

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

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**MCQs may be of 'single correct answer' or 'multiple correct answer' format. Where the question states that more than one answer is correct, choose more than one of *i, ii, iii* or *iv* (anything from two to all answers may be correct), and then select the correct combination from answers a, b, c or d. Where the question states that only one answer is correct, mark the single answer that you think is correct.**

#### Regarding shock index in a rural setting: Can it predict mortality?

1. What are the stages of an effectively managed triage system? (more than one answer is correct)

- i.* primary
- ii.* secondary
- iii.* tertiary
- iv.* quaternary

- a. *i, ii, iv*
- b. *i, ii, iii, iv*
- c. *i, iv*
- d. *i, ii, iii.*

2. What is the currently accepted normal range of the shock index? (one answer is correct)

- a. 0.3 - 0.7
- b. 0.4 - 0.7
- c. 0.5 - 0.7
- d. 0.6 - 0.7.

3. When managing major emergencies, what is an ideal target for intervention in the pre-hospital setting? (one answer is correct)

- a. management of traumatic shock
- b. management of anxiety
- c. management of dehydration
- d. management of pain.

#### Regarding breast cancer surgical services in South Africa

4. Which of the following statements is correct? (one answer is correct)

- a. Specialist Breast Units (SBUs) may not receive patients directly from the primary care system or non-specialist centres, bypassing the traditional referral model.
- b. SBUs may receive patients directly from the primary care system or non-specialist centres, bypassing the traditional referral model.
- c. SBUs may receive patients directly from the primary care system but not from non-specialist centres, bypassing the traditional referral model.
- d. SBUs may not receive patients directly from the primary care system, but may receive patients directly from non-specialist centres, bypassing the traditional referral model.

5. What plays a central role in the effective management of breast cancer? (one answer is correct)

- a. chemotherapy
- b. radiotherapy

- c. surgery
- d. breast reconstruction.

#### Regarding the prevalence and severity of anaemia in persons with haemophilia and von Willebrand disease

6. What is the most common cause of anaemia worldwide? (one answer is correct)

- a. chronic infection
- b. chronic malnutrition
- c. bleeding disorders
- d. iron deficiency.

7. Which is the most prevalent subtype of haemophilia? (one answer is correct)

- a. A
- b. B
- c. C
- d. D.

8. Which of the following conditions is the most common bleeding disorder? (one answer is correct)

- a. haemophilia A
- b. haemophilia B
- c. von Willebrand disease
- d. platelet function defects.

#### Regarding the duration of phentermine therapy in the private healthcare sector of South Africa

9. What is phentermine indicated for? (one answer is correct)

- a. loss of appetite
- b. weight loss
- c. weight gain
- d. constipation.

10. In what age groups is phentermine not recommended? (more than one answer is correct)

- i.* children aged  $\leq 12$  years
- ii.* the elderly aged  $\geq 60$  years
- iii.* children aged  $\leq 16$  years
- iv.* children aged  $\leq 18$  years.

- a. *i, ii*
- b. *i, iii, iv*
- c. *i, ii, iii*
- d. *i, ii, iii, iv.*

**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 <https://members.samedical.org/> to answer the questions.

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**Regarding a 1-year retrospective review of death referrals through the lens of forensics**

11. What are the responsibilities of the Forensic Pathology Service? (more than one answer is correct)

- i.* determining the approximate time of death
- ii.* assisting the South African Police Services (SAPS) with the identification of the deceased
- iii.* determining the cause of death
- iv.* assisting the SAPS with making arrests.

- a. *i, iii, iv*
- b. *i, ii, iii, iv*
- c. *ii, iv*
- d. *i, ii, iii.*

**Regarding barriers and facilitators to mental health service accessibility among youth in Zambia**

12. What is the estimated prevalence of mental health disorders in Zambia? (one answer is correct)

- a. ~5%
- b. ~10%
- c. ~15%
- d. ~20%.

**Regarding declining adolescent pregnancies in South Africa**

13. Which of the following statements is correct? (one answer is correct)

- a. World Bank data from 2023 show that the 15 - 19-year-old adolescent pregnancy rate was much higher in South Africa (SA) (93.4 per 1 000) than the average in sub-Saharan Africa (SSA) (51.6 per 1 000) and the east and southern African region (92.3 per 1 000).
- b. World Bank data from 2023 show that the 15 - 19-year-old adolescent pregnancy rate was much lower in SA (51.6 per 1 000) than the average in SSA (92.3 per 1 000) and the east and southern African region (94.3 per 1 000).

- c. World Bank data from 2023 show that the 15 - 19-year-old adolescent pregnancy rate was much higher in SA (92.3 per 1 000) than the average in SSA (90.4 per 1 000) and the east and southern African region (51.6 per 1 000).
- d. World Bank data from 2023 show that the 15 - 19-year-old adolescent pregnancy rate was much lower in SA (51.6 per 1 000) than the average in sub-Saharan Africa (93.4 per 1 000) and the east and southern African region (92.3 per 1 000).

**Regarding inequitable access to diabetes treatment in South Africa's public sector**

14. What are the advantages of insulin pens over traditional vial-and-syringe methods in the management of diabetes mellitus? (more than one answer is correct)

- i.* They enhance dosing accuracy.
- ii.* They simplify insulin administration.
- iii.* They are cheap and easy to access.
- iv.* They improve adherence.

- a. *i, ii*
- b. *i, ii, iii, iv*
- c. *ii, iii, iv*
- d. *i, ii, iv.*

**Regarding why data is the most cost-effective investment for health technology assessment in South Africa**

15. Which Act of Parliament provides for the establishment of a Ministerial Advisory Committee on Health Technology Assessment?

- a. The Human Tissue Act.
- b. The National Health Act.
- c. The Medical Research Council Act.
- d. The National Health Insurance Act.

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