

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. Diagnosis, management and prevention of recurrent nephrolithiasis

Regarding the diagnosis, management and prevention of recurrent nephrolithiasis (more than one answer is correct):

- Work-up of patients with calcium oxalate stones should be restricted to those who have multiple episodes (50%).
- Patients should drink Ceylon tea rather than coffee.
- The four golden rules of correcting dietary aberrations are restricting salt intake, avoiding red meat, avoiding a diet high in oxalate, and maintaining an adequate 24-hour urine volume.
- In patients with ongoing hypercalciuria, thiazides are contraindicated in the management of recurrent calcium oxalate stones and indapamide is the drug of choice.

2. Hydatid brain cyst: A delayed diagnosis in a rural setting during COVID-19

Regarding hydatid brain cysts (more than one answer is correct):

- Hydatid disease is a neglected zoonosis caused by tapeworms in the genus *Echinococcus*.
- Cystic echinococcosis, caused by *E. granulosus*, is most frequently associated with human disease.
- This is endemic in South Africa (SA), meaning that the diagnosis is seldom missed.
- Dogs are usually the definitive host, with the tapeworm residing in the small intestine and shedding infective ova in the faeces.

3. Towards the quantification of perioperative cardiovascular risk in the African context: A sub-analysis of the South African Surgical Outcomes Study and the African Surgical Outcomes Study

Answer true or false:

The prevalence of non-communicable diseases in Africa is increasing.

4. Sentinel seroprevalence of SARS-CoV-2 in Gauteng Province, SA, August - October 2020

Regarding sentinel seroprevalence of SARS-CoV-2 in Gauteng Province (more than one answer is correct):

- The first case of COVID-19 was reported in SA on 5 March 2020.
- Polymerase chain reaction (PCR) testing for SARS-CoV-2 of both symptomatic persons and their contacts will estimate the true burden of disease.
- PCR testing cannot detect disease in recovered individuals.
- SA's heavy burden of communicable diseases may all predispose to severe COVID-19 disease.

5. Blood product utilisation for coronary artery bypass graft (CABG) surgery at a public and a private hospital in Western Cape Province, SA

Regarding blood product utilisation for CABG surgery (more than one answer is correct):

- Use of red cell concentrates in particular is often inappropriately high despite the potential risks and financial costs.
- Numerous studies have shown that patient outcome is in no way affected by whether a restrictive or liberal transfusion strategy is used.
- Substantial blood loss is common during CABG surgery, causing anaemia and placing stress on the heart because of an increase in cardiac output.
- The most rapid approach to combat anaemia remains blood transfusion.

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

