

CPD Challenge

Questions

1. Which of the following statements are TRUE or FALSE concerning weight loss strategies for Obesity?

- Treating patients with obesity often requires holistic management with multiple interventions, including lifestyle modification (diet and exercise), cognitive behavioural, pharmacotherapy, and bariatric surgery therapy.
- The gains made after the above interventions are often short term.
- A multi-factorial maintenance program that may require integration of diet, exercise, and pharmacotherapy is vital in mitigating weight regain.
- Behavioural therapy does not play an important role to the maintenance program.
- Bariatric surgery is required to manage type 2 diabetes and obesity in selected patients.

2. Which of the following statements are TRUE or FALSE regarding the effect of salt substitution on cardiovascular events and deaths

- Salt substitutes with reduced sodium and increased potassium levels can lower blood pressure.
- Salt substitute in patients with high blood pressure is associated with significantly better outcomes of lower rates of stroke, major adverse cardiovascular events and death from any cause.
- The recommended salt substitute for patients with a history of stroke or are 60 years of age or older and have high blood pressure is 75% sodium chloride and 25% potassium chloride by mass.
- Adverse serious events in such patients are usually associated with hyperkalemia.
- The occurrence of stroke, major adverse cardiovascular events and death from any cause are not usually linked to clinical hyperkalemia.

3. Please indicate what is TRUE or FALSE concerning the safety and efficacy of Typhoid Conjugate Vaccine

- Vi-polysaccharide typhoid conjugate vaccine (Vi-TCV) is the only vaccine licensed for use in children as young as 6 months.
- Vi-TCV is not safe and efficacious in protecting against typhoid fever among children 9 months to 12 years.

- An accurate way to determine safety and efficacy of Vi-TCV vaccination is a primary outcome of blood culture-confirmed typhoid fever after follow-up for 18-24 months.
- The Vi-polysaccharide typhoid conjugate vaccine is about 84% efficacious in protecting against typhoid fever among children
- Group A-meningococcal vaccine can be used as control in testing safety and efficacy of typhoid conjugate vaccine.

4. Which of the following statements are TRUE or FALSE regarding the treatment of migraine?

- Despite migraine being a common cause of disability worldwide, many treatments are not very effective.
- Mindfulness-based stress reduction (MBSR) is associated with improved disability, quality of life, self-efficacy, pain and depression.
- MBSR or headache education (migraine information) delivered through groups that meet for at least 2 hours each week for 8 weeks both have similar outcomes in reducing migraine frequency.
- There is growing evidence of the positive value of non-medical interventions for migraine management.
- All TRUE

5. Please indicate what is TRUE or FALSE concerning Artemisinin Malaria Treatment

- Plasmodium falciparum resistance to derivatives of Artemisinin has been documented in Southeast Asia
- The treatment of choice for patients with severe P.falciparum infection in Africa is intravenous artesunate (a water-soluble Artemisinin derivative).
- There has been no evidence of in vivo Artemisinin resistance shown in Africa
- Based on recent studies done in Uganda and elsewhere, there is evidence of emerging local spread of clinically Artemisinin-resistant P.falciparum in Africa.
- The burden of P.falciparum resistance to derivatives of Artemisinin in Africa has not been fully determined.

Answers

1. True: a, b, c, e. False: d.

2. True: a, b, c, d. False: e.

3. True: a, c, d, e. False: b.

4. True: a, b, d, e. False: c.

5. True: a, b, c, d, e.



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