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DIAGNOSING AND MANAGING IRON DEFICIENCY ANAEMIA IN ADULTS

- Laboratory findings in iron deficiency anaemia do NOT include (choose one):**
 - Low serum ferritin
 - Low serum iron
 - Low serum transferrin
 - Raised sTfR
 - Microcytosis.
- Which one of the following regarding oral iron supplements is incorrect?**
 - Inorganic iron salts are better absorbed than iron polymaltose complexes
 - Phytate in cereal can interfere with oral iron absorption
 - Diarrhoea and constipation may occur and these are not dose related
 - Lack of response is most commonly due to non-compliance
 - Iron supplements are most effective if given in divided doses.
- True (A) or false (B) – fill in only block A or B:**

Intravenous iron preparations are all associated with a risk of anaphylaxis.

ANAEMIA OF CHRONIC DISEASE

- True (A) or false (B) – fill in only block A or B:**

Anaemia of chronic diseases may also be normocytic-hypochromic or microcytic-hypochromic when it is associated with concomitant iron deficiency.
- True (A) or false (B) – fill in only block A or B:**

Anaemia of chronic diseases does not need to be treated because it does not interfere with the underlying condition.
- True (A) or false (B) – fill in only block A or B:**

In anaemia associated with HIV infection erythropoietin therapy has been considered a first-line treatment, and blood transfusions should be limited to situations requiring immediate correction of haemoglobin levels.

PREVENTION AND TREATMENT OF IRON DEFICIENCY ANAEMIA IN CHILDREN

- True (A) or false (B) – fill in only block A or B:**

At least half the anaemia worldwide is directly due to dietary iron deficiency.
- Choose the incorrect statement:**
 - Iron deficiency and iron deficiency anaemia are major problems in HIV-infected children in South Africa
 - Vegetables and cereals contain low bio-availability of iron
 - Vitamin C is a potent enhancer of non-haem iron
 - Animal protein enhances iron absorption
 - Carrots are a good source of vitamin C.
- Choose the incorrect statement:**
 - Excess iron is associated with risk of bacterial infection
 - Excessive and early drinking of cow's milk is linked to IDA
 - Iron-fortified cereals are a good source of iron
 - Ordinary cow's milk and goat's milk are a good source of iron
 - Meat can be introduced to infants from 6 months.

IRON DEFICIENCY ANAEMIA – A GASTROENTEROLOGIST'S PERSPECTIVE

- Which one of the following is NOT a recognised cause of iron deficiency?**
 - Menorrhagia
 - Coeliac disease
 - Colonic carcinoma
 - Terminal ileal resection
 - NSAID use.
- True (A) or false (B) – fill in only block A or B:**

A combined iron and folic acid deficiency may present with a normocytic anaemia but with a raised red cell distribution width.

- The best serological screening test for coeliac disease is (choose one):**
 - Food RAST test
 - IgG anti-gliadin or gluten antibodies
 - IgA anti-tissue transglutaminase (tTG) or IgA anti-endomysial (AEM) antibodies
 - IgE anti-wheat antibodies
 - IgG anti-gliadin or gluten antibodies.

ENSURING THE SAFETY OF BLOOD TRANSFUSION IN SA

- Haemovigilance is a quality process that (choose one):**
 - Monitors HIV prevalence among patients
 - Aims to improve safety of blood transfusion
 - Monitors prevalence of infections among blood donors
 - A and C
 - All of the above.
- If a regular donor becomes HIV positive (choose one):**
 - The blood transfusion service discards that blood donation
 - The donor is requested to provide a blood sample for NAT testing
 - The blood transfusion service initiates a process of identifying the blood recipients of previous donations
 - All of the above
 - A and C.
- True (A) or false (B) – fill in only block A or B:**

To further reduce the risk of HIV transmission by window period donations, the SANBS replaced antibody tests for HIV with the nucleic acid-amplification testing (NAT) in October 2005.

HAEMOGLOBIN SOLUTIONS – WHERE ARE WE GOING?

- Polymerised haemoglobin solutions deliver more oxygen to the tissues than the equivalent mass of red cell haemoglobin because (choose one):**
 - The haemoglobin in the plasma increases the efficiency of on-and-off loading of oxygen from the host red cells
 - The haemoglobin solution available in South Africa has an oxygen dissociation curve that is right shifted when compared with normal human haemoglobin
 - The small molecule of the haemoglobin solution can pass readily into small capillaries delivering oxygen when red cells are stationary
 - All of the above are true.
- True (A) or false (B) – fill in only block A or B:**

Polymerised haemoglobin solutions can be infused without regard to blood group or obtaining a cross-match.

CELL-SALVAGE TECHNIQUES – A PRACTICAL APPROACH

- As a patient's blood is sucked away from a surgical site, with which substance is it immediately mixed (choose one)?**
 - Anticoagulant
 - Saline wash solution
 - Volume expander
 - Blood in cardiopulmonary bypass circuit
 - Heparin.
- What substance is used to wash a patient's blood in cell-salvage equipment (choose one)?**
 - Anticoagulant
 - Heparin
 - Sterile water
 - IV saline solution
 - None of the above.
- True (A) or false (B) – fill in only block A or B:**

Blood collected from swabs at the surgical site is always discarded.