



**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.

**1. Which of the following statements are TRUE or FALSE regarding the role of  $\beta$ -blockers in the management of liver cirrhosis:**

- Long term use of  $\beta$ -blockers can reduce progression from compensated to decompensated cirrhosis in patients with clinically significant portal hypertension.
- $\beta$ -blockers can also reduce the incidence of ascites with liver cirrhosis.
- $\beta$ -blockers increase decompensation-free survival in patients with compensated cirrhosis and clinically significant portal hypertension.
- Decompensated liver cirrhosis carries a high level of morbidity and mortality.
- All the above is TRUE

**2. Which of the following statements are TRUE or FALSE regarding anogenital cancer?**

- The human papillomavirus genotype 16 (HPV16) is linked with the development of anal cancer.
- The prevalence of anal cancer among MSM is similar to the rate of cervical cancer among adult women.
- anti-HPV vaccination programmes are of no value in boys and men.
- All the above are true
- None of the above is true

**3. Please indicate which of the following statements are TRUE or FALSE concerning pre-term infants:**

- Pre-term infants are at risk of respiratory distress and long term neurological consequences.
- Corticosteroids may be given to women who are expected to undergo preterm labour to help mature the lungs of the infants and reduce adverse outcomes associated with preterm births.

- Multiple prenatal corticosteroids given to women at ongoing risk of preterm birth reduce the risk of infants needing respiratory support.
- Body size measurements may be lower in infants exposed to multiple prenatal doses of maternal corticosteroids
- All the above are true.

**4. Which of these statements are TRUE or FALSE concerning early pregnancy bleeding?**

- Bleeding in early pregnancy is often associated with pregnancy loss.
- Exogenous progesterone therapy may improve outcomes in women with bleeding in early pregnancy.
- Progesterone is considered a pro-pregnancy hormone as its endogenous production is essential for maintenance of pregnancy.
- Miscarriage affects one in five pregnancies and is most common in the first twelve weeks.
- All the above are true

**5. Please indicate which of the following statements are TRUE or FALSE concerning Apgar scores of infants at birth**

- Apgar score is a well-established scaling tool used to assess the health status of new-borns at 1, 5 and 10 minutes of life.
- Scores of 7 and above are considered normal.
- Scores below 7 are associated with neonatal morbidity.
- Infants with Apgar score 10 at each time point generally have better outcomes.
- All the above are TRUE

**CPD Answers**

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