



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. Assessing the level of drug resistance in tuberculosis patients

Q: Since the mid-1950s until today, only one truly effective drug has been discovered for the treatment of tuberculosis. What is it?

Q: What does the Category 1 tuberculosis treatment regimen from the World Health Organization consist of?

### 2. Home and community management of malaria

Q: Roll Back Malaria have a goal of treating people who have malaria by the end of 2010. What is the percentage they are aiming for?

- a. 50%
- b. 80%
- c. 30%

Q: The recognition of a home and community role in the case management of malaria is now called Community Case Management. By what other three terms is it known by?

### 3. Oncology

Q: What is the most common cancer and leading cause of death among women in Africa?

- a. Breast cancer
- b. Cervical cancer
- c. Liver cancer

Q: What are the two most common types of HPV that cause cervical cancer worldwide?

- a. HPV 6 and 11
- b. HPV 16 and 11
- c. HPV 16 and 18
- d. HPV 6 and 18

Q: What is considered an effective cervical screening strategy to prevent pre-cancerous cervical lesions?

- a. Cytology Pap smear
- b. Visual inspection methods (VIA and VILI)
- c. HPV DNA testing
- d. A simple low-cost, culturally acceptable, and safe screening test with effective diagnosis and treatment services available.

### 4. Calculating human resource need

Q: How long does it take to apply Resource Requirement

Tools (RRTs) in a country?

- a. 2 weeks
- b. 2 months
- c. 6 months

Q: Does RRT replicate existing tools?

- a. Yes
- b. No

### 5. Task shifting is expanding the roles of family planning providers

Q: According to WHO, Africa has the highest ratio of nurses to doctors in the world. Is this statement

- a. True
- b. False

Q: In sub-Saharan Africa the growth of modern contraceptive use is dominated by which method?

- a. Condoms
- b. Injectables
- c. Contraceptive pill

### 6. The role of local manufacturers in improving access to essential medicines

Q: Uganda's pharmaceutical products are mainly provided by other countries. Which country is the highest exporter to Uganda?

- a. China
- b. India
- c. The USA

Q: The Government of Ghana introduced a system whereby medicines are grouped in three categories. What are they?

### 7. mHealth – the future of eHealth

Q: In mHealth (health enabled by handheld information and communication technology devices) what are the two dimensions of 'm'?

Q: Which area of remote monitoring is proving vital?

- a. Internet shopping
- b. Tele-home care (communicating with remote hospital or clinic)
- c. Keeping in touch with friends and family

### 8. The global pandemic of diabetes

Q: Diabetes mellitus can be sub-divided into four clini-



**Africa HEALTH** CPD Challenge  
Questions

cally distinct types. What percentage of diabetes patients have type 2 diabetes?

- 5–10%
- 20–30%
- 50–70%
- 90–95%

Q: Which area of the world is projected to have an estimated increase of 280% by 2030?

- Europe
- China
- Middle East

### 9. Clinical Review (pages 66-71)

Q: In mental health the risk of a relapse in acute mania can be reduced by a long-term 'mood stabiliser'. Name three.

Q: 'Secondary mania' occurs for the first time in patients suffering from advancing HIV disease. What is its cause?

- The direct effect of HIV infection in the central nervous system.
- Passed from mother to child.
- Inability to cope with being shunned by others.

Q: The Ponseti method for treating club foot is carried out by a team of medical workers. Which of these would be able to carry out the procedure?

- Physiotherapists
- Occupational therapist
- Surgeon

Q: HIV patients with open bone fractures have a higher incidence of infection. What is the percentage rate?

- 10–30%
- 40–70%

Q: Obesity is increasing and children are not immune. How many children worldwide have the World Health Organization estimated to be overweight?

- 10 million
- 16 million
- 22 million

Q: In rural Western Kenya where do the majority of the mothers obtain information on feeding practices?

- Friends and neighbours
- Media advertisements
- Health workers

- Q1. i. Rifampicin  
ii. Isoniazid and rifampicin for 6 months with a 2-month initial intensive phase with pyrazinamide and ethambutol.
- Q2. i. Answer: b. Home management of malaria (HMM); Home-based care (HBC); Home-based management (HBM)  
ii. Answer: b. Answer: c. Because what matters whatever the screening option is to have access to treatment services.
- Q3. i. Answer: b. Answer: c.  
ii. Answer: c.  
iii. Answer: c. Because what matters whatever the screening option is to have access to treatment services.
- Q4. i. Answer: a. Answer: b.
- Q5. i. Answer: a. Answer: b.
- Q6. i. Answer: b. Answer: a.  
ii. Medicines provided only through local production; medicines that can be imported but attract tax; medicines imported free of tax.
- Q7. i. Mobile phone technology; mobility of users of health services.  
ii. Answer: b.
- Q8. i. Answer: d. Middle East.
- Q9. i. Lithium; carbamazepine; sodium valproate.  
ii. Answer: a.  
iii. Answer: a, b, and c.  
iv. Answer: b.  
v. Answer: c.  
vi. Answer: a.

### Answers to CPD Challenge

