



Africa HEALTH CPD Challenge
Questions

Clinical review

1. What is the 'mid-upper arm circumference' (MUAC) and what is its importance?
2. How is the Zika virus transmitted to human beings?
3. Anti-retroviral drugs can increase the prevalence of hypertension. What are particular risk factors for the development of hypertension on ARV treatment?
4. How is the name of John Snow associated with the cholera?
5. Name three of the six diseases that WHO expects to be under control by 2020 via drug access programmes?

6. Globally, how many people were reached with Preventive Chemo-therapy (PCT) in 2015?
 - i) 189 000 000
 - ii) 522 000 000
 - iii) 1 000 000 000 +

Medicine digest

7. Roughly 10% of adults are affected by atopic eczema and incidence is increasing. Is it an indicator of susceptibility to more serious ill health? Yes or No.
8. Which is better as a guide to blood pressure treatment? i) Systolic blood pressure readings; or ii) cardiovascular disease risk predictors?

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CPD Answers

1. As the name suggests the MUAC is the circumference in centimetres at the mid-point of the upper arm. It is a simple and accurate measure of nutritional status, reflecting both muscle mass and fat stores.
2. By the bite of the *Aedes aegypti* mosquito
3. Hypertension risk on ARV treatment is positively associated with age and body mass index (BMI). John Snow was an English doctor working in London in 1854. He mapped cases of cholera and demonstrated that they were associated with a polluted water supply. This was the first demonstration of the water-borne transmission of cholera and introduced the concept of 'medical mapping'.
4. From: Schistosomiasis, soil-transmitted helminthes (STH), Chagas disease, visceral leishmaniasis and river blindness (onchocerciasis).
5. Yes, significantly so for cardiovascular outcomes
6. Yes, significantly so for cardiovascular outcomes
7. Yes, significantly so for cardiovascular outcomes
8. ii)