



Africa HEALTH CPD Challenge
Questions

Test your knowledge against the Clinical Review articles from pages 31 to 34.

Clinical Review: Family Medicine

- Which one of the following statements is the most likely explanation for the variation in tonsillectomy rates internationally?
 - Variations in incidence of streptococcal infections.
 - Differences in training and clinical practice
 - Access to surgeons and surgical infrastructure
 - Global and regional patterns in the burden of diseases.
 - Social determinants of health
- Indicate if each of the following statements is TRUE or FALSE
 - In the management of recurrent tonsillitis in children, tonsillectomy is superior to antibiotic regimens
 - Tonsillectomy for more difficult to justify in adults than in children
 - Tonsillectomy should be first-line treatment for peri-tonsillar abscess.
 - The common cold and flu are caused by two similar viruses.
 - There is no clinical evidence that antibiotics used in colds and flu can alter the course of the disease or prevent secondary infection.
 - Delayed antibiotic prescription leads to poorer outcomes than immediate prescription.
 - Shared decision-making can assist in reducing antibiotic overuse.

Clinical Review: AIDS

The following statements are true for the year 2016:

- There were an estimated 50 million people globally living with HIV
- 1.8 million people globally were newly infected with HIV
- About 70% of all people living with HIV lived in sub-Saharan Africa
- There were 25 million people on antiretroviral therapy
- South Africa has the largest HIV epidemic in the world

The following statements are true for HIV-infected persons on ART:

- ART should be offered to all persons infected with HIV regardless of WHO clinical stage or CD4 cell count
- Dolutegravir (DTG) is associated with higher antiretroviral efficacy, better tolerability, lower rates of treatment discontinuation, a higher genetic barrier to resistance and fewer drug interactions compared with other ARV drugs
- Efavirenz 400 mg daily is less effective than efavirenz 600 mg daily
- The addition of isoniazid preventive therapy to ART has been shown to reduce mortality
- Hypertension is an important problem to identify and treat in HIV-infected persons on ART.

CPD Answers

8. Yes	7. Yes	c. FALSE	1. b
9. Yes	8. No	d. FALSE	2. T/F
10. No	9. Yes	e. TRUE	a. FALSE
11. Yes	10. No	f. FALSE	b. TRUE
12. Yes	11. Yes	g. TRUE	
	12. Yes		

One

Two

Three

Four

Five

- Quiz answer (See page 40)
- (a), (b), (c). All the answers are relevant, but the priority is to get him quickly into good fluid balance
 - (a), (b), (c). The past history is very relevant. It cannot be assumed that this is a simple case of gastroenteritis.
 - (a), (b), (c). All three of these answers must be considered. Problems with adhesions may arise many years after intra-abdominal surgery. As for (e) the opposite is the case. A high CRP with a relatively low white cell count suggests viral rather than bacterial infection.
 - (b), (c), (d). Choosing (a) could be disastrous as the renal function is compromised: furosemide is contraindicated, as is any diuretic. He had been over-perfused and with the very low serum albumin level his blood vessels were leaking fluid into the tissues. The poor renal function with low urine output compounded the problem.
 - (a), (b). There is no evidence for food poisoning (usually bacterial) as the cause. Nor is an allergic reaction feasible.