

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. Childhood asthma: A best-practice strategy for diagnosis and assessment of control in South Africa

Regarding best-practice strategy for diagnosis and assessment of control in South Africa (SA) (more than one answer is correct):

- Asthma should be diagnosed in children who present with episodes of variable expiratory airflow limitation.
- An isolated cough is often due to asthma.
- Chronic airway inflammation with variable expiratory airflow limitation defines asthma.
- A child should show clinical improvement after a correctly administered inhaled bronchodilator, or during a 2 - 3-month pragmatic trial of correctly administered inhaled controller treatment, with worsening of symptoms after treatment cessation, before asthma can be diagnosed.

2. Management of asthma exacerbations in children

Regarding the management of asthma exacerbations in children (more than one answer is correct):

- Exacerbations may sometimes herald the onset of asthma.
- Severe asthma exacerbations do not occur in patients with mild asthma or well-controlled asthma.
- Worsening asthma symptoms are not a reliable indication of the severity of the exacerbation.
- The preferred option for step 1 treatment for mild asthma exacerbations in adults and adolescents is an inhaled corticosteroid combined with formoterol, a rapid-onset long-acting beta-2-agonist (budesonide-formoterol), used as needed.

3. Hospital-based evaluation of tuberculosis-exposed neonates: An approach to complement the SA national guidance

Regarding hospital-based evaluation of tuberculosis (TB)-exposed neonates (more than one answer is correct):

- TB is the leading non-obstetric cause of maternal death in SA, and is often difficult to diagnose during pregnancy.

- Congenital transmission of TB is common.

- TB in pregnancy is associated with unfavourable outcomes for both mothers and their infants, with double the risk of preterm delivery (<37 weeks' gestational age) and/or low birthweight (<2 500 g) compared with healthy mothers.

- Without preventive therapy, up to 50% of TB-exposed infants (<12 months of age) will develop TB disease, with disseminated or progressive pulmonary disease in 30% of these cases.

4. Tracking mortality in near to real time provides essential information about the impact of the COVID-19 pandemic in SA in 2020

Answer true or false:

Tracking the weekly numbers of deaths in near to real time has provided important information about the spatiotemporal impact of the pandemic and highlights that the ~28 000 reported COVID-19 deaths during 2020 substantially understate the death toll from COVID-19.

5. The HIV cascade of care among serodiscordant couples in four high HIV prevalence settings in sub-Saharan Africa

Regarding serodiscordant couples in four high HIV prevalence settings in sub-Saharan Africa (more than one answer is correct):

- HIV-negative individuals in a serodiscordant relationship are at high risk of HIV transmission.
- This risk of infection is increased if the partner living with HIV is not aware of their HIV status.
- Serodiscordant couples are not thought to be a major source of HIV transmission in the sub-Saharan Africa region.
- There has recently been increasing evidence that the risk of HIV transmission to HIV-negative partners decreases when the positive partner is on ART.

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.

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