

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. Implementing malaria control in South Africa (SA), Eswatini and southern Mozambique during the COVID-19 pandemic

Regarding malaria control in South Africa, Eswatini and southern Mozambique (more than one answer is correct):

- Malarial incidence in SA peaks from January to April every year.
- There is no risk of malaria outbreaks in SA.
- Locally acquired malaria in SA primarily occurs in the three endemic provinces of Limpopo, Mpumalanga and KwaZulu-Natal.
- Other provinces, especially Gauteng, report and treat comparatively high numbers of imported cases, mainly from Mozambique.

2. COVID deaths in SA: 99 days since SA's first death

Most COVID-19 deaths in SA occurred in individuals with two or more comorbidities. (True/false)

3. Smoking and drinking habits of women in subsequent pregnancies after specific advice about the dangers of these exposures during pregnancy

Regarding the dangers of smoking and drinking during pregnancy (more than one answer is correct):

- Globally 72.5% of pregnant women are daily smokers, of whom 13.5% smoke heavily.
- Excessive maternal drinking during pregnancy is not associated with increased numbers of stillbirths.
- Environmental exposure to cigarette smoke is associated with increased numbers of stillbirths and congenital abnormalities, and lower birthweights.
- In this study, specific information on the adverse effects of smoking and drinking during pregnancy had little effect on limiting these exposures during subsequent pregnancies.

4. The effect of lockdown regulations on SARS-CoV-2 infectivity in Gauteng Province, SA

Regarding lockdown regulations and SARS-CoV-2 infectivity (more than one answer is correct):

- The first SA case of COVID-19 was reported on 5 March 2020.
- Lockdown level 5 included international and domestic travel restrictions, among others.
- Attack rates for COVID-19 increased from pre-lockdown rates to a higher rate in level 5.
- The age group >60 years represents a group with high rates of comorbidities and that in which SARS-CoV-2 mortality is likely to be highest.

5. Vitamin D levels in patients admitted to the intensive care unit and the association with organ dysfunction and glutamine levels

Regarding vitamin D levels in patients admitted to the intensive care unit (ICU) (more than one answer is correct):

- The prohormone vitamin D is best known for its key role in the metabolism of calcium and phosphate.
- Vitamin D deficiency is highly prevalent in ICU patients, with a prevalence of 50 - 82%, and is associated with increased inflammatory markers, multi-organ dysfunction, immune dysregulation and poorer outcomes.
- Randomised controlled trials that have investigated vitamin D supplementation in deficient critically ill patients have shown great benefit.
- Recent data have illustrated that vitamin D deficiency (25(OH)D <15 ng/mL) during early critical illness is crucial in the regulation of glutathione and glutamate pathways.

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

- Read the journal. All the answers will be found there, in print or online.
- Go to www.mpconsulting.co.za to answer the questions.

Accreditation number: MDB015/010/01/2020

