

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](http://www.mpconsulting.co.za)

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

**Ebola virus disease (EVD) in West Africa**

1. EVD spreads from person to person through close contact with infected tissues and body fluids of affected persons (particularly in the unprotected home care setting, during preparation of bodies for burial and in hospitals with poor infection control practices).
2. EVD is caused by the Ebola virus, a filovirus that is thought to be harboured by specific arboreal bat species in the affected regions.

**National sentinel site surveillance for antimicrobial resistance in *Klebsiella pneumoniae* isolates, South Africa (SA) 2010 - 2012**

3. The increasing rates of antimicrobial resistance observed in the nosocomial pathogen *K. pneumoniae* are of major public health concern worldwide.
4. SA appears to have a relatively high percentage of extended-spectrum beta-lactamase-producing *K. pneumoniae* isolates in comparison with other geographical regions.

**Challenges facing HIV infant diagnosis in SA's expanding ART programme**

5. Current SA guidelines, in line with international standards, advocate routine HIV-1 polymerase chain reaction testing at 6 weeks of age for asymptomatic HIV-exposed infants and 'fast-track' entry into the HIV treatment programme for those who test positive.
6. SA has implemented the World Health Organization 2010 guidelines on HIV and infant feeding, which recommend that HIV-infected mothers should breastfeed their infants and receive antiretroviral drugs simultaneously.

**South African Menopause Society (SAMS) revised consensus position statement on menopausal hormone therapy (HT), 2014**

7. Commencing HT during the 'therapeutic window of opportunity' (between 50 and 60 years of age or within 10 years of onset of menopause) maximises the benefit-to-risk profile of therapy in symptomatic menopausal women.
8. There is good evidence that oestrogen therapy, and oestrogen and progestogen therapy in combination, induce weight gain and exacerbate the increase in waist-to-hip ratio that occurs at the time of menopause.
9. HT remains the only treatment that consistently has a greater effect than placebo on alleviation of menopause-related vasomotor symptoms.

10. Local therapy is preferred to systemic therapy for urological symptoms (detrusor instability, including urgency, urge incontinence, frequency and nocturia).

**Human health impacts in a changing SA climate**

11. In SA, empirical evidence from regionally measured temperatures in recent decades shows that the rate of increase of annual maximum and minimum temperatures has been increasing.
12. Physiologically, when the temperature of the human body rises above 38°C, heat exhaustion can occur, while heatstroke is possible above 40.6°C.

**The HIV/AIDS epidemic in SA: Convergence with tuberculosis, socioecological vulnerability, and climate change patterns**

13. SA now has one of the highest global rates of active tuberculosis infection with an incidence of 530 000 in 2013, of which 62.2% are HIV-positive cases.
14. Increased air pollution as a result of warming in SA will contribute to an increase in respiratory diseases such as tuberculosis and pneumonia.

**National policy response to climate change in SA**

15. Heat stress is one of the nine health and environmental risks identified by the national Department of Health's adaptation plan.
16. Addressing inequalities and poverty in SA is critical in order to ensure that health impacts from a changing climate are mitigated across all communities and populations.

**Socially, politically and economically mediated health effects of climate change: Possible consequences for Africa**

17. Reports by the Intergovernmental Panel on Climate Change have consistently warned that climate change will impose disproportionate harm on the African environment, with drought intensification a particular problem.
18. Climate change is likely to improve progress towards solving world hunger.

**Climate change and occupational health: An SA perspective**

19. Workplace heat exposure is a well-known occupational health hazard.
20. Heat acclimatisation can help to mitigate the effects of working in very high temperatures.

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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