

CPD questionnaires must be completed online via [www.cpdjournals.co.za](http://www.cpdjournals.co.za)  
After submission you can check the answers and print your certificate.

**True (A) or false (B):**

1. The right to healthcare access is guaranteed by the South African constitution.
2. Research shows that men who have a tertiary education would utilise National Health Insurance (NHI) services to a greater extent than their female counterparts, by a margin of approximately 25%.
3. Dehydration following endurance exercise (e.g. the Comrades Marathon) is best avoided by encouraging participants to drink water steadily throughout the race.
4. Drinking during endurance marathons poses a risk of life-threatening dilutional hyponatraemia and cerebral oedema, especially in female athletes.
5. *Cryptococcus neoformans* is the most common cause of confirmed meningitis in South Africa.
6. In routine care settings, cryptococcal meningitis has a case fatality ratio of >50%.
7. Fluconazole, used for outpatient treatment of cryptococcal meningitis, is potentially hepatotoxic.
8. Patients positive for cryptococcal disease and who are symptomatic (manifesting fever, headache and confusion) require 2 weeks of in-hospital treatment with amphotericin B.
9. Skin cancer and lymphoma are the most common malignancies in adults who have undergone solid organ transplantation.
10. Post-transplant lymphoma rarely involves the brain.
11. Early initiation of antiretroviral therapy (ART) increases mortality in HIV-associated tuberculosis (TB), owing to overlapping drug toxicities.
12. South African national guidelines recommend ART initiation as soon as TB therapy is tolerated (usually between 2 and 4 weeks) in all patients with HIV-associated TB and a CD4 count of <350 cells/ $\mu$ l.
13. TB immune reconstitution inflammatory syndrome (IRIS) occurs more commonly following early initiation of ART.
14. To avoid hepatotoxicity in patients with HIV-associated TB starting ART, an efavirenz-based regimen is preferable to a nevirapine-based regimen.
15. Commencement of ART is especially critical for patients most at risk of death from AIDS (i.e. those with a CD4 count of <50 cells/ $\mu$ l).
15. The prevalence of postnatal depression is higher than that of antenatal depression.
16. High rates of antenatal depression are reported from countries where women experience socio-economic stress.
17. Nutritional deprivation and poor weight gain during pregnancy are associated with an increased risk of intra-uterine growth retardation.
18. There has been a dramatic increase in use of methylphenidate (Ritalin, Ritaphen) by students seeking improvement in their academic performance.
19. According to the World Health Organization, up to 80% of African populations use traditional medicines.

We are pleased to announce that the number of CEUs per test has been increased to 5.

### INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to [www.cpdjournals.co.za](http://www.cpdjournals.co.za) to answer the questions.

Accreditation number: MDB001/016/01/2011 (Clinical)