

CPD Challenge

Questions

You can quietly test yourself or – and we are particularly keen on this – you could make it a part of the foundation of a journal club in your department or health institution. Lifelong 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 are TRUE or FALSE concerning the use of Hydroxyurea in Sickle Cell Anaemia in children.

- Hydroxyurea is an efficacious and safe oral treatment for Sickle Cell Anaemia.
- In Sickle Cell Anaemia Hydroxyurea increases the production of fetal haemoglobin and other blood cell products which reduce complications attributable to the condition.
- Hydroxyurea dose escalation to the maximum tolerable dose does not improve clinical outcomes.
- Treatment of Sickle Cell Anaemia among children with fixed dose Hydroxyurea has better efficacy than with Hydroxyurea dose escalation.
- All the above are TRUE.

2. Please indicate TRUE or FALSE statement concerning the risk of preterm birth.

- Extreme prematurity refers to births before 28 weeks of gestation and is usually associated with significant risk of complications and worse outcomes.
- Asymptomatic short cervical length is associated with higher risk for preterm birth.
- Short cervical length can be diagnosed by ultrasound scan.
- No studies have shown links between asymptomatic short cervical length and preterm births.
- There is no association between the risk of preterm birth and cervical length.

3. Which of the following are TRUE or FALSE concerning excessive weight gain in pregnancy and persistent low back and pelvic pain?

- It is now established that excessive weight gain during pregnancy is associated with persistent low back and pelvic pain after delivery.
- Women who gain ≥ 15 kg have a higher prevalence of persistent lower back pain and pelvic pain compared with those who gained < 10 kg.
- Excessive weight gain during pregnancy is one of the risk factors for persistent low back and pelvic pain after delivery.

- Persistent low back pain and pelvic pain is defined as pain at 4 months after delivery with an onset during pregnancy or within 3 weeks after delivery.
- All the above are TRUE.

4. Please indicate TRUE or FALSE statements concerning Intimate Partner Violence among middle aged women

- Intimate partner violence, which refers to physical, psychological or sexual aggression by a current or former intimate partner, has been associated with undesirable mental and physical health outcomes among middle aged women.
- Higher use of different healthcare services and high healthcare costs following intimate partner violence is more common among middle aged compared to older women.
- Anxiety disorders, depression, post-traumatic stress disorder, suicidal ideation and/or behaviour and substance use disorder are all features of past or present intimate partner violence among middle aged women.
- STIs, injuries, heart disease and chronic pain are not features of intimate partner violence.
- All the above are TRUE.

5. Which of the following statements are TRUE or FALSE concerning Routine Point-of-Care Early Infant Diagnosis of HIV?

- There are significant delays in receiving early infant diagnosis of HIV tests in sub-Saharan Africa where most tests are done at a central laboratory.
- Delays in early infant diagnosis of HIV causes delays in ART initiation and losses in the mortality benefits of early diagnosis and treatment.
- Point of care testing has been successfully rolled out and has led to significantly shorter turnaround time results and reduced delays in treatment initiation
- WHO recommendation is for all infants to receive HIV testing results within 4-6 weeks of birth.
- All the above are TRUE

Answers

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



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