

# SEPTEMBER 2010 – PAEDIATRIC ALLERGY

CPD questionnaires must be completed online via [www.cpdjournals.org.za](http://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.

## What is meant by control of childhood asthma?

- 1. True (A) or false (B):**  
Asthma control is best described by patient questionnaire.
- 2. True (A) or false (B):**  
Exhaled nitric oxide is a reliable predictor of asthma control.
- 3. True (A) or false (B):**  
A sum of multiple testing modalities is likely to yield the best version of asthma control.

## COW'S MILK ALLERGY IN CHILDREN

- 4. Choose one correct statement regarding clinical manifestations of cow's milk allergy:**  
A. Anaphylaxis due to cow's milk allergy usually involves T-cell-mediated immunological reactions  
B. Milk consumption increases the production of mucus in the respiratory tract  
C. Infants with milk protein-induced colitis usually fail to thrive  
D. Eosinophilic oesophagitis may be mistaken for gastro-oesophageal reflux in children  
E. Infantile atopic dermatitis is usually associated with food allergy in all cases.
- 5. Choose one correct statement regarding treatment of cow's milk allergy:**  
A. Mothers of breastfed infants with cow's milk allergy should not be allowed to continue breastfeeding  
B. Partially hydrolysed formulae are not recommended for the treatment of cow's milk allergy  
C. Extensively hydrolysed formulae are processed by heat and enzymatic hydrolysis as a result of which all the protein is altered, rendering them non-allergenic  
D. Goat's milk is a safe alternative formula in the treatment of cow's milk allergy  
E. Soya formula is not recommended in infants over the age of 6 months.
- 6. True (A) or false (B):**  
Skin-prick testing with fresh cow's milk is the investigation of choice in infants who present with milk protein-induced colitis.

## ALLERGIC RHINITIS IN CHILDREN

- 7. True (A) or false (B):**  
Allergic rhinitis can aggravate the symptoms of asthma.
- 8. True (A) or false (B):**  
Antihistamines are the most effective treatment for the management of allergic rhinitis.
- 9. True (A) or false (B):**  
Leukotriene receptor antagonists are more effective than antihistamines for the relief of symptoms of allergic rhinitis.

## COMMON INDOOR AND OUTDOOR AERO-ALLERGENS IN SOUTH AFRICA

- 10. Choose the correct statement about house dust mites:**  
A. House dust mites are found at the coast, but not in inland cities of South Africa  
B. *Blomia tropicalis* house dust mite is found in Singapore but not in southern Africa  
C. House dust mites are highly cross-reactive and therefore vaccines containing more than one species are not required  
D. Increasing sensitisation to house dust mites increases the risk of increased bronchial hyperreactivity in Xhosa children  
E. Group II house dust mite allergens are heat labile and destroyed by boiling water.

## 11. Choose the correct statement about pollen allergy:

- A. The most common grass pollen allergens are Bermuda and rye grass
- B. Tree pollen allergy is a significant problem in the Eastern Cape, Knysna and Tsitsikamma area
- C. The Proboscis tree (mesquite) pollen is only weakly allergenic
- D. Pollens of the Cape Fynbos are highly allergenic and a significant cause of rhinoconjunctivitis in the Western Cape
- E. In a study of Olympic athletes 30% were found to be allergic to oak tree pollen.

## ASTHMA EDUCATION

### 12. Asthma education has been proven in meta-analyses to (choose one):

- A. Reduce medication use
- B. Reduce costs of asthma
- C. Reduce asthma deaths
- D. Reduce emergency medical consultations
- E. Reduce school and work absenteeism.

### 13. A patient with controlled asthma may have (choose one):

- A. 3 episodes of daytime symptoms a week
- B. 1 episode of nocturnal symptoms a week
- C. 1 emergency consultation for asthma every 6 months
- D. Peak flow of 75% of expected
- E. Need for reliever treatment twice a week during the day.

### 14. True (A) or false (B):

Diary cards are an accurate means of assessing patient adherence.

## ANAPHYLAXIS IN CHILDREN

### 15. True (A) or false (B):

The drug of choice in the treatment of anaphylaxis is an antihistamine.

### 16. Which one of the following symptoms or physical signs is not a typical manifestation of anaphylaxis?

- A. Angioedema
- B. Bronchospasm
- C. Flushing
- D. Pruritus
- E. Pallor.

## THE ORAL ALLERGY SYNDROME

### 17. Common clinical symptoms of oral allergy syndrome exclude (choose one):

- A. Oral pruritus
- B. Swelling of the lips, tongue and throat
- C. Hoarseness
- D. Urticaria
- E. Pharyngitis.

### 18. True (A) or false (B):

Skin prick tests are highly sensitive and specific for the diagnosis of oral allergy syndrome.

## PENICILLIN ALLERGY

### 19. Tests for IgE-mediated penicillin allergy include (choose one):

- A. CAP-RAST
- B. Skin-prick tests
- C. Intradermal tests
- D. Drug provocation tests
- E. All of the above.

### 20. True (A) or false (B):

The majority of people who think they are allergic to penicillin are not.

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