

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. Nephrolithiasis (part 1): Epidemiology, causes and pathogenesis of recurrent nephrolithiasis

Answer true or false:

Calcium oxalate calculi are common in the South African (SA) black population and in African Americans.

2. Secondary polycythaemia with elevated carbon monoxide levels due to hookah pipe (HP) smoking: A public health concern

Regarding secondary polycythaemia (more than one answer is correct):

- HP smoking is still largely limited to older males in the Middle East.
- Surveys suggest that many people perceive HP smoking to be less harmful and less addictive than cigarette smoking, but this is not supported by the literature.
- Misperceptions include that inhaled smoke has been 'detoxified' by the 'filtering' effects of the water, and that smoke from an HP contains less nicotine.
- Cumulative nicotine exposure during HP smoking is substantially higher than that of cigarette smoking because of its prolonged nature.

3. The implications of the use of cannabidiol-related products in a safety-sensitive drug testing environment: A medical-legal perspective

Regarding the use of cannabidiol-related products in a drug testing environment (more than one answer is correct):

- Marijuana and hemp are colloquial names for cannabis strains of the same plant genus.
- The medical benefit of hemp can be obtained without the psychoactive effect of marijuana, the latter characterised by high concentrations of Δ^9 -THC.

c. *Cannabis sativa* access laws were passed first by legalising the private use of cannabis.

d. There is no threshold concentration approach for hemp cannabidiol oils and Δ^9 -THC.

4. Delirium in HIV-infected patients admitted to acute medical wards post universal access to antiretrovirals in SA

Regarding delirium in HIV-infected patients (more than one answer is correct):

- The prevalence of delirium in acute medical inpatients is high, with estimates ranging from 10% to 31%.
- Long-term cognitive decline is not a recognised complication of delirium.
- Dementia and advancing age are risk factors for delirium.
- Protective factors include a higher level of education.

5. The spectrum of hearing abnormalities in patients living with diabetes mellitus (PLWD)

Regarding hearing abnormalities in PLWD (more than one answer is correct):

- The cochlea and auditory nerves are at increased risk from diabetes mellitus-related complications in the form of microangiopathy, neuropathy or mitochondrial damage.
- Hearing impairment (HI) has been observed for decades in PLWD, and the relationship is no longer debated.
- Globally, studies have shown that the prevalence of HI in PLWD ranges from 13% to 95%.
- HI in PLWD is usually bilateral.

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.

Accreditation number: MDB015/MPDP/038

