

The CPD programme for *SAMJ* is administered by Medical Practice Consulting.
CPD questionnaires must be completed online at www.mpconsulting.co.za.

True (A) or false (B):

SAMJ

Commercial herbal medicines used as African traditional medicines: Ngoma Herbal Tonic Immune Booster interferes with a rapid urine drug screening test

1. The only plants or plant-related compounds on the official list of the World Anti-Doping Agency are cannabis, cocaine and ephedra, and they are listed as stimulants.

Declining prevalence of duodenal ulcer at endoscopy in Ile-Ife, Nigeria

2. Duodenal ulcer is more common than gastric ulcer.
3. Duodenal ulcer and gastric ulcer can easily be distinguished on clinical presentation alone.

Central-line-associated bloodstream infections in a resource-limited South African (SA) neonatal intensive care unit

4. Meta-analysis of healthcare-associated infection in low- and middle-income countries reported infection rates double those of developed countries, with these rates tripling in intensive care units.
5. Hospitalised neonates are at particular risk of healthcare-associated infection because of prematurity, poor skin integrity and prolonged hospitalisation.

Residual allergenicity of amino acid-based and extensively hydrolysed cow's milk formulas

6. Modified cow's milk formulas are the most common breastmilk replacement formula, but are not always tolerated by infants with lactose intolerance or cow's milk protein allergy.
7. Cow's milk formulas are categorised according to the degree of hydrolysis into intact milk protein formulas, partially hydrolysed formulas or extensively hydrolysed formulas (EHFs).

A review of antenatal corticosteroid (ANS) use in premature neonates in a middle-income country

8. Preterm birth is the most common cause of neonatal mortality, accounting for 28% of neonatal deaths.
9. A Cochrane review of 21 articles evaluating the effect of ANSs on preterm neonates showed that ANSs reduced the risk of respira-

tory distress syndrome, intraventricular haemorrhage, necrotising enterocolitis and early-onset sepsis, reduced mortality and the need for respiratory support, and resulted in a trend towards reduced need for surfactant therapy.

Age-group differences in risk perceptions of non-communicable diseases among adults in Diepsloot township, Johannesburg, SA: A cross-sectional study based on the Health Belief Model

10. According to the World Health Organization, non-communicable diseases resulted in 38 million deaths globally in 2010 - 2012, with low- and middle-income countries accounting for 28 million deaths.

CME

Recent important strategies in the management of chronic kidney disease

11. Chronic renal failure was the fifth most common cause of death in SA in 2006.
12. Fewer than 10% of the calculated potential sufferers from end-stage renal failure in SA are able to receive renal replacement therapy.
13. Patients with chronic kidney disease at stage 4 or 5 or those on dialysis commonly exhibit widely fluctuating glucose levels.
14. Autosomal-dominant polycystic kidney disease can manifest *in utero* as well as in childhood.
15. Even small changes in blood acidity can cause harm in patients with only mild renal dysfunction.
16. Elevated uric acid may have a role in initiating hypertension, nephrosclerosis and insulin resistance.
17. Exercise plays no role in patients with chronic kidney disease who are not on dialysis.
18. Gut bacterial byproducts have been linked to chronic kidney disease progression and associated cardiovascular disease.
19. One to two small saltspoons of baking powder three times a day with meals are recommended for acidosis in chronic kidney disease.
20. Reducing consumption of red meat and pork may significantly slow renal function decline.

Readers please note: Articles may appear in summary/abstract form in the print edition of the Journal, with the full article available online at www.samj.org.za

A maximum of 3 CEUs will be awarded per correctly completed test.

INSTRUCTIONS

1. Read the journal. All the answers will be found there, in print or online.
2. Go to www.mpconsulting.co.za to answer the questions.

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