



Were you paying attention? Test your retentive capacities on issues raised in this edition of *Africa Health*. You can quietly test yourself, or – and we're particularly keen on this – you could make it a part or the foundation of a Journal Club in your department or health institution. Life-long learning is a collaborative exercise and the whole health team can be positively stimulated by being involved in such discussion.

1. Online health information toolkits for clinicians

Q: In contraception, implants are among the most effective method, with a clinical efficacy that is indistinguishable from that of sterilisation or the IUD. Is this statement

- a. True
- b. False

Q: Children can become infected with HIV when an HIV-infected woman is pregnant. Name two other types of mother-to-child transmission.

2. Primary medical care of snakebites

Q: Snakebites fall into two categories. Name them.

Q: To confirm that envenoming is present a blood sample should be taken, put into a test tube and the clotting period timed. For how long should it be timed?

- a. 5 minutes
- b. 10 minutes
- c. 20 minutes

Q: In cases of treatment with antivenom children should be given the same dose as adults. Is this statement

- a. True
- b. False

3. Cardiorespiratory arrest

Q: In basic life support following collapse with cardiac arrest what is the preferred compression rate?

Q: In advanced life support, how long should CPR continue (unless signs of life become apparent) before reassessment of cardiac rhythm?

4. Shock

Q: In septic shock, every hour's delay in the administration of appropriate antibiotics is associated with approximately what percentage decrease in survival?

- a. 25%
- b. 15%
- c. 8%

Q: Cardiogenic shock is generally associated with a loss of more than 40% of the left ventricular myocardium. Name two other causes.

5. Evidence Update

Q: Oral zinc reduces the duration of diarrhoea in children. At what age should it be started and why?

6. Pharmacy Review

Q: Which of these can affect the dose of medicines for children

- a. Age
- b. Height
- c. Weight
- d. Number of brothers and sisters

Q: Which of these can be stopped when a patient is feeling well.

- a. Antibiotics
- b. Drugs for high blood pressure
- c. Anti-epileptics
- d. Antidepressants

Q: Which of the following statements is true?

- a. The best medicines are the most expensive ones.
- b. It is better to buy medicines from a pharmacy and pay more, than cheaply at a market.
- c. Injections work better than tablets.
- d. A drug with a proper brand name is better than an unbranded 'generic' medicine.

7. Dermatology Review

Q: In Africa cutaneous leishmaniasis is caused by three main species. One is the least common and restricted to East Africa, mainly Ethiopia and Kenya. Which is it?

Q: There are a wide variety of treatments for cutaneous leishmaniasis. What four categories do they fall into?

Q: Leishmaniasis has become a significant problem in HIV-infected patients. How does a patient with cutaneous leishmaniasis and HIV usually present?

8. Medicine Digest

Q: In the treatment of Buruli ulcer treatment has been with surgical debridement. In 2004, WHO recommended adding something to the treatment regime which has proved effective. What is it?

Q: In HIV-infected symptomatic adults with CD4 counts

Africa HEALTH CPD Challenge
Questions

<350 cells per μ l, WHO recommends co-trimoxazole prophylaxis. When a course of treatment is started for how long should it be provided?

- a. 36 weeks
- b. 72 weeks
- c. 50 weeks

Q: In Ghana, a study showed that it was possible to reduce rates of unnecessary antimalarial treatment in places where microscopy is not used. How was this done?

Q: In orthopaedic surgery two alternative methods are used to close skin wounds in surgery. What are the two methods and which significantly increases the risk of superficial wound infection after surgery.

Q: Both dopamine and norepinephrine (noradrenaline) are used to treat shock. Following trials which has been proved to be the better drug?

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- Q1: True
 ii. During labour and delivery or during breastfeeding.
- Q2: i. Cytotoxic and neurotoxic.
 ii. 20 minutes
 iii. True
- Q3: i. 100/minute
 ii. 2 minutes
- Q4: i. Answer c.
 ii. Acute structural damage (e.g. to valves, valvular support, free wall or ventricular septum), myocarditis and sustained dysrhythmias; also sepsis and certain drugs.
- Q5: i. Six months, before that it has no benefit.
- Q6: i. a,b,c. The height can be used to calculate the body surface area and as an indication of nutrition
 ii. None of them. Antibiotic courses must be completed to prevent the spread of resistant bacteria. The course of treatment must be completed especially if patient has tuberculosis.
 iii. b. Generic medicines are as effective as the original brand if they are bought from a reputable supplier. Branded medicines are more likely to be counterfeit as the profits are higher. There are only a few medicines that are better as injection, in general a tablet/capsule is safer and cheaper.
- Q7: i. *L aethiopia*
 ii. Topical, physical, intralosomal, systemic
 iii. Atypical and severe skin lesions which progress more rapidly.
- Q8: i. Mycobacterial drugs
 ii. 72 weeks
 iii. Rapid diagnostic testing
 iv. Nylon sutures and metal staples. Staples significantly increases the risk of superficial wound infection.
 v. Norepinephrine

Africa HEALTH CPD Challenge
Answers