



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. eHealth case study

- i) i) What type of meningitis is responsible for the vast majority of laboratory confirmed cases in the current outbreak in Nigeria?

Q2. Clinical Review: Pharmacy

- i) Is handwashing in hot water more effective than cold?
- ii) If a patient says he needs an antibiotic, the prescriber should supply it?
- iii) Which is a safer antibiotic in pregnancy; erythromycin or clarithromycin?
- iv) After trauma from a bomb explosion, which should be given: PEP HIV prophylaxis, or Tetanus vaccine?

Q3. Clinical Review: Public Health

- i) How many people across Africa have access to cell phone service (with or without internet)?
- a) 78%
- b) 93%
- c) 99%

- ii) Health workers (HWs) in Ethiopia were given android phones preloaded with reminders and educational messages on antenatal care, delivery and postnatal care (PNC) that could be sent to their clients. But what did the follow-up surveys of pregnant women show?

Q4. Medicine: Breathlessness and cough in the acute setting

- i) Breathlessness can be a recognised symptom of cardio-respiratory disease, but can also be present in what other conditions?

Q5. Medicine: The shocked patient

- i) It is essential to identify the underlying cause of shock and there are specific treatments for different causes of shock. What are the four medical causes of shock?

Q6. Medicine Digest

- i) What does the standard care for women with early-stage endometrial cancer include?

Answers

- Q1. ii) The follow-up surveys of women showed significantly greater delivery at health facilities and attendance at PNC among those receiving the reminders and educational messages during pregnancy.
- Q2. i) Breathlessness can also be present in other systemic conditions, such as anaemia or endocrine disorders.
- Q3. i) The medical causes of shock are Hypovolaemic shock, which can be divided into haemorrhagic or non-haemorrhagic; Cardiogenic shock can be the result of any cause of 'pump failure'; Obstructive shock caused by pulmonary embolus should be treated with thrombolytic therapy; and Distributive shock is most commonly encountered as sepsis.
- Q4. i) Standard care for women with early-stage endometrial cancer includes the surgical removal of the ovaries, ovarian tubes, uterus and lymph nodes.

- Q1. i) *Neisseria Meningitidis* serogroup C (also referred to as NmC) is responsible for the majority of laboratory confirmed cases in the current outbreak in Nigeria.
- Q2. i) No, cold water is just as effective.
- ii) No, it requires a clinical decision knowing the likelihood of the infection being viral or bacterial, and the patient should have the reason for not prescribing explained.
- iii) Erythromycin is safer; there is an increased risk of miscarriage with clarithromycin.
- iv) Tetanus vaccine, victims should be monitored for hepatitis and HIV, but the risks are low.
- Q3. i) 93% of people have access to cell phone service (with or without internet) according to Afrobarometer, but less than two-thirds have access to clean water and electricity.