

January 2009 – Best of 2008

CPD questionnaires must be completed online via www.cpdjournals.org.za. After submission you can check the answers and print your certificate. Questions may be answered up to 6 months after publication of each issue.

ADDICTION TREATMENT

1. **True (A) or false (B) – fill in only block A or B:**
Most medical aids fund addiction treatment.
2. **True (A) or false (B) – fill in only block A or B:**
It is a myth that all addicts eventually relapse.
3. **True (A) or false (B) – fill in only block A or B:**
Addiction treatment involves a conversation with the patient.

NEW DEVELOPMENTS IN THE FIELD OF ALLERGY AND ASTHMA

4. **True (A) or false (B) – fill in only block A or B:**
The external factors that influence the expression of asthma and allergies include lack of exercise, obesity and Western lifestyle.
5. **True (A) or false (B) – fill in only block A or B:**
It is immunological processes that take place in the first 2 years of life that protect against the development of allergies in later life.
6. **True (A) or false (B) – fill in only block A or B:**
The history is the cornerstone of the accurate diagnosis of allergy.

ERECTILE DYSFUNCTION

7. **True (A) or false (B) – fill in only block A or B:**
52% of men aged between 40 and 70 report some degree of erectile dysfunction.
8. **True (A) or false (B) – fill in only block A or B:**
Most men with organic erectile dysfunction have an associated psychogenic component.
9. **True (A) or false (B) – fill in only block A or B:**
The mechanism of action of vardenafil is 9 times more selective than that of sildenafil, requiring lower doses.

IRRITABLE BOWEL SYNDROME

10. **True (A) or false (B) – fill in only block A or B:**
The global prevalence of irritable bowel syndrome is between 10% and 15%.

11. **True (A) or false (B) – fill in only block A or B:**
The diagnosis of irritable bowel syndrome is clinical and not one of exclusion.
12. **True (A) or false (B) – fill in only block A or B:**
Irritable bowel syndrome can safely be diagnosed if the Rome criteria are met and there are no alarm features after a detailed clinical assessment.

BURN WOUND INFECTION

13. **True (A) or false (B) – fill in only block A or B:**
Infection is responsible for 75% of all deaths among patients with burns exceeding 40% of total body surface area.
14. **True (A) or false (B) – fill in only block A or B:**
The surface of a burn wound is free of micro-organisms immediately following injury.
15. **True (A) or false (B) – fill in only block A or B:**
Surface swab cultures are the most commonly used technique for evaluating burn wound infection, but these cannot distinguish between contamination and invasive infection.
16. **True (A) or false (B) – fill in only block A or B:**
Gram-negative organisms account for 51% of major episodes of sepsis and mortality in burn wound infection.

CHRONIC ADULT ASTHMA CARE

17. **True (A) or false (B) – fill in only block A or B:**
The first step in the management of asthma is to confirm the diagnosis.
18. **True (A) or false (B) – fill in only block A or B:**
One exacerbation in a week points to uncontrolled asthma.
19. **True (A) or false (B) – fill in only block A or B:**
Inhaler technique is crucial to the management of asthma.
20. **True (A) or false (B) – fill in only block A or B:**
A patient's ability to understand the aetiology of asthma is associated with improved adherence to medication.

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