

Effective in 2014, the CPD programme for SAMJ will be administered by Medical Practice Consulting:
CPD questionnaires must be completed online at www.mpconsulting.co.za

True (A) or false (B):

National expenditure on health research in South Africa (SA)

1. High-quality research is essential for identifying the health needs and improving health outcomes of a population.
2. Remarkable medical advances have occurred in SA, such as the invention of computed tomography.
3. The SA government's current allocations to health research equate to approximately 2% of the national health budget.

Self-reported use of evidence-based medicine and smoking cessation 6 - 9 months after acute coronary syndrome (ACS)

4. Recent projections suggest that by 2030 ischaemic heart disease will become a leading cause of death in Africa, surpassing HIV/AIDS.
5. Good evidence exists to support the use of secondary prevention medications (aspirin, statins, beta-blockers and angiotensin-converting enzyme inhibitors or angiotensin receptor blockers) and smoking cessation in patients after ACSs.
6. Patients who continue to smoke after an ACS have a significantly increased risk of a future acute myocardial infarction compared with those who quit.
7. Evidence suggests that two-thirds of smokers will successfully give up smoking in the 9 months following an acute coronary episode.

Predicting outcome in severe traumatic brain injury (TBI) using a simple prognostic model

8. Following TBI, an ipsilateral fixed and dilated pupil suggests lateral transtentorial herniation, while bilaterally fixed and dilated pupils are consistent with central transtentorial herniation in a fully resuscitated patient.
9. Bilateral pupil reactivity, a Glasgow Coma Score (GCS) of 6 - 8 and oxygen saturation $\geq 90\%$ were shown to predict a positive outcome following severe TBI, and the higher the GCS score, the better the outcome.

Adherence to the 2010 antiretroviral guidelines in the antiretroviral roll-out clinic at 1 Military Hospital, South Africa

10. Advances in management and treatment of HIV/AIDS have transformed HIV into a chronic condition rather than a debilitating terminal illness.

When is the right time? Complex issues around withdrawing life-sustaining treatment in children

11. According to South African legislation, a parent or caregiver may refuse a treatment that medical professionals deem to be in a child's best interests.
12. Unless a child has suffered brainstem death or is in a persistent vegetative state, withholding life-sustaining treatments is not permissible legally or ethically.

Talking to children: What to do and what not to do

13. Children are frequently aware of the severity of their illness and will be able to talk about what is going to happen to them.
14. Children like to be told by an adult what is going to happen to them, because adults know best and children trust them.

Basic counselling skills

15. The WPC method of breaking bad news requires us to warn, pause, check back.
16. Key factors to take into account when breaking bad news are time, acknowledging emotion, confidentiality and setting the scene.

Managing pain in children at the end of life: What the GP should know

17. The gold standard of pain assessment is patient self-report.
18. Short-acting morphine should be given 4-hourly and not as required.

Physician self-care

19. One of the symptoms of burnout is overwhelming physical and emotional exhaustion.
20. Pathological altruism is a condition in which the practitioner is unable to clearly define boundaries between him/herself and the patient.

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 to answer the questions.

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