

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

Please note: The change in CPD question format comes from the accreditation bodies, who have informed us that CPD questionnaires must consist of a minimum of 5 questions, 80% of which should be MCQs with a minimum of 4 options and only 20% of which may now be in the form of 'True or false' answers.

MCQs may be of 'single correct answer' or 'multiple correct answer' format. Where the question states that more than one answer is correct, mark more than one of a, b, c or d (anything from two to all answers may be correct). For example, in Question 1, if you think that a, b and c are correct (note that these are not necessarily the correct answers), mark each of these on the answer form. Where the question states that only one answer is correct (there are none of these this month), mark the single answer that you think is correct.

1. Thalassaemia (part 1)

Regarding thalassaemia (more than one answer is correct):

- The thalassaemias are a group of inherited disorders that result in a reduction or absence of globin chain synthesis.
- Most inherited red cell disorders including thalassaemia owe their high prevalence in malaria-endemic regions to selective pressure of malaria.
- Patients with deletions of 1 or 2 α -globin genes are generally severely symptomatic and suffer long-term consequences of disease.
- Thalassaemia is often suspected on the full blood count with blood smear microscopy, clinical examination, or a known family history.

2. Corticosteroids in critical COVID-19: Are all corticosteroids equal?

Regarding the use of corticosteroids in COVID-19 (more than one answer is correct):

- SARS-CoV-2 is the only known coronavirus to cause severe respiratory illness.
- SARS-CoV-2 enters the host predominantly via angiotensin-converting enzyme 2 receptors on pulmonary alveolar type 2 cells, causing in its most severe form widespread alveolar damage with microvascular thrombosis.
- So far, as per the South African (SA) National Department of Health rapid review summaries of 2020, only the correct use of corticosteroid therapy has been shown to have mortality benefit in the management of COVID-19.
- In this study, patients treated with methylprednisolone tended to have a shorter length of ICU stay and fewer cases of nosocomial sepsis.

3. Bacterial infection, antibiotic use and COVID-19: Lessons from the intensive care unit

Regarding bacterial infection and antibiotic use in COVID-19 (more than one answer is correct):

- There is no evidence for the frequent prescription of antibiotics in patients with severe COVID-19 where bacterial co-infection has not been shown.
- Antibiotics are generally regarded as the cornerstone of management of community-acquired pneumonia.
- Bacterial superinfection is a rare cause of disease severity and mortality in influenza.
- A recent meta-analysis has shown low rates of bacterial co-infection and superinfection in hospitalised patients with COVID-19, ranging from 3% to 14%.

4. Antimicrobial prescribing in the surgical and medical wards at a private hospital in KwaZulu-Natal, SA, 2019

Answer true or false:

If antimicrobial therapy has been started in a patient suspected of having an infectious disease, this should be suspended if no evidence of bacterial infection is found.

5. Stimulant use among prehospital emergency care personnel in Gauteng Province, SA

Regarding stimulant use among pre-hospital emergency care personnel (more than one answer is correct):

- Stimulants such as caffeine, nicotine, methylphenidate, cocaine and methamphetamines have been described as 'psychostimulants'.
- It is estimated that ~85% of adults in the USA consume caffeine daily, with coffee being the most commonly consumed caffeinated beverage.
- Excessive use of caffeine is not associated with any type of toxicity.
- Use of prescription stimulant medications such as methylphenidate, pemoline and modafinil that mimic the effects of caffeine, is on the increase among medical practitioners and medical students.

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.

Accreditation number: MDB015/MPDP/038

