

The CPD programme for SAMJ is 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):**

**SAMJ**

**Safety versus accessibility in maternal and perinatal care**

1. Assuming the appropriate equipment is available and the facility is open 24 hours a day 7 days a week, there need to be a minimum of ten professional nurses with midwifery/advanced midwifery in every maternity unit to *ensure safety* for mother and baby.
2. Improving interfacility transport by providing dedicated maternity care ambulances, and consolidating the caesarean section (CS) services, have the potential to halve maternal mortality.

**Basic and comprehensive emergency obstetric and neonatal care (EmONC) in 12 South African (SA) health districts**

3. The three essential components of EmONC are:
  - Healthcare providers with sufficient knowledge and skills to recognise, stabilise and treat or refer their patients
  - Availability of essential lifesaving services, such as being able to perform CS
  - An efficient interfacility transfer system.

**Food insecurity in households in informal settlements in urban SA**

4. Lack of full-time employment of the head of the household is significantly associated with an increased risk of food insecurity.
5. In the context of the epidemic of non-communicable diseases, there is an increased trend in consumption of fast foods, which climbed by 18% between 2006 and 2009, and has remained at this higher level.

**Maternal death and CS in SA – results from the 2011 - 2013 Saving Mothers Report of the National Committee for Confidential Enquiries into Maternal Deaths (NCCEMD)**

6. The most serious issue remains bleeding during or after CS – deaths of one-third of all mothers during or after a CS are attributed to hypovolaemic shock.
7. The risk of a pregnant woman dying from CS during the triennium 2011 - 2013 was three times that for vaginal delivery.
8. Pre-eclampsia and eclampsia, as the indication for CS, carried a six times increased risk of dying.
9. According to the NCCEMD, deaths ascribed to haemorrhage resulted from inadequate utilisation of uterotonic agents.

**Intrapartum asphyxia and hypoxic ischaemic encephalopathy**

10. Of infants suffering intrapartum asphyxia, 50% will die in the neonatal period and 50% of survivors will develop permanent neurodevelopmental abnormalities including cerebral palsy.

**CME**

**Paediatric chronic kidney disease (CKD)**

11. There is no need to confirm a positive urine dipstick test for proteinuria with a quantitative proteinuria measurement.

**Important causes of CKD in SA**

12. Regarding hypertension, when CKD is present, especially where there is proteinuria of  $\geq 0.5$  g/day, the goal is a blood pressure of  $\leq 130/80$  mmHg.
13. Metformin is contraindicated in diabetic patients with stages 4 - 5 CKD.
14. Regarding CKD in HIV infection, measurement of kidney function is essential to prescribe appropriate doses of antiretroviral drugs.

**Important complications of CKD**

15. Regarding the dyslipidaemia associated with CKD, statin therapy is not effective in stages 4 - 5.
16. Chronic acidosis has recently been shown to be a risk factor in the progression of CKD renal dysfunction.
17. A raised serum phosphate level occurs with stage 4 CKD, and especially with stage 5.

**Drugs and the kidney**

18. Nephrotoxicity is markedly enhanced when the glomerular filtration rate (GFR) is reduced, as in elderly subjects when so-called 'normal' creatinine levels may be found.
19. From the age of 45 - 55 years, the GFR is reduced by about 1 mL/min/year so that an otherwise healthy person of 80 may have an estimated GFR of  $<60$  mL/min or  $<50$  mL/min, i.e. stage 2, 3 or 3b CKD.
20. An increased bruising or bleeding tendency with aspirin may be a marker of kidney dysfunction.

Readers please note: articles may appear in summary/abstract form in the print edition of the journal, with the full article available online via <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, in print or online.
2. Go to [www.mpconsulting.co.za](http://www.mpconsulting.co.za) to answer the questions.

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