

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 2, 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. Role of vaccines in preventing influenza in healthy children

Answer true or false:

Influenza vaccines are strongly recommended in children <5 years of age.

2. The impact of obesity on the cellular and molecular pathophysiology of COVID-19

Regarding the impact of obesity on the cellular and molecular pathophysiology of COVID-19 (more than one answer is correct):

- Obesity has almost tripled in prevalence since the 1970s.
- Obese males with COVID-19 do not exhibit more severe disease.
- Obesity is associated with chronic, low-grade inflammation, characterised by an increase in adipokines and proinflammatory cytokines, which is believed to be responsible for the complications and severity of COVID-19 in obese patients.
- Impaired activation and functioning of CD4+ and CD8+ T cells have been observed in overweight and obese individuals who were infected with the H1N1 virus, which may have contributed to disease severity and mortality.

3. Shortfall in stroke care: A study of ischaemic stroke care practices in a South African (SA) metropole

Regarding the shortfall in stroke care (more than one answer is correct):

- In 2017, cerebrovascular diseases were ranked third in the top 10 leading causes of death (reported as immediately causing or contributing to death) in SA and are a leading cause of disability in adults.
- The management of acute stroke patients in a stroke unit by an organised multidisciplinary team has been found to impact positively on outcomes.
- There have been significant recent advances in the management of stroke; in particular, reperfusion therapies (intravenous thrombolysis and intra-arterial mechanical thrombectomy) have been shown to confer significant benefit with the possibility of reversing

ischaemic stroke or reducing disability when administered to suitable patients.

- These therapies carry little risk.

4. Economic growth as an underlying probable systemic driver for childhood obesity in SA: A Joinpoint regression and ecological analysis over 10 years

Regarding economic growth as a probable systemic driver for childhood obesity in SA (more than one answer is correct):

- The number of obese children and adolescents worldwide has risen 10-fold in the past 4 decades.
- Data do not suggest an increase in obesity among children and adolescents in low- to middle-income countries (LMICs), particularly in sub-Saharan Africa.
- Increased adoption of more westernised diets and increased sedentary behaviour, due to modernisation, improved transport systems and easy accessibility to unhealthy fast foods, are some of the factors that increase obesity and its associated health problems in LMICs, including SA.
- Associations between adult obesity and economic growth, technological changes, socioeconomic status, and economic inequities and insecurity have been reported.

5. High virological failure rates in HIV-1 perinatally infected children in SA: A retrospective cohort study

Regarding high virological failure rates in HIV-1 perinatally infected children in SA (more than one answer is correct):

- More than 4.4 million people in SA receive antiretroviral treatment.
- Viral load rebound does not occur in patients who have an initial good response to ART.
- Non-adherence to ART in children is often the strongest predictor of failure to achieve viral suppression.
- A systematic review of resistance data in children from developing world settings found that 90% of those failing first-line regimens had at least one detectable resistance mutation.

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/MPDP/038

