

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 b, 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. Primary healthcare workers (HCWs) at risk during COVID-19: An analysis of infections in HIV service providers in five districts in South Africa (SA)

Regarding COVID-19 infections in HIV service providers (more than one answer is correct):

- COVID-19 is a compensable disease under the Compensation for Occupational Injuries and Diseases Act No. 130 of 1993, with healthcare delivery and support staff classified as high-risk exposure occupations.
- HCWs are only at higher risk for COVID-19 than the general community if they are directly caring for suspected COVID-19 cases.
- A survey of SA HCWs carried out by the Human Sciences Research Council found that close to 80% felt at risk because of their profession.
- In spite of a high perception of risk of COVID-19, many barriers exist to implementing infection prevention and control guidelines.

2. Analgesic practices and predictors of use in SA-based runners

Regarding analgesic practices in SA runners (more than one answer is correct):

- The rising use of analgesics in sporting populations is not supported by adequate knowledge of their effects and adverse effects.
- Non-steroidal anti-inflammatory drugs are one of the most common classes of analgesics used globally in the general population.
- Evidence supports the use of analgesics to improve athletic performance and prophylactic management of injuries.
- There are significant risks of gastrointestinal, renal and cardiac adverse effects associated with analgesic use.

3. Venous bicarbonate and creatine kinase as diagnostic and prognostic tools in the setting of acute traumatic rhabdomyolysis

Answer true or false:

The pathophysiology of massive soft-tissue disruption has been well described and involves myoglobin deposition in the proximal renal tubules, and therapy involves judicious rehydration to ensure adequate diuresis.

4. District hospital surgical capacity in Western Cape Province, SA: A cross-sectional survey

Regarding district hospital surgical capacity in Western Cape Province (more than one answer is correct):

- An estimated five billion people lack access to safe surgical care globally, many of whom live in low- and middle-income countries.
- Surgical care, including anaesthesia and obstetrics, could ameliorate or cure up to one-third of the global burden of disease.
- Most surgeons in SA work in the private health sector.
- There is no shortage of surgeons in SA.

5. Preventable deaths among youth in SA: Measuring life expectancy in the absence of non-communicable diseases (NCDs) and its implications for the healthcare system

Regarding preventable deaths among youth in SA (more than one answer is correct):

- In sub-Saharan Africa, mortality rates from NCDs are projected to increase from ~40% in the early 2000s to almost 79% of all deaths by 2030.
- In SA, NCDs account for 39% of all deaths; specifically, heart disease contributes ~100 deaths per 100 000 males and 60 deaths per 100 000 females.
- Pre-hypertension is not seen among learners in any part of SA.
- As many 22.9% of 7 - 18-year-olds across 14 schools in the country were found to be overweight or obese.

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

