

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

1. Life-threatening *Listeria* meningitis: Need for revision of South African (SA) acute bacterial meningitis treatment guidelines

Regarding the recent listeriosis outbreak in SA (more than one answer may be correct):

- More than 1 000 laboratory-confirmed cases of listeriosis occurred, with a case fatality ratio of 28%.
- Most infections were in neonates, the elderly and immunocompromised persons.
- More than 60% of the cases were in Gauteng Province.
- Listeria* infection became a notifiable disease in SA in December 2017.

2. Immunisation after hepatitis B polyvalent vaccination among children in South Kivu Province, Democratic Republic of the Congo (true/false)

After perinatal transmission of hepatitis B, one of the major modes of transmission in Africa, up to 90% of infected infants develop chronic infection with the risk of cirrhosis, liver failure, cancer and premature death.

3. Acquisition of tolerance to egg and peanut in African food-allergic children with atopic dermatitis

Regarding peanut allergy (more than one answer may be correct):

- Peanut allergy is persistent in the majority of cases, and only outgrown in ~20% of patients.
- High peanut-specific immunoglobulin E at initial diagnosis may predict tolerance acquisition.
- Because of the persistent nature of peanut allergy, education regarding peanut avoidance and treatment of adverse reactions is necessary in all cases of clinical peanut hypersensitivity.
- The rate of accidental ingestion of peanuts is low in allergic children.

4. Evidence for high sugar content of baby foods in SA

The pursuit of sales growth in the food and beverage markets is already having an impact in terms of increasing levels of consumption and caloric intake in SA. Research shows that (more than one answer may be correct):

- There is a rising tide of sugar consumption across the population, with children consuming ~50 g per day.
- Thirteen percent of SA children are overweight, which is more than twice the global average of 6%.
- The effects of early nutritional imbalance are already shown in SA by the high number of overweight children.
- Childhood obesity does not increase the odds of obesity later in life.

5. Healthcare utilisation patterns for respiratory and gastrointestinal syndromes and meningitis in Msunduzi municipality, Pietermaritzburg, KwaZulu-Natal Province, SA, 2013

In SA, surveillance for respiratory diseases, diarrhoea and meningitis has been used to define the (more than one answer may be correct):

- epidemiology of the syndrome
- aetiology of the syndrome
- seasonality of the syndrome
- severity of the syndrome.

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

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

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