

## February 2013 – Best of 2012

*CPD questionnaires must be completed online via [www.cpdjournals.co.za](http://www.cpdjournals.co.za)  
After submission you can check the answers and print your certificate.*

**True (A) or false (B):**

### GASTRITIS AND GASTROPATHY

1. Excess alcohol is one cause of acute gastritis.
2. Natural acquisition of *Helicobacter* infection occurs in childhood and once established within the gastric mucosa, the bacterium persists for life.
3. Some patients with *Helicobacter* infection are asymptomatic and go undetected, but all patients in whom the infection is identified should undergo treatment.

### ALCOHOL DEPENDENCE – WHAT ACTUALLY WORKS

4. As many as 13% of the British population have a lifetime dependence problem and at any one time 5 - 6% of the population are actively dependent.
5. The CAGE questionnaire is a brief screening instrument consisting of four simple questions about drinking behaviour.
6. In the assessment of a patient at risk for alcohol dependence, it is important to include a psychiatric history looking for co-morbid depression, anxiety disorders and use of other substances including analgesics.

### ISSUES IN TREATING DEPRESSION IN PRIMARY CARE

7. The treatment effect of antidepressants is small and they often take a long time to work.
8. More rigorous evidence from meta-analyses for brief structured psychotherapies for depression is promising, but the findings are not conclusive.

### MANAGEMENT OF TRAUMA AND PTSD

9. The majority of trauma survivors will recover without clinical sequelae, but 10 - 20% of these individuals will develop the syndrome of post-traumatic stress disorder (PTSD).
10. Anxiety is a normal reaction to an abnormal or unpredictable event.

11. Acute PTSD is diagnosed after 4 weeks with the presence of the triad of re-experiencing, avoidance and signs and symptoms of heightened arousal.

### BARRETT'S OESOPHAGUS

12. Barrett's oesophagus is classified as a precancerous condition predisposing to the development of oesophageal adenocarcinoma.
13. The surveillance of patients diagnosed with Barrett's oesophagus is with systematic endoscopy and biopsy.

### PRE-DIABETES AND THE METABOLIC SYNDROME

14. Insulin resistance is a feature common to both pre-diabetes and metabolic syndrome and is regarded as being key in the pathogenesis of both conditions.
15. A single laboratory test can be used to diagnose insulin resistance.

### VITAMIN D IN CLINICAL PRACTICE

16. Vitamin D deficiency has been implicated in the pathophysiology of diabetes mellitus.
17. Many foods are a good source of vitamin D.

### INVESTIGATION OF IMMEDIATE-ONSET IGE-MEDIATED FOOD ALLERGY

18. Up to 35% of the population in Western countries self-report 'food allergies', but the true prevalence is probably 3 - 6% in children and 1 - 4% in adults.
19. Interpreting skin prick tests without a proper evaluation of the supporting history often leads to over-diagnosis of food allergy.

### MANAGEMENT OF ACUTE BACTERIAL RHINOSINUSITIS

20. In the diagnosis of rhinosinusitis pain localised to the sinuses on bending forward is more reliable than pain provoked by percussion of the sinuses.

We are pleased to announce that the number of CEUs per test has been increased to 5.