



**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 or 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.

**1. Please indicate the TRUE or FALSE statements concerning the pathophysiology of asthma.**

- Children who go on to develop asthma have reduced lung function well before asthma symptoms develop and diagnosis is made.
- In children who go on to develop asthma, airway obstruction and bronchial hyperactivity develop AFTER the symptoms of asthma.
- Low lung function begins in childhood AFTER the development of airway inflammation in children who develop asthma.
- The pathophysiology of asthma is commonly described as a process of inflammation in the airways that lead to bronchial hypersensitivity and poor lung function.
- All the above are true.

**2. Which of the following statements are TRUE or FALSE concerning culture-negative TB?**

- Culture-negative pulmonary TB is considered an early stage of infection that may advance to active pulmonary TB disease when left untreated.
- Patients with culture-negative pulmonary TB may differ in presentation versus those with culture-positive TB.
- Culture-negative pulmonary TB are those who have culture and radiographic presentations consistent with pulmonary TB, but have 3 negative sputum culture results.
- Culture-negative pulmonary TB may present with significantly lower frequency of cough, weight loss and cavitory chest x-ray features.
- Culture-negative pulmonary TB are probably underdiagnosed due to weak tools for early diagnosis.

**3. Please indicate as TRUE or FALSE the statement that best describes the value of endometrial scratching in vitro fertilisation (IVF).**

- Endometrial scratching is a technique used to enhance embryo implantation and increase success rates of pregnancies in women undergoing in vitro fertilisation.

- Endometrial scratching does not add any benefit to women undergoing IVF.
- Endometrial scratching does not offer any superior results compared to standard IVF treatment.
- Endometrial scratching is often associated with severe and debilitating pain.
- All the above statements are true.

**4. Please indicate which of the following statements are TRUE or FALSE concerning breakfast consumption and weight loss.**

- Dietary advice remains a main pillar to managing weight loss and preventing and reducing obesity.
- Skipping breakfast may lead to energy overcompensation later in the day.
- Addition of breakfast may not be a good strategy for weight loss, regardless of established breakfast habit.
- All False.
- Well designed randomised trials of higher quality are needed to better examine the role of breakfast eating in weight management.

**5. Which of the following statements are TRUE or FALSE concerning electronic cigarettes (e-cigarettes)**

- While tobacco cigarette use declines in adults, there appears to be a trend for young tobacco-naive adolescents to start smoking e-cigarettes.
- Compared to those with no prior tobacco use, smoking e-cigarette is associated with more than four times the odds of any cigarette use and three times the odds of current cigarette use.
- E-cigarette use is associated with increased risk of initiation of traditional cigarette smoking among young youths.
- In recent years the use of electronic cigarettes has been on the decline.
- E-cigarettes have become a successful adjunct for traditional cigarette smoking cessation.

**CPD Answers**

1. TRUE a, e  
FALSE b, c, d
2. TRUE all
3. TRUE a, c  
FALSE b, d, e
4. TRUE a, c, e  
FALSE b, d
5. TRUE a, b, c, e  
FALSE d