

The CPD programme for *SAMJ* is administered by Medical Practice Consulting.
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Please note: The change in CPD question format comes from the accreditation bodies, who have informed us that CPD questionnaires must consist of a minimum of 5 questions, 80% of which should be MCQs with a minimum of 4 options and only 20% of which may now be in the form of 'True or false' answers.

MCQs may be of 'single correct answer' or 'multiple correct answer' format. Where the question states that more than one answer is correct, mark more than one of a, b, c or d (anything from two to all answers may be correct). For example, in Question 2, if you think that a, b and c are correct (note that these are not necessarily the correct answers), mark each of these on the answer form. Where the question states that only one answer is correct, mark the single answer that you think is correct.

Regarding recommendations for developing a legally sound health technology assessment process for South Africa's National Health Insurance

1. Which of the following statements is correct with regard to health technology assessment (HTA)? (one answer is correct)
- It cannot be relied upon to make a range of decisions regarding healthcare.
 - It is unique to national health insurance (NHI) schemes.
 - The South African (SA) NHI Act proposes a dedicated HTA agency for NHI services.
 - In SA, HTA is not used to determine which medicines should be included in the essential medicines list.

2. Which of the following statements is correct regarding constitutional considerations and HTA? (one answer is correct)

- The HTA process will have a significant impact on the right to health.
- Section 27 of the Constitution does not create an obligation on the government to progressively realise the right to access healthcare.
- Exclusion decisions resulting from review by the HTA committee will not undo existing access to healthcare.
- Evidence-based decisions are not necessary for HTA systems to be constitutionally compliant.

3. Which of the following are correct regarding section 195 of the Constitution? (more than one answer is correct)

- Good human-resource management and career-development practices, to maximise human potential, must be cultivated.
- Services must be provided impartially, fairly, equitably and without bias.
- Efficient, economic and effective use of resources must be promoted.
- Everyone has the right to access healthcare, including the right to reproduction.

Regarding vaccines in the fight against antimicrobial resistance

4. Which of the following statements is correct regarding antimicrobial resistance (AMR)? (one answer is correct)
- Vaccines do not play a major role in fighting AMR.
 - Access to clean water can play a major role in fighting AMR.
 - Hygiene does not play a major role in fighting AMR.
 - Access to antibiotics can play a major role in fighting AMR.

5. Regarding AMR and vaccination, which of the following statements is correct? (one answer is correct)

- AMR is currently included as a metric in vaccine evaluation studies.
- Vaccination is not a critical tool in AMR mitigation.
- Specific indicators exist for how immunisation can contribute to reducing AMR in the national AMR strategy in SA.
- Inadequate health literacy undermines the relationship between AMR and vaccines.

6. Which of the following statements are correct regarding countering vaccine hesitancy? (more than one answer is correct)

- Messages to the public must include all literacy levels.
- A communication team is not cost-effective and hence not necessary.
- The success of many health-related policies is often in the hands of the public will.
- Messages to the public should use visual aids where possible.

Regarding the impact of COVID-19 on patients impacted by rare diseases and congenital disorders

7. Which of the following statements is correct regarding rare diseases (RDs)? (one answer is correct)

- RDs affect between 163 and 246 million individuals globally.
- RDs affect between 263 and 446 million individuals globally.
- RDs affect between 363 and 546 million individuals globally.
- RDs affect between 463 and 646 million individuals globally.

8. What were the severe consequences of the lockdowns during the COVID-19 pandemic? (more than one answer is correct)

- Significant income loss for many people.
- Limited access to healthcare systems.
- Elective surgical procedures continued as usual.
- Non-essential services were discontinued.

9. Recent global consensus has defined an RD as: (one answer is correct)

- a medical condition with a specific pattern of clinical signs, symptoms and findings that affect ≤ 1 in 2 000 persons living in any World Health Organization-defined region of the world.
- a medical condition with a specific pattern of clinical signs, symptoms and findings that affect ≤ 1 in 3 000 persons living in any World Health Organization-defined region of the world.

A maximum of 3 CEUs will be awarded per correctly completed test.

INSTRUCTIONS

- Read the journal. All the answers will be found there.
- Go to www.mpconsulting.co.za to answer the questions.

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- c. a medical condition with a specific pattern of clinical signs, symptoms and findings that affect ≤ 1 in 4 000 persons living in any World Health Organization-defined region of the world.
- d. a medical condition with a specific pattern of clinical signs, symptoms and findings that affect ≤ 1 in 5 000 persons living in any World Health Organization-defined region of the world.

Regarding associations between tobacco and alcohol use and health outcomes in individuals living with diabetes and prediabetes

10. The global prevalence of diabetes mellitus for 2021 was estimated to be: (one answer is correct)
- a. 7.5%
 - b. 8.5%
 - c. 9.5%
 - d. 10.5%.
11. How many deaths were caused directly by diabetes worldwide in 2019? (one answer is correct)
- a. 0.5 million
 - b. 1.5 million
 - c. 2.5 million
 - d. 3.5 million.
12. Why do tobacco smoking and alcohol misuse increase the risk of developing diabetes? (more than one answer is correct)
- a. Tobacco smoking and alcohol misuse result in cell damage.
 - b. Tobacco smoking and alcohol misuse have an effect on glucose metabolism.
 - c. Tobacco smoking and alcohol misuse decrease the glomerular filtration rate.
 - d. Tobacco smoking and alcohol misuse increase cortisol production.

Regarding THrombosis AETiology of Aviation-Related Travel (the THETA study)

13. Prolonged flights of >6 hours are associated with: (one answer is correct)
- a. a one- to two-fold increased risk of aviation-related thrombosis
 - b. a two- to four-fold increased risk of aviation-related thrombosis
 - c. a three- to four-fold increased risk of aviation-related thrombosis
 - d. a three- to five-fold increased risk of aviation-related thrombosis.
14. According to Simpson, autopsies revealed: (one answer is correct)
- a. a three-fold increase in deaths from pulmonary embolism as a result of sheltering in confined spaces during air raids in London
 - b. a four-fold increase in deaths from pulmonary embolism as a result of sheltering in confined spaces during air raids in London
 - c. a five-fold increase in deaths from pulmonary embolism as a result of sheltering in confined spaces during air raids in London
 - d. a six-fold increase in deaths from pulmonary embolism as a result of sheltering in confined spaces during air raids in London.
15. How many volunteers were included in the final analysis in the THETA study? (one answer is correct)
- a. 30
 - b. 40
 - c. 50
 - d. 60.

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