



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: STIs

- i) What are the concerns regarding sexually transmitted infections (STIs) during pregnancy? Name some of the potential adverse outcomes for mother and newborn.
- ii) Syphilis is no longer a major concern during pregnancy for women in Africa. True or false.
- iii) What can be done to reduce the toll of STIs among pregnant women?

Q2. Clinical Review: Medicine

- i) The 'nocebo' effect is:
 - a) Gaining clinical benefit from an inactive drug
 - b) Experiencing expected drug side-effects when taking placebo only
 - c) Having no clinical benefit from an active drug
- ii) Which of the following may be benefits of helminth infections:
 - a) Improved response to vaccines
 - b) Reduced risk of type 2 diabetes
 - c) Reduced risk of asthma
 - d) Reduced risk of malignancy

- iii) What are the possible reasons for malaria failing to respond to drug treatment in Africa?

Q3. Clinical Review: Paediatrics

- i) Pre-term infants should be initially resuscitated with the following oxygen concentration.
 - a) 60%
 - b) 95%
 - c) 30%
- ii) Reduction of development of bronchopulmonary dysplasia as a complication of RDS is best achieved by:
 - a) Intubation and mechanical ventilation.
 - b) Routine intubation and delivery of surfactant.
 - c) Nasal CPAP and selective treatment with surfactant.
- iii) Delayed cord clamping may result in the following:
 - a) Increased Hb level at 24–48 hours.
 - b) Reduced risk of jaundice.
 - c) Increased ferritin levels at 3–6 months.

Answers

- Q2.**
- i) b) The 'nocebo' effect is experiencing expected drug side effects when taking placebo only.
 - ii) b) and c) Benefits of a helminth infection include reduced risk of type 2 diabetes and asthma.
 - iii) The possible reasons for malaria failing to respond to drug treatment in Africa include wrong diagnosis, wrong antimalarial, inadequate dose, patient compliance, true drug resistance, counterfeit drug.
- Q3.**
- i) c) Preterm infants should be initially resuscitated with 30% oxygen concentration.
 - ii) c) Reduction of development of bronchopulmonary dysplasia as a complication of RDS is best achieved by nasal CPAP and selective treatment with surfactant.
 - iii) a) and c) Delayed cord clamping may result in increased Hb level at 24–48 hours and increased ferritin levels at 3–6 months.

- Q1.**
- i) Sexually transmitted infections (STIs) during pregnancy increases the risk of adverse outcomes for both the mother and newborn, including preterm rupture of membranes, preterm labour, preterm delivery, chorioamnionitis, low-birth weight, congenital infection, still birth or neonatal mortality. Infection with bacterial STIs can also increase the risk of mother-to-child-transmission of human immunodeficiency virus (HIV).
 - ii) False. Syphilis in pregnancy remains one of the most prevalent sexually transmitted infections, with 2.7% of pregnant women in sub-Saharan Africa estimated to be infected.
 - iii) The toll of sexually transmitted infections on mothers and newborns can be reduced by increasing antenatal coverage, offering STI screening and treatment during antenatal care, improving access to point-of-care STI testing during antenatal care, and assuring access to necessary medicines, like penicillin to treat syphilis during pregnancy.