

Effective in 2014, the CPD programme for the *SAMJ* will be administered by Medical Practice Consulting: CPD questionnaires must be completed online at [www.mpconsulting.co.za](http://www.mpconsulting.co.za)

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

**Annually, 1% of gold miners die – 4% sent home sick**

1. Underground gold miners are highly prone to developing silicosis, with attendant TB (latent or active), because of their long-term exposure to silica dust.

**Cardiovascular prevention: Lifestyle and statins – competitors or companions?**

2. Beneficial lifestyle factors are non-smoking, exercise for  $\geq 30$  min daily, and maintaining an ideal body weight, an ideal diet and a modest alcohol intake.
3. The Mediterranean diet – high intake of vegetables, legumes, fruits and nuts, cereal, fish, and monounsaturated fats, with small amounts of meat, poultry, and high-fat dairy products – reduces coronary heart disease (CHD) deaths by 33%.
4. Statins have been proven to be effective in primary prevention of CHD.

**Cardiometabolic markers to identify cardiovascular disease (CVD) risk in HIV-infected black South Africans**

5. Besides the traditional risk factors for CVD, in people living with HIV there are specific factors (chronic inflammation, metabolic changes associated with HIV infection, therapy and lipodystrophy) that potentially increase their risk.

**Systematic review of the evidence for rational dosing of colistin**

6. Carbapenem resistance is emerging in *Klebsiella pneumoniae* and *Enterobacter* spp.

**New imaging approaches for improving diagnosis of childhood tuberculosis (TB)**

7. Mediastinal and hilar lymphadenopathy are the hallmarks of primary pulmonary TB in children.
8. Because of the insignificant radiation burden, computed tomography is becoming a standard imaging option for diagnosis of TB in children.

**The impact of chronic pseudomonal infection on pulmonary function testing in individuals with cystic fibrosis in Pretoria, South Africa**

9. Cystic fibrosis is an X-linked dominant inherited genetic disease.
10. As a result of abnormal airway secretions, mucus becomes a nidus for regular infections by micro-organisms, predominantly *Staphylococcus aureus* and *Streptococcus pneumoniae*.

**Spina bifida (SB): A multidisciplinary perspective on a many-faceted condition**

11. The goal of early surgery in SB is to close the dura mater and skin over the spinal cord to prevent infection and to reverse the congenital neurological defect.
12. Most infants with open SB have a Chiari II malformation.
13. Bladder dysfunction is always present in open SB.

**Perinatal management of SB**

14. Referral for surgical closure of myelomeningocele (MMC) should take place no later than 48 hours after birth.
15. The most effective antimicrobial treatment of MMC is early surgical closure.

**The paediatric neuropathic bladder**

16. Urodynamic assessment is essential for the diagnosis and prognosis of paediatric neurogenic bladder.
17. The standard conservative management of paediatric neurogenic bladder consists of oral anticholinergics and clean intermittent catheterisation.

**An approach to the developmental and cognitive profile of the child with SB**

18. Closed forms of SB are seldom associated with brain anomalies.
19. The strongest association with cognitive dysfunction is the presence of hydrocephalus and its complications.
20. Children with SB generally display better scores in verbal intelligence quotient (IQ) than performance IQ.

CPD questions include articles from CME.

The full versions of each article can be found on the *SAMJ* website (<http://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.
2. Go to [www.mpconsulting.co.za](http://www.mpconsulting.co.za) to answer the questions.

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