

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

- 1. Which of the following best describes population health surveillance?**
 - A. Continuous monitoring of individual patient outcomes only
 - B. Emergency response activities during disease outbreaks
 - C. One-time collection of health data for clinical diagnosis
 - D. Systematic and ongoing collection, analysis, and dissemination of health data to inform public health action
- 2. Which tool is commonly used to assess health-related quality of life (HRQoL) in population health studies?**
 - A. Body Mass Index (BMI)
 - B. Blood pressure measurement
 - C. Microbiological culture testing
 - D. Visual analogue scale assessing perceived health status
- 3. Which of the following is an example of a determinant of population health?**
 - A. Clinical treatment protocols
 - B. Genetic mutation only
 - C. Hospital bed availability alone
 - D. Socio-demographic factors, healthcare access, and individual behaviours
- 4. What is the primary purpose of the GRADE approach in health decision-making?**
 - A. To assess the certainty of evidence and strength of recommendations
 - B. To calculate the cost of health interventions
 - C. To rank healthcare institutions by performance
 - D. To standardise clinical trial designs
- 5. In the context of adapting health guidelines for different settings, what does adoption refer to?**
 - A. A structured process of adopting, adapting, or developing recommendations based on local context
 - B. The automatic adoption of international recommendations without modification
 - C. The complete rejection of existing guidelines
 - D. The translation of guidelines into local languages only
- 6. Why is affordability an important consideration when making health policy recommendations?**
 - A. It applies only to low-income countries.
 - B. It determines the scientific validity of the evidence.
 - C. It helps ensure that recommended interventions can be realistically implemented and sustained.
 - D. It replaces the need for effectiveness data.
- 7. Which of the following best describes *Helicobacter pylori*?**
 - A. A bacterium associated with gastric disorders
 - B. A fungus commonly found in contaminated water
 - C. A parasite transmitted through insect bites
 - D. A virus that primarily affects the liver
- 8. Which route is most commonly implicated in the transmission of *Helicobacter pylori* infection?**
 - A. Airborne inhalation
 - B. Fecal-oral route
 - C. Sexual contact
 - D. Vector-borne transmission
- 9. Which of the following is considered an effective preventive measure against *Helicobacter pylori* infection?**
 - A. Avoiding spicy foods
 - B. Improving personal hygiene practices
 - C. Increasing dairy consumption
 - D. Taking antibiotics routinely
- 10. According to longitudinal evidence from South Africa between 2008 and 2015, which group was identified as being at the highest risk for inconsistently seeking primary healthcare?**
 - A. Black female non-migrants
 - B. Black internal migrant man
 - C. Coloured female non-migrants
 - D. Coloured internal migrant man
- 11. What major factor contributes to the higher demand and utilization of public healthcare services among women compared to men?**
 - A. Frequent interactions for reproductive, maternity, and neonatal care
 - B. Greater geographic proximity to rural clinics
 - C. Higher employment rates and financial means
 - D. Lower risks of contracting infectious diseases

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 to answer the questions.

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12. What has been a primary obstacle for the South African government in making primary healthcare more accessible in remote and rural areas?

- A. A decrease in the overall population of individuals living in rural areas
- B. A lack of public interest in using primary healthcare services
- C. Difficulty in recruiting registered nurses and physicians to work in these regions
- D. The complete absence of any public healthcare infrastructure

13. Limited interoperability among blockchain platforms contributes to reluctance in adopting blockchain technology in healthcare.

True/ False

14. In the context of health system governance, artificial intelligence (AI) and algorithmic tools are primarily viewed as technical solutions that operate independently of existing political and social power structures.

True/ False

15. Current evidence suggests that focusing primarily on fragmented HIV and sexual/reproductive health programs is sufficient to address the holistic, multidimensional health challenges faced by the adolescent population in South Africa.

True/ False

16. Evidence suggests that for adolescent girls and young women, biological factors such as viral load suppression are the sole determinants of long-term adherence to Antiretroviral Therapy (ART), independent of social or environmental influences like school-based support systems.

True/ False

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