

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. Teenage births and pregnancies in South Africa (SA), 2017 - 2021: Analysis of public sector data

Regarding teenage births and pregnancies in SA (more than one answer is correct):

- Between 2017 and 2021, the number of births to young teenagers aged 10 - 14 years increased by 48.7%.
- Births to young teenagers in SA are not high by developed-country standards.
- Rates of increase in teenage pregnancies were higher in rural provinces such as Limpopo, Mpumalanga and Eastern Cape.
- Disruption to school services during COVID-19 may be responsible for increases in births in young teenagers in the past 2 years (2020 and 2021).

2. High prevalence of multimorbidity and non-communicable disease (NCD) risk factors in SA adolescents and youth living with HIV: Implications for integrated prevention

Regarding multimorbidity and NCD risk factors in SA adolescents and youth living with HIV (more than one answer is correct):

- Globally, NCDs are the leading cause of disability and premature mortality, accounting for 71% of deaths worldwide and 80.6% of years lived with disability in 2016.
- In 2017, the burden of NCDs in sub-Saharan Africa (SSA) was lower than the global average.
- Unhealthy diets and physical inactivity, which are significantly associated with cardiometabolic conditions and cancers, are rising globally, especially among the poor residing in urban low- and middle-income settings.
- SA has the highest prevalence of childhood and adolescent overweight and obesity in SSA (19% of boys and 26% of girls aged <20 years).

3. Predictors of mortality in acute hospitalised COVID-19 pneumonia patients: A retrospective cohort study at two tertiary-level hospitals in Zambia

Regarding predictors of mortality in acute hospitalised COVID-19 pneumonia patients (more than one answer is correct):

- Some studies in developed countries have reported an increased COVID-19 mortality rate as high as 70% in persons with associated underlying comorbidities.
- A 24% in-hospital mortality rate has been observed among hospitalised COVID-19 patients, with old age, kidney disease and diabetes being listed as risk factors for increased mortality.
- One study found an almost 40% in-hospital COVID-19 mortality, with kidney disease, lymphopenia and hypoxaemia as independent positive predictors of mortality.
- These associations with comorbidities and COVID-19 mortality have not been found in studies in SSA countries.

4. Patterns of disease on admission to children's wards and changes during a COVID-19 outbreak in KwaZulu-Natal, SA

Answer true or false:

A review of paediatric intensive care unit admissions in KwaZulu-Natal between 1971 and 1995 reported a shift from vaccine-preventable communicable diseases towards other communicable diseases and neonatal conditions.

5. Profile, presentation and outcomes of prosthetic valve endocarditis (PVE) in an SA tertiary hospital: Insights from the Groote Schuur Hospital Infective Endocarditis Registry

Regarding presentation and outcomes of PVE in an SA tertiary hospital (more than one answer is correct):

- Infective endocarditis (IE) is relatively infrequent and is associated with low mortality and morbidity.
- The IE-related in-hospital mortality rate is reportedly as high as 22% and the 5-year mortality is up to 45%.
- The mortality rate has remained stable despite advances in healthcare.
- PVE is the most lethal form of IE, with in-hospital mortality ranging between 20% and 40%.

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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