



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. Malaria: Preserving the efficacy of our malaria drugs

Q: In malaria, what factor indicates a change in the pattern of parasite susceptibility to artemisinins (and probably the first stage of artemisinin resistance)?

Q: In order that malaria medicines have adequate amounts of the active ingredients which three things must be adhered to in the pharmacy stock?

Q: WHO currently recommends five combinations of malaria drug treatment. What are these recommendations based on and why?

2. Chronic diabetic complications in Africa

Q: About a quarter of newly diagnosed type 2 patients present with retinopathy. What percentage have severe retinopathy?

- a. 26%
- b. 15%
- c. 8%

Q: Type 2 diabetes is an important risk factor for cataract formation. Is this statement

- a. True
- b. False

Q: What is the most frequent cause of prolonged hospital admission in diabetic patients?

- a. Retinopathy
- b. Microalbuminuria
- c. Neuropathy

Q: What are the traditional risk factors of neuropathy and peripheral vascular disease? Name two.

3. The pathogenesis of atherosclerosis

Q: A normal, healthy artery comprises three layers: endothelial cell layer (tunica intima); media (tunica media) and which other?

Q: Where does endothelial dysfunction occur?

Q: Monocytes circulating in the blood are directed to areas of inflammation. Once there, into what do they differentiate?

4 Clinical Review

Q: Give the clinical definition of cholera (according to Médecins sans Frontières guidelines).

Q: In cholera outbreaks there is a statistically significant correlation between case occurrences and bus stops.

Why is this most likely?

- a. Large queues of people waiting for buses.
- b. Small 'mini-markets' nearby with food prepared and sold under unhygienic conditions.
- c. Piped water laid on to wash down buses.

Q: The skin is an excellent marker of internal disease. Is this statement

- a. True
- b. False

Q: Anti-retroviral therapy-associated mucocutaneous and nail pigmentation can be a particular problem in African populations. Why is this?

Q: ARV treatment can cause Immune Reconstitution Syndrome. Which are the two most commonly associated dermatological events?

5. Medicine Digest

Q: Around half of all haemodialysis catheters fail within a year. What is the most common cause?

Q: What is the asymptomatic incubation period of variant Creutzfeldt-Jakob (vCJD) disease?

- a. Up to 10 years
- b. Up to 30 years
- c. Up to 50 years

Q: Combination treatments for visceral leishmaniasis are effective and safe. Why is this?

Q: Known triggers of myocardial infarction include alcohol and anger. Name two others.

Q: Retinopathy of prematurity is a major cause of childhood blindness in both developing and developed countries. Is this statement

- a. True
- b. False



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- Q3 i. Adventitia (tunica adventitia).
 ii. At sites where the endothelial cell layer has been injured or placed under metabolic stress.
 iii. Macrophages.
- Q4 i. During an epidemic any patient with three or more liquid stools and/or vomiting over the preceding 24 hours.
 ii. Answer b.
 iii. True.
 iv. They occur more commonly in patients with darker skin colours.
 v. Mucocutaneous herpes simplex and herpes zoster.
- Q5 i. Thrombosis.
 ii. Answer c.
 iii. The shorter durations of treatment should encourage adherence and might reduce the risk of drug resistance.
 iv. Physical exertion and use of marijuana.
 v. True.

- Q1 i. An increase in the proportion of patients who are still parasitaemic on day 3 of illness.
 ii. Must have proper national registration; not be beyond their expiry date; are kept at appropriate temperatures.
 iii. Local conditions, to ensure that there is no resistance to either part of the combination.
- Q2 i. Answer b, 15%.
 ii. True.
 iii. Neuropathy.
 iv. Poverty and barefoot walking.
 Inappropriate footwear.
 Poor foot hygiene.
 Delay in seeking medical attention.

