

The CPD programme for SAMJ is administered by Medical Practice Consulting.  
CPD questionnaires must be completed online at [www.mpconsulting.co.za](http://www.mpconsulting.co.za).

**True (A) or false (B):**

**SAMJ**

**Severe porphyric neuropathy – importance of screening for porphyria in Guillain-Barré syndrome**

1. In patients presenting with a progressive quadriparesis, characterised by marked weakness with exaggerated reflexes, porphyric neuropathy should always be considered.

**Targeting composite treatment of type 2 diabetes in middle-income countries – the challenge of hyperglycaemia and hypoglycaemia**

2. The WHO Multinational Study of Vascular Disease in Diabetes showed that 50% of the deaths in type 2 diabetes mellitus are attributed to CVD.
3. Intensive glucose control reduces the overall risk of diabetes-related sequelae (e.g. diabetic retinopathy) but at an increased risk of hypoglycaemia and greater weight gain.

**The relationship between stunting and overweight among children from South Africa (SA): Secondary analysis of the National Food Consumption Survey – Fortification Baseline I**

4. Stunted children are more likely to be obese.
5. Health risks of childhood obesity include cardiovascular disease (CVD), type 2 diabetes, hepatic steatosis, gallstones, and gastro-oesophageal reflux.

**Time to fibrinolytics for acute myocardial infarction (AMI): Reasons for delays at Steve Biko Academic Hospital**

6. The standard of care for AMI is to administer thrombolytic therapy as soon as possible to all patients without contraindications who present within 12 hours of symptom onset and have ST-segment elevation on the ECG or new-onset left bundle-branch block.

**Antenatal screening for hepatitis B virus (HBV) in HIV-infected and uninfected pregnant women in Tshwane**

7. In SA, there is a significantly higher HBV prevalence in HIV-infected compared with HIV-uninfected women.
8. Among pregnant women, the risk of perinatal transmission is 10 - 20% for women who are seropositive for hepatitis B surface antigen (HBsAg) but seronegative for hepatitis e antigen (HBeAg), but this rises to 90% for women who are seropositive for both HBsAg and HBeAg.

**Prevalence of anaemia in pregnancy in a regional health facility in SA**

9. The *Saving Mothers Report* (2010 - 2013) found that 40% of maternal deaths in SA were associated with anaemia, despite the fact that micronutrients (prophylactic iron, folic acid and multivitamins) are provided routinely throughout pregnancy.
10. The anaemia of pregnancy is typically macrocytic, reflecting folic acid deficiency owing to increased demand exerted by the growing fetus.

**CME**

**Heart failure in sub-Saharan Africa: A clinical approach**

11. Non-ischaeamic aetiologies are predominant in the epidemiology of heart failure in sub-Saharan Africa.
12. Left ventricular ejection fraction carries independent prognostic significance and is considered abnormal when <50%.
13. A normal electrocardiogram is a common finding in a patient presenting with heart failure.

**Dyspnoea: Pathophysiology and a clinical approach**

14. Dyspnoea is primarily of respiratory or cardiac origin, with almost 90% of all cases being due to asthma, heart failure, myocardial ischaemia, chronic obstructive pulmonary disease, pneumonia and psychogenic disorders.
15. 'Red flags' associated with dyspnoea include hypotension, rapid respiratory rate, altered mental status, hypoxia and unstable arrhythmia.
16. Chest pain during dyspnoea may be caused by cardiac, coronary or pleural disease.

**An approach to the young hypertensive patient**

17. Hypertensive children and adolescents go on to become hypertensive adults – a phenomenon known as 'blood pressure tracking'.
18. The probability of secondary hypertension is inversely proportional to the age of the patient, i.e. higher in a school-going child, but lower in a young adult.

**An approach to the diagnosis and management of valvular heart disease**

19. Mitral stenosis is almost exclusively caused by chronic rheumatic heart disease.
20. Aortic stenosis is the most common valve lesion in Western countries and is largely a disease of the elderly.

Readers please note: articles may appear in summary/abstract form in the print edition of the journal, with the full article available online via [www.samj.org.za](http://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](http://www.mpconsulting.co.za) to answer the questions.

Accreditation number: MDB015/038/01/2016

