

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**

**Delay to diagnosis and breast cancer stage in an urban South African (SA) breast clinic**

1. Breast cancer is the most common cancer in women in most low- and middle-income countries, including SA, where it is the most common cancer histologically diagnosed in women, with a lifetime risk of 1 in 26.
2. Mortality rates from breast cancer at 5 years of 47% in SA and 86.4% in Mali have been reported.
3. Breast cancer caused at least 0.9% of all deaths in women in SA in 2015.

**Chronic lung disease and a history of tuberculosis (TB) (post-TB lung disease): Clinical features and in-hospital outcomes in a resource-limited setting with a high HIV burden**

4. In 2015, an estimated 10.4 million people contracted TB and up to 1.8 million people succumbed to the disease.
5. A substantial proportion of patients (40 - 97%) continue to experience respiratory symptoms long after completion of therapy for TB.

**How accurately do routinely reported HIV viral load suppression proportions reflect progress towards the 90-90-90 target in the population on antiretroviral treatment in Khayelitsha, SA?**

6. The Joint United Nations Programme on HIV/AIDS (UNAIDS) third 90-90-90 target requires 90% of patients on antiretroviral treatment to be virally suppressed (<1 000 copies/mL).

**Venous thromboembolism risk and prophylaxis prescription in surgical patients at a tertiary hospital in Eastern Cape Province, SA**

7. Untreated proximal deep-vein thrombosis is associated with a 30 - 50% rate of pulmonary embolism (PE).
8. PE contributes to 10% of all in-hospital deaths.

**Trauma electives in SA provide valuable training for international surgeons**

9. Ongoing social change such as mass migration and urban poverty means that interpersonal trauma is once again on the rise in major European cities.
10. The era of asymmetrical warfare (currently experienced) means that trauma might occur in unexpected areas away from the formal frontlines of conflict, as evidenced by the spread of urban terrorism.

**CME**

**Physiotherapy in rehabilitation and prohabilitation across the lifespan**

11. The estimated prevalence of disability in South Africa was ~7% in 2017.
12. Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure, and is not restricted to participation in sports and structured physical exercises.
13. Rehabilitation has been defined as 'a set of measures that assist individuals, who experience or are likely to experience disability, to achieve and maintain optimum functioning in interaction with their environments'.
14. The prevalence of increased body mass index in people with disabilities, ranging from children through to adulthood, is on the rise.
15. There is no association between musculoskeletal pain and decreased physical activity and being overweight.

**Prevention of treatment-induced ototoxicity: An update for clinicians**

16. The reported incidence of ototoxic side-effects ranges from 18% (for some aminoglycosides) to 100% (for some platinum compounds, e.g. cisplatin).
17. Ototoxicity may present as cochleotoxicity or vestibulotoxicity, but never both.
18. Vestibulotoxicity may present as general disequilibrium, unsteadiness when walking or ataxic gait, oscillopsia and nystagmus.
19. There is currently no phenotypic marker that can be used by clinicians to reliably predict the likelihood of developing ototoxicity after treatment.
20. It is important that baseline audiometric assessment is completed before administration of ototoxic medications.

**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: MDB015/013/01/2019

