

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**

**'Covering doctors' standing in for unavailable colleagues:**

**What is the legal position?**

1. Covering doctors who begin to issue telephonic instructions to nurses or other healthcare practitioners regarding the treatment of the patients they are covering are in the same position as any other doctors treating patients.
2. Covering doctors cannot rely on telephone instructions for long periods of time when the patient's health may be in danger, without seeing the patient.

**Self-reported alcohol use and binge drinking in South Africa (SA): Evidence from the National Income Dynamics Study, 2014 - 2015**

3. In 2010, the World Health Organization (WHO) African Region, reported that SA had one of the lowest per capita levels of alcohol consumption among people aged >15 years.
4. The harmful drinking practices in SA relate more to the manner and circumstances under which alcohol is consumed than the prevalence of drinking.

**Predictors of treatment success in smoking cessation with varenicline combined with nicotine replacement therapy v. varenicline alone**

5. The World Health Organization (WHO) reported that nearly 6 million tobacco-related deaths occur annually.
6. A tobacco user who smokes at least 20 cigarettes per day is generally considered to be a heavy smoker.

**Keeping our heads above water: A systematic review of fatal drowning in SA**

7. In 2012, drowning mortality in the WHO African region accounted for 20% of drowning globally.
8. Non-fatal drowning incidents are often associated with significant morbidity and a socioeconomic burden from severe pulmonary and neurological sequelae.

**Anaemia, renal dysfunction and in-hospital outcomes in patients with heart failure in Botswana**

9. The prevalence of anaemia in patients with heart failure ranges from 4% to 70%.

10. Renal dysfunction and anaemia are independent predictors of all-cause mortality in patients with heart failure.

**CME**

11. Platelet and vessel wall disorders usually present with mucocutaneous bleeding (petechiae, purpura, ecchymoses, epistaxis, menorrhagia, haematuria and/or gastrointestinal tract blood loss).
12. A basic initial work-up includes a full blood count with peripheral blood smear review, prothrombin time/international normalised ratio and a partial thromboplastin time.
13. If the basic initial work-up is normal, no further investigations are required.
14. Regarding haemophilia, both haemophilia A and B are inherited in an X-linked fashion with male carriers of the mutant gene afflicted with the bleeding diathesis and females being obligate carriers.
15. Regarding haemophilia, the hallmark of haemophilia bleeding is spontaneous intra-articular bleeding.
16. Regarding von Willebrand disease, patients usually present with mucocutaneous bleeding, including epistaxis, easy bruising, menorrhagia and excessive bleeding from minor wounds, tooth extractions and surgery.
17. Regarding inherited platelet disorders, these usually present as prolonged bleeding post haemostatic challenges or in childhood with spontaneous mucocutaneous bleeding from gastrointestinal and genitourinary sites.
18. Regarding inherited platelet disorders, the bleeding time has largely been replaced with automated platelet function assays as a screening test to evaluate platelet function because of the poor reproducibility and wide variability of bleeding time tests.
19. Vessel wall abnormalities are among the inherited bleeding disorders that are associated with normal screening tests.
20. The most common inherited bleeding disorder is hereditary haemorrhagic telangiectasia.

**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](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: MDB015/033/01/2018**

