



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. Keeping it cool for rapid diagnostic tests

Q: For optimum performance of malaria rapid diagnostic tests why does WHO recommend a storage temperature of 2–30°C?

Q: What other factor must be taken into account for RDT storage?

Q: In the absence of electricity name two methods of keeping RDTs cool.

### 2. A basis for the clinical management of complicated MDR-TB cases

Q: Define multidrug-resistant tuberculosis (MDR-TB).

Q: People living with HIV are more likely to become infected with TB. Why is this?

Q: In the initial phase of TB treatment it is important to avoid resistance amplification. How is this achieved?

Q: Before starting MDR-TB treatment which two things are mandatory?

### 3. Combatting infectious disease to improve maternal and child health

Q: In the prevention of malaria doses of anti-malarial drugs should be given to all pregnant women whether or not they show symptoms of malaria. Is this statement

- a. True
- b. False

### 4. Tuberculosis registers in Africa: a review

Q: An effective TB recording and reporting system incorporates the laboratory register, the patient treatment card, the TB patient register, and which fourth item?

Q: In targeting global TB control a certain percentage of incident smear-positive cases should be successfully treated. Is this:

- a. 50%
- b. 70%
- c. 85%

### 5. Blackout and collapse

Q: Different acute illnesses can present with transient loss of consciousness. Which is the most common?

- a. acute coronary syndromes
- b. infection
- c. bleeding
- d. dissection of the aorta
- e. pulmonary embolism

Q: Following an syncopal episode which two questions should be asked after the attack?

### 6. Confusion and delirium

Q: Confusion fluctuates, sometimes allowing lucid intervals. Are marked fluctuations in attention and arousal most apparent during

- a. the night
- b. the day

Q: A physical examination is necessary to identify signs of illness in confusion and delirium. What other factor must be excluded?

### 7. Clinical Review

Q: What are the four major constituents of the metabolic syndrome?

Q: What is the recommended treatment for all genital ulcer disease patients in countries with HSV prevalences of 30% or higher?

Q: What are the two main elements for management of acute diarrhoea?

Q: What percentage of diarrhoeal deaths are attributed to unsafe water, inadequate sanitation, and poor hygiene?

- a. 50%
- b. 88%
- c. 37%

### 8. Medicine Digest

Q: Recommended first-line treatment for malaria is with artemether-lumefantrine but there are drawbacks. Name two.

Q: It has been shown that vitamin A supplements reduce mortality in young children in developing countries. Present evidence shows that vitamin A also reduces maternal mortality. Is this statement

- a. True
- b. False

**Africa HEALTH** CPD Challenge  
Questions

Q: Statins increase the risks of liver dysfunction, renal failure, myopathy, and cataract. They do, however, reduce the risk of one thing. What is it?

Q: Mathematical modelling on the optimum ages for screening for type 2 diabetes have concluded that it would be cost-effective when including the whole population, started at age 30–45. How often is it recommended this is repeated?

- a. Every 3–5 years
- b. Every 5–10 years
- c. Every 1–3 years

Q: In type 2 diabetes, intensive blood pressure control does not reduce the rate of the composite outcome significantly. Is this statement

- a. True
- b. False

Q: After an ischaemic stroke, alteplase should be given as soon as possible. For how long does this benefit last before it could become harmful?

- a. 2.5 hours
- b. 4.5 hours
- c. 6.5 hours

Africa Health goes digital!  
Open Access means a free resource for this and recent issues

[www.africa-health.com](http://www.africa-health.com)

- Q1 i. Exposure to extreme temperatures is a major contributor to poor performance.
- ii. Humidity levels: high humidity can rapidly degrade RDTs.
- iii. In-ground storage cavity; evaporative cooler box.
- Q2 i. Tuberculosis resistant to isoniazid and rifampicin.
- ii. By reason of their impaired immunity.
- iii. By the use of at least four different drugs.
- iv. A drug susceptibility test (to demonstrate resistance to isoniazid and rifampicin) and an accurate history of drugs.
- Q3 i. True.
- Q4 i. Quarterly reports.
- ii. 85%.
- Q5 i. b. Infection
- ii. What the person was like when he or she came round; How long it took to recover
- Q6 i. The night
- ii. Head trauma
- Q7 i. Glucose intolerance; central obesity; dyslipidaemia; hypertension.
- ii. Acyclovir.
- iii. Low-osmolality oral rehydration solutions and zinc supplements.
- iv. Answer b.
- Q8 i. Twice daily dosage; fatty diet needed for optimal absorption; short half-life with risk of early reinfection.
- ii. False, it does not.
- iii. Oesophageal cancer.
- iv. Every 3–5 years.
- v. 4.5 hours.

**Africa HEALTH** CPD Challenge  
Answers