

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).

**1. Patient blood management: A solution for South Africa (SA)**

Regarding blood transfusion (more than one answer is correct):

- There is no dose-dependent relationship between transfusion and adverse outcomes.
- The prevalence of anaemia in adult South Africans is 31% in females and 17% in males.
- Systematic reviews and meta-analyses of randomised controlled trials have shown either no benefit or increased risks from liberal transfusion regimens when compared with more restrictive regimens.
- The implementation of patient blood management would ease the pressure on SA's blood supply.

**2. Patterns of renal disease: A 30-year renal biopsy study at Chris Hani Baragwanath Academic Hospital**

The increase in chronic kidney disease in SA between 1990 and 2010 was mainly attributed to hypertension and glomerular disease. (True/false)

**3. Maternal alcohol use and children's emotional and cognitive outcomes in rural SA**

Regarding maternal alcohol use (more than one answer is correct):

- SA has the highest level of fetal alcohol syndrome in the world.
- SA is the third-largest drinking population in Africa.
- There is no evidence that alcohol use in SA is increasing.
- A higher proportion of men than women in SA report drinking.

**4. Screening and diagnosis of gestational diabetes mellitus (GDM) in SA**

Regarding GDM (more than one answer is correct):

- The prevalence of GDM has remained stable over the past 20 years.
- The World Health Organization classifies pre-existing diabetes or newly diagnosed type 1 diabetes or type 2 diabetes as severe hyperglycaemia during pregnancy.
- GDM represents a milder form of hyperglycaemia that occurs in the latter half of pregnancy and usually resolves after delivery.
- Without appropriate glucose management, GDM is associated with perinatal complications and an increased risk of future metabolic disease in mothers and their offspring.

**5. Prevalence of and risk factors for GDM in SA**

Regarding the prevalence of and risk factors for GDM in SA (more than one answer is correct):

- GDM is defined as glucose intolerance with onset or first recognition during pregnancy.
- GDM is one of the leading causes of mortality and morbidity for mothers and infants worldwide.
- SA women are considered among the most overweight globally.
- All of the above are true.

**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**

- Read the journal. All the answers will be found there, in print or online.
- Go to [www.mpconsulting.co.za](http://www.mpconsulting.co.za) to answer the questions.

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