

CPD questionnaires must be completed online via www.cpdjournals.co.za
After submission you can check the answers and print your certificate.

True (A) or false (B):

A point-prevalence survey of public hospital inpatients with palliative care needs in Cape Town, South Africa (SA)

1. In this survey, reflecting the burden of disease of non-communicable diseases, cancer and HIV/AIDS, medical patients needing palliative care were much younger in age compared with international samples.
2. The World Health Organization estimates that approximately 10 million people are in need of palliative care across Africa.

Maintaining wellbeing for South Africans receiving antiretroviral therapy (ART): The burden of pain and symptoms is greater with longer ART exposure

3. HIV patients experience a high prevalence and burden of psychological and physical symptoms despite relatively good physical function and satisfactory treatment with ART.

The cost of harmful alcohol use in SA

4. Alcohol is the most widespread drug of abuse in SA and the most harmful drug at a population level.
5. Half of all SA driver deaths and non-fatal injuries would be prevented if drivers were not driving under the influence of alcohol.
6. The combined total of tangible and intangible costs of alcohol harm to the economy is estimated at 10 - 12% (of the 2009) gross domestic product.
7. A third of school-age adolescents (29%) misuse alcohol, linked, in turn, to absenteeism and academic failure.

Attitudes to organ donation among some urban South African populations remain unchanged: A cross-sectional study (1993 - 2013)

8. SA has an established track record in transplantation, as well as a network of active transplant programmes.
9. Male respondents showed greater willingness than their female counterparts to have their own organs donated and to donate the organs of a relative.

A 5-year analysis of the helicopter air mercy service in Richards Bay, SA

10. The predominant indications for requesting the helicopter emergency medical services rapid transportation were related to obstetrics and gynaecology, paediatrics and trauma, in decreasing order.

Anticoagulation: Where have we come from and where are we going? The evidence for and against novel anticoagulants

11. A non-inferiority trial comparing warfarin with dabigatran showed that dabigatran (150 mg twice daily) was associated with lower rates of stroke and systemic embolisation.
12. Rivaroxaban, apixaban and edoxaban are highly specific antagonists of activated factor Xa.
13. Atrial fibrillation is a well-known risk factor for stroke and increases stroke risk approximately five-fold.

Screening for peripheral arterial disease (PAD)

14. General population screening is recommended for PAD.
15. In an effective screening programme, early treatment or secondary prevention of PAD is recommended.
16. Population-based surveys demonstrate that 50 - 80% of people with PAD are asymptomatic, or have vague atypical leg pain, despite the aggressive nature of underlying PAD.

Chronic venous disorders

17. Venous ulcers are the most serious complication of chronic vascular disease.
18. The clinical venous examination should include an evaluation in both the supine and upright positions to ensure maximal venous distention.
19. The venous duplex reflux examination is considered the mainstay of non-invasive evaluation of chronic venous insufficiency.
20. Venoactive drugs decrease venous tone, thereby reducing capillary permeability and the tendency to oedema.

CPD questions include articles from CME.

The full versions of each article can be found on the *SAMJ* website (<http://www.samj.org.za>)

A maximum number of 5 CEUs will be awarded per correctly completed test.

INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to www.cpdjournals.co.za to answer the questions.

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