

CPD questionnaires must be completed online via www.cpdjournals.org.za. After submission you can check the answers and print your certificate.

WHAT IS THE DIABETIC FOOT?

- 1. With regard to diabetic foot ulceration (choose one incorrect statement):**
 - A. Sensory, motor and autonomic neuropathy contribute to the increased risk of ulceration
 - B. Infection is a common cause of diabetic foot ulceration
 - C. Ischaemia is the strongest risk factor determining the ultimate outcome of a diabetic ulcer
 - D. A combination of risk factors rather than any single factor usually results in ulceration
 - E. Limb amputation in diabetics is preceded by a foot ulcer in up to 85% of patients.
- 2. True (A) or false (B):**

The diabetic foot is defined as a group of syndromes affecting the anatomical area below the malleoli in a diabetic, in which neuropathy, ischaemia and infection lead to tissue breakdown, resulting in morbidity and possible amputation.
- 3. True (A) or false (B):**

In a diabetic patient, ankle brachial indices (ABIs) can be falsely elevated or even normal in severe ischaemia.

PRINCIPLES OF MANAGEMENT OF VASCULAR PROBLEMS IN THE DIABETIC FOOT

- 4. True (A) or false (B):**

Endovascular therapy should never be offered to a diabetic with compromised renal function because contrast nephrotoxicity is inevitable.
- 5. Which one of the following statements is correct?**
 - A. A normal ankle brachial index in a diabetic indicates that blood flow to the foot is normal
 - B. Patients over the age of 75 years should not be offered revascularisation procedures
 - C. Diabetic patients with severe neuropathy usually have no rest pain
 - D. A diabetic with severe foot infection and gangrene should receive intravenous antibiotics and immediate lower limb amputation.

WHAT TYPE OF DIABETES DOES MY PATIENT HAVE AND IS IT RELEVANT?

- 6. True (A) or false (B):**

Most patients with type 1 diabetes have the immune-mediated form of type 1 diabetes mellitus with islet cell antibodies and often have other autoimmune disorders such as Hashimoto's thyroiditis, Addison's disease, vitiligo or pernicious anaemia.
- 7. True (A) or false (B):**

Diabetic ketoacidosis (DKA) can occur in the presence of partial or temporary insulin deficiency, and therefore cannot be relied on as an absolute indicator that the patient has type 1 diabetes or that long-term insulin therapy will be required.

TARGETED TREATMENT OF SEVERE HEAD INJURY

- 8. True (A) or false (B):**

The separation of patients into 3 categories of severity (mild, moderate and severe) is no longer regarded as an effective way to guide treatment in severe head injury.
- 9. True (A) or false (B):**

Secondary injuries that lead to death are the same ones that cause disability in survivors.

APPROACH TO THE DIAGNOSIS OF A BREAST LUMP

- 10. Choose the correct statement with regard to the imaging of breast lesions:**
 - A. It is preceded by tissue biopsy
 - B. It is performed at the discretion of the radiologist
 - C. In the case of a potential malignancy, it is useful to define the extent thereof and to identify occult synchronous and contralateral breast masses

- D. MRI is now routinely used for the assessment of palpable lesions
- E. The cancer detection rate of digital mammography is superior to that of standard film mammography.

11. True (A) or false (B):

Fluid aspirated from a breast cyst is always routinely sent for cytological assessment.

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 each 6 months
- D. Peak flow of 75% of expected
- E. Need for reliever treatment twice a week during the day.

ALLERGIC RHINITIS IN CHILDREN

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

Allergic rhinitis can aggravate the symptoms of asthma.

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

Antihistamines are the most effective treatment for the management of allergic rhinitis.

COW'S MILK ALLERGY IN CHILDREN

16. 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.

MODERN MANAGEMENT OF PAEDIATRIC BURNS

17. True (A) or false (B):

Fluid losses are maximal from 3 - 12 hours post injury in small burns and up to 24 - 48 hours in larger burns.

WHAT'S NEW IN PAEDIATRIC TRAUMA RESUSCITATION?

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

The use of a cuffed endotracheal tube is contraindicated in paediatric trauma patients.

DURATION OF ANTIMICROBIAL THERAPY

19. True (A) or false (B):

No statistical difference was found between the 5-day and the 8 -10-day regimens in acute otitis media.

CARDIOVASCULAR PROTECTION IN TYPE 2 DIABETES MELLITUS

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

Most patients with type 2 diabetes mellitus should receive fibrates because hypertriglyceridaemia is common in diabetes.