

The CPD programme for SAMJ is administered by Medical Practice Consulting.
CPD questionnaires must be completed online at 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, b and c 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. **Adjuvant trastuzumab in early HER2-positive breast cancer: Journeying towards the optimal duration of therapy in South Africa (SA)**
Regarding the optimal duration of therapy with adjuvant trastuzumab in early HER2-positive breast cancer (more than one answer is correct):
 - a. Trastuzumab was added to the SA *Essential Medicines List* in 2017 for the adjuvant management of human epidermal growth factor receptor 2 (HER2)-positive early breast cancer.
 - b. The standard of care has been to prescribe trastuzumab over a 12-month period.
 - c. Courses >1 year do not increase the risk of harm and offer advantages in terms of disease-free or overall survival.
 - d. The PERSEPHONE study presents important new data from a large patient cohort, demonstrating non-inferiority of 6-month v. 12-month duration. It also confirms that therapy of shorter duration is associated with a halving of the cardiovascular risk.
2. **Loss to follow-up among patients diagnosed with spinal tuberculosis (TB) at a tertiary hospital in Western Cape Province: A retrospective cohort study**
Regarding spinal TB (more than one answer is correct):
 - a. Spinal TB accounts for ~2 - 4% of all tuberculosis cases and is the most common form of musculoskeletal TB.
 - b. The condition involves gradual destruction of one or more spinal vertebrae following haematogenous spread of *Mycobacterium tuberculosis* from a primary focus.
 - c. Spinal tuberculosis typically manifests as gradually worsening back pain, always with constitutional symptoms.
 - d. Progression of the disease is associated with significant morbidity, with previous reports suggesting spinal deformity in 16 - 77% of cases and neurological deficits due to compression of the spinal cord in 33 - 73%.
3. **Water-wise hand preparation – the true impact of our practice: A controlled before-and-after study**
Regarding the use of water during surgical hand preparation (more than one answer is correct):
 - a. The current standard procedures for surgical hand preparation at Tygerberg Hospital in Cape Town involve a 3 - 5-minute scrub with water and soap under a running tap before each surgical case.
 - b. Alcohol-based hand-scrub solutions must be used in drought conditions.
 - c. It is estimated that the average flow rate of an open tap is 15 - 18 L/min.
 - d. Washing the hands with soap and water only once, before the first surgery of the day, and then using alcohol scrubs between patients forms part of World Health Organization guidelines on hand hygiene in healthcare in areas where water sources are unreliable.
4. **Development of a method to determine the cost of breast cancer treatment with chemotherapy at Groote Schuur Hospital, Cape Town**
Regarding the cost of breast cancer treatment:
The average cost of treating a patient who adhered to the prescribed chemotherapy protocol for the full duration of treatment was ZAR16 259. (True/false)
5. **ST-segment elevation myocardial infarction (STEMI): Evaluating the time interval from diagnosis to fibrinolysis at centres within the drainage area of Tygerberg Hospital, Cape Town**
Regarding STEMI and fibrinolysis (more than one answer is correct):
 - a. Timely treatment of STEMI can reduce morbidity and mortality.
 - b. Primary percutaneous coronary intervention (PCI) is the preferred strategy for the treatment of acute STEMI.
 - c. The use of fibrinolytic agents allows time for transfer to a PCI centre.
 - d. Maximal effect of fibrinolysis is seen when it is administered within 10 minutes of symptom onset.

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

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 to answer the questions.

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