurological examination
 - e) Examination of gait
 - f) Bedside hearing tests
 - g) Provocation tests
- Q4. i) Women lose bone mineral density at a rate of 2-3% per year after menopause.
- ii) The elderly are particularly susceptible to changes in intravascular volume, as the venous capacitance system is less well equipped to buffer marked changes.
- Q5. i) b) Patients receiving treatment with crizanlizumab experienced a 45% lower average rate of sickle cell crises over a year period compared to those on placebo.

- Q1. i) Such symptoms may represent a 'post-viral syndrome' which can occur after recovery and viral clearance. However, there is now good evidence that true viral relapses of Ebola infection may occur, and that long-term viral carriage is possible.
- ii) a) Smoking
b) Excess alcohol
c) Steroid drugs
d) Family history
e) Caucasian ethnicity
f) Rheumatoid arthritis
- iii) a) Artemisinin-combination therapy
b) Insecticide impregnated bednets
c) Rapid diagnostics
d) Vector control
- Q2. i) Adults are more prone to get a hookworm infection.
- ii) c) The best treatment for *Trichuris trichiura* is Albendazole + Oxantel pamoate.
- iii) a) The optimal method to control soil-transmitted helminths for children using anthelmintics is mass treatment of the community.