CPD Challenge

Questions

Q1 Which of the following statements are TRUE or FALSE concerning Intermittent fasting and health outcomes

a. Compared to a non-intervention diet in patients with overweight and obesity, Intermittent Fasting significantly reduces waist circumference, fat mass, fasting insulin, low-density lipoprotein cholesterol, total cholesterol, and triacylglycerols.
b. Intermittent Fasting increases fat-free mass.
c. In people with overweight or obesity, and type 2 diabetes, Intermittent Fasting increases high-density lipoprotein cholesterol (HDL-C) levels compared to continuous energy restriction. .
d. Intermittent Fasting has NO beneficial effects on various health outcomes among adults with overweight and obesity compared to a non-intervention diet or continuous energy restriction..
e. Continous energy restriction is easier to manage and has better beneficial effects on various health outcomes among adults with overweight and obesity compared to Intermittent Fasting

Q2 Please indicate TRUE or FALSE statement(s) concerning the risk of stroke

a. Current smoking is associated with an increased risk of all strokes, and has a stronger association with ischemic stroke than intra-cerebral hemorrhage.
b. The population-attributable risk of stroke among current smokers is higher in high-income countries compared to lower-income countries
c. Of all etiological subtypes, large vessel stroke and undetermined cause is strongly associated with current smoking.
d. There is a positive associations between snoring and total stroke, hemorrhagic stroke and and ischemic stroke.
e. There is no causal relationship between snoring and stroke.

Q3 Please indicate TRUE or FALSE statements with respect to the efficacy of oral corticosteroids for acute pre-school wheeze

a. Oral corticosteroids are often used for acute preschool wheeze despite conflicting evidence of benefit.
b. Oral corticosteroids often result in a greater change in wheezing severity score at 4 hours, as well as reducing the duration of hospital stay.
c. Oral corticosteriods is more beneficial in children with a history of wheezing or asthma
d. The benefit of oral corticosteroids is not clear in chidren with previous wheeze or asthma
e. Oral corticosteriods should not be used at all in pre-school children with a history of wheezing

Q4 Please indicate TRUE or FALSE statements regarding treatment of Helicobacter pylori infection.

a. Bismuth quadruple therapy is the first-line helicobacter pylori eradication therapy.
b. A 10-day course of bismuth is non-inferior to the 14-day bismuth therapy course, with fewer side effects.
c. A 14-day course of treatment is superior to a 10-day course for eradication of Helcobacteria pylori infection
d. Overall adverse effects are similar in a 10-day course and 14-day course of bismuth treatment of Helicobacter pylori infection.
e. There is less dizziness and vomiting in a 10-day course of bismuth treatment.

Q5 Please indicate as TRUE or FALSE concerning the use of skin antisepsis before surgical fixation of extremity fractures:

a. Alcohol-based 0.7% iodine povacrylex is superior to 2% chlorhexidine gluconate in all types of fractures.
b. Iodine has fewer surgical site infections in patients with closed fractures.
c. Whether Iodine or chlorhexidine is used, the outcome is similar in the open-fracture management.
d. Chlorhexidine use is superior in the prevention of surgical site infections in patients with closed fractures.
e. Iodine has fewer surgical site infections in patients with open-fractures

Answers

1). a. T; b. T; c. T; d. F; e F;
2). a. T; b. T; c. T; d. T; e F;
3). a. T; b. T; c. T; d. F; e F;
4). a. T; b. T; c. F; d. T; e T;
5). a. F; b. T; c. T; d. F; e F;