

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).

**Please note:** The change in CPD question format comes from the accreditation bodies, who have informed us that CPD questionnaires must consist of a minimum of 5 questions, 80% of which should be MCQs with a minimum of 4 options and only 20% of which may now be in the form of 'True or false' answers.

MCQs may be of 'single correct answer' or 'multiple correct answer' format. Where the question states that more than one answer is correct, mark more than one of a, b, c or d. For example, in Question 2, if you think that a, c and d are correct (note that these are not necessarily the correct answers), mark each of these on the answer form. Where the question states that only one answer is correct (there are none of these this month), mark the single answer that you think is correct.

**1. Venous thromboembolism in pregnancy**

Various physiological changes that prevent haemorrhage during birth and in the weeks after pregnancy lead to a natural hypercoagulable state in the pregnant patient. (True/false)

**2. When to transfuse: Red blood cell and platelet transfusion thresholds in clinical practice**

Regarding when to transfuse (more than one answer is correct):

- The 'optimal' red cell transfusion threshold is well known.
- A trial published in 1999 showed that a restrictive transfusion strategy was safe and may even be beneficial in specific patient populations.
- A transfusion threshold of 7.0 g/dL is recommended for haemodynamically stable non-bleeding hospitalised patients, including those who are critically ill.
- Prophylactic platelet transfusion strategies at platelet count thresholds of  $<10 \times 10^9/L$  in patients with haematological malignancies who have therapy-related thrombocytopenia have been shown to primarily reduce the risk of World Health Organization grade 2 bleeding.

**3. Pit latrines: A potential risk factor for latrodectism in rural South Africa?**

Regarding latrodectism (more than one answer is correct):

- Latrodectus* refers to a species of neurotoxic spiders causing a clinical toxidrome called latrodectism that occurs following a bite.
- Symptoms include diaphoresis, muscle rigidity, pain and flushing.
- Bites by *Latrodectus* spiders are often fatal.
- Only the female spiders can bite humans, as their fangs are large enough to penetrate the skin.

**4. Elevated unidentified antibodies in sickle cell anaemia patients receiving blood transfusions in Cape Town, South Africa**

Regarding sickle cell disease (more than one answer is correct):

- Sickle cell disease is the most common inherited haemoglobin disorder.
- The 'sickle'-shaped erythrocyte results from episodes of low oxygen tension during which haemoglobin S polymerises, causing elongation of the cell.
- Blood transfusion is not an important form of therapy.
- Patients with sickle cell disease have an increased incidence of alloimmunisation during blood transfusions, despite full compatibility testing between donor and recipient.

**5. The utility of hyperlactataemia in the definition of septic shock: Evaluating the Sepsis-3 definitions in a sub-Saharan African intensive care unit**

Regarding septic shock (more than one answer is correct):

- Infectious disease is responsible for >50% of intensive care unit admissions globally.
- Increased blood lactate concentrations seen in sepsis may result from tissue dysoxia where sufficient oxygen is not available, or is not utilisable, when mitochondrial oxidation is impaired.
- Hyperlactataemia in septic shock does not result from impaired lactate clearance.
- In patients with septic shock, hyperlactataemia may be associated with an increased risk of death independent of vasopressor need, especially if the initial lactate level is  $>4$  mmol/L.

**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.

Accreditation number: MDB015/013/01/2019

