

CPD questionnaires must be completed online at <https://members.samedical.org>

- 1. South Africa's health system faces a "quadruple burden of disease." Which of the following best describes this burden?**
  - A. Chronic respiratory diseases, cancers, cardiovascular diseases, and diabetes
  - B. HIV/TB, malaria, maternal deaths, and obesity
  - C. Mental health disorders, HIV, road traffic accidents, and tuberculosis
  - D. Non-communicable diseases, communicable diseases, maternal and child health challenges, and injuries
- 2. Which of the following was highlighted as one of the most under-addressed public health challenges in South Africa during the SAPHPMA symposium?**
  - A. Childhood immunization coverage
  - B. Homelessness
  - C. Malaria control
  - D. Road traffic accidents
- 3. Which of the following is considered the only definitive treatment for pre-eclampsia?**
  - A. Calcium supplementation
  - B. Delivery of the fetus and placenta
  - C. Low-dose aspirin
  - D. Magnesium sulphate infusion
- 4. According to current recommendations, low-dose aspirin for women at high risk of pre-eclampsia should be initiated at which gestational age?**
  - A. Before 8 weeks
  - B. Between 12–16 weeks
  - C. After 24 weeks
  - D. At 36 weeks
- 5. According to the study on "Spatiotemporal analysis of visceral leishmaniasis in the state of Bahia, Brazil," which socioeconomic or environmental factor showed a significant positive correlation with the number of visceral leishmaniasis (VL) cases in Bahia between 2007 and 2017?**
  - A. Gini Index (GINI)
  - B. Human Development Index (HDI)
  - C. Prolonged drought (SECO)
  - D. Urbanization rate (UR)
- 6. Which age group was most frequently affected by visceral leishmaniasis cases in Bahia during the study period?**
  - A. Children under 10 years old
  - B. Individuals between 10 and 19 years old
  - C. Individuals between 20 and 39 years old
  - D. Individuals over 50 years old
- 7. Which of the following was identified as the primary driver of the high financial cost per fully vaccinated girl (FVG) in the Tshwane school-based HPV vaccination program?**
  - A. Cold chain and microplanning
  - B. Service delivery costs, particularly related to the use of professional nurses
  - C. Social mobilization and sensitization
  - D. Vaccine and injection supply costs
- 8. The cost per fully vaccinated girl (FVG) in the Tshwane Health District was significantly higher than in comparable low- and middle-income countries (LMICs). What was the estimated cost per FVG in Tshwane?**
  - A. US\$15.70
  - B. US\$25.16
  - C. US\$67.78
  - D. US\$92.94
- 9. Which of the following was found to be a significant predictor of favourable treatment outcomes among HIV/AIDS patients in southwestern Nigeria?**
  - A. Age and gender
  - B. Level of education and employment status
  - C. Marital status and adherence
  - D. Religion and ethnicity
- 10. Based on a study of postpartum women at a Midwife Obstetric Unit (MOU) in eThekweni, South Africa, what was the most prevalent postpartum morbidity among the women who participated?**
  - A. Acute mastitis
  - B. Puerperal sepsis
  - C. Secondary postpartum haemorrhage (PPH)
  - D. Urinary tract infection (UTI)

**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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**11. Based on the study on the incidence of breast cancer in Mbekweni, what socio-cultural factors are thought to affect early diagnosis in Black South African females?**

- A. Lack of health facilities and high costs of treatment
- B. Suspicion of modern medicine, role of traditional healers, and community myths
- C. Lack of education and unawareness of symptoms
- D. Later age of menarche and high lactation rates

**12. Based on the study protocol “Factors Influencing Stroke Outcomes and the Experiences of Healthcare Workers Managing Stroke Patients,” which of the following is a modifiable stroke risk factor that can be addressed through public health interventions?**

- A. Age
- B. Acute glucose
- C. Level of consciousness
- D. Physical inactivity

**True/False Questions**

- 13. The SAPHPMA symposium in 2025 emphasized that the future of public health medicine in South Africa depends on data-driven decision-making, multisectoral collaboration, and continuous research.
- 14. Nurses and midwives should recognize that hypertensive disorders of pregnancy may first manifest during labour or the immediate postpartum period.
- 15. Based on the study’s findings, public health professionals should consider that prolonged droughts and socioeconomic inequalities are key determinants of the epidemiology of visceral leishmaniasis in Bahia.
- 16. The Tshwane study concluded that the high cost of the HPV vaccination program was primarily due to South Africa’s high-income status, making it ineligible for Gavi, the Vaccine Alliance, subsidies.

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