

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 (anything from two to all answers may be correct). For example, in Question 1, 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. Thrombotic disorders (part 1)

Regarding thrombotic disorders (more than one answer is correct):

- Thromboembolic conditions are the leading cause of mortality, estimated to account for 1 in 4 deaths worldwide in 2010.
- Over time, the incidence and mortality rates of these conditions have improved in developed and developing countries.
- Any disturbance to the vessel wall, vascular flow or balance between procoagulant and anticoagulant molecules in the blood (i.e. Virchow's triad) may result in thrombosis.
- Arterial thrombosis is usually preceded by damage to the arterial wall.

### 2. Understanding the basics of cannabidiol from cannabis to apply to therapeutics in epilepsy

Regarding the use of cannabis (more than one answer is correct):

- Use of products from *Cannabis sativa* was criminalised in South Africa (SA) in 1922.
- Estimates suggest that there are ~3.2 million users of marijuana in SA.
- The efficacy of cannabis compounds in pain, cancer, insomnia, inflammatory disease and epilepsy is well established.
- C. sativa* is mostly known for its recreational use, whereas *C. indica*, commonly known as hemp, has been cultivated over the years for its fibres, which are used in the manufacturing of fabrics.

### 3. Direct-acting antiviral therapy for hepatitis C:

#### The initial experience of the University of Cape Town/ Groote Schuur Hospital Liver Clinic

Regarding direct-acting antiviral therapy for hepatitis C (more than one answer is correct):

- An estimated 600 000 South Africans have chronic hepatitis C.

- Key risk populations include people who inject/injected drugs (PWID), men who have sex with men, and prisoners.
- Hepatitis C virus (HCV) seroprevalence among sex workers is high.
- A large countrywide seroprevalence study of key populations found a 45% seroprevalence of HCV in PWID.

### 4. Nosocomial infections: A further assault on patients in a high-volume urban trauma centre in SA

Patients who survive the immediate injury and are admitted to the intensive care unit are vulnerable to hospital-acquired infection, with pneumonia being the most common infection if an injury to the respiratory system or intubation has occurred. (True/false)

### 5. Point-of-care CD4+ technology implementation in Free State Province was associated with improved patient health outcomes

Regarding point-of-care CD4+ technology implementation (more than one answer is correct):

- CD4+ testing is the most predictable indicator of HIV disease progression, and owing to limited resources is widely used to determine whether a patient is eligible for antiretroviral therapy (ART).
- With centralised testing it is estimated that up to 80% of patients are lost to follow-up before ART initiation.
- The World Health Organization has recently released recommendations to 'treat all' HIV-positive patients.
- Point-of-care CD4+ testing may help to prioritise patients in most need of ART, particularly in settings with unpredictable drug supplies.

**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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