



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. Integrating public health programmes with malaria control

Q: Presumptively treating all fevers as malaria means costly artemisinin-based combination therapy drugs are wasted. What is another possible consequence?

Q: Healthcare workers were treating symptoms with antimalarials or antibiotics. What should they be using to make a positive diagnosis of suspected malaria?

Q: Pneumonia kills more infants and children than malaria. Is this statement
 a. True
 b. False

2. Type 2 diabetes in the tropics

Q: Name the classical triad of symptoms of type 1 diabetes.

Q: There appears to be a relationship between the incidence of type 1 diabetes and distance from the equator. In general, which countries show the highest rates.

Q: Which vitamin is thought to influence the risk of developing type 1 diabetes?

Q: In infants, which two dietary factors are thought to be associated with the development of type 1 diabetes in later life?

3. Fever

Q: How is normal body temperature ordinarily maintained?

Q: Characteristic fever patterns are present in some infections. Name the two most common.

Q: Fever is a common feature of infections in the tropics. In order to make a diagnosis a complete travel history should be taken with which four main questions being asked?

Q: Falciparum malaria usually presents within what time period?
 a. 1–3 months
 b. up to 12 months
 c. up to 6 months

Q: In patients with familiar fever or recurrent fever for more than 2 years a diagnostic work-up must be carried out. When should systemic examinations preferably be performed?

4. Clinical Review

Q: In sub-Saharan Africa most women feel that cervical cancer cannot be prevented. Why is this?

Q: How long on average does it take to train workers to use the VIA screening method?
 a. 1 month
 b. 6 months
 c. 1–2 weeks

Q: In one study, 38% of HIV-positive women had pre-cancerous lesions at the initial screen. What is the implication of this?

5. Medicine Digest

Q Name four medical conditions which point towards children having a positive respiratory history.

Q: After miscarriage, what is considered the optimum interval to leave before trying for a subsequent pregnancy?
 a. 6–12 months
 b. Within 6 months
 c. After 12 months

Q: Trials in conventional cardiopulmonary resuscitation show that interrupting chest compression to perform mouth-to-mouth ventilation is not recommended. Why is this?

Q: In early-stage, good-prognosis Hodgkin's lymphoma the lowest dose regimen was shown to be as effective as the highest dose. What other bonus was evident?

Q: What percentage of severe diarrhoea is attributable to rotavirus infection?
 a. 40%
 b. 65%
 c. 85%

Q: Stopping antipsychotic maintenance after 1 year is associated with increased risk of relapse. Is this statement
 a. True
 b. False

Africa HEALTH CPD Challenge
Answers

- Q1** i. Children suffering from other febrile illnesses will be mis-treated.
ii. Rapid diagnostic tests.
iii. A. True.
- Q2** i. Polyuria (increased urination), polydipsia (increased thirst, and weight loss).
ii. European countries.
ii. Vitamin D.
iii. Cow's milk protein and gluten.
- Q3** i. By the thermoregulatory centre of the hypothalamus.
ii. *Plasmodium vivax* – fever every third day (48 hour cycle); *P malariae* – fever every fourth day (72 hour cycle).
iii. Details of the countries visited; type of travel (urban vs rural); dates of travel; what activities undertaken.
iv. a. 1–3 months
v. During a symptomatic phase.
- Q4** i. They are not aware of Human Papillomavirus (HPV).
ii. Answer c.
iii. The need for shorter screening time intervals for HIV-positive women.
- Q5** i. Nocturnal dry cough; wheezing during exercise; more than three episodes of wheezing in the last 12 months; present or past eczema.
ii. Within 6 months
iii. It may diminish coronary flow.
iv. It was less toxic.
v. 50%
vi. True

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