

SAGP

• THE SOUTH AFRICAN GENERAL PRACTITIONER •

CPD QUESTIONNAIRE • No 3 2024

Gout

- Gout needs to be treated if
 - patient is hypertensive
 - patient cannot keep to a low purine diet
 - patient has more than two acute attacks per year
 - patient is obese
- Allopurinol dose needs to be increased
 - until the treat-to-target serum uric acid is reached
 - until the patient has fewer acute episodes of acute gout
 - until the patient feels better
 - until the patient has adhered to their diet
- Duration of urate-lowering therapy
 - should be three to six months
 - should be more than a year
 - should be up to the prescribing doctor
 - should be long term
- Under-treated gout may cause
 - joint destruction
 - weight gain
 - weight loss
 - fluid retention

The polypill as an alternative for preventing and treating cardiovascular disease

- Which statement on the global cardiovascular disease burden is correct?
 - The burden has virtually disappeared in high-income countries.
 - The burden is disproportionately high in low- to middle-income countries.
 - The burden is disproportionately low in low-to middle-income countries.
 - The burden is absent in Asian countries.
- Which statement on drug adherence to prescribed medication is correct?
 - 90% of patients adhere to prescribed medication in secondary prevention.
 - 10% of patients adhere to prescribed medication in secondary prevention.
 - 64% of patients adhere to prescribed medication in secondary prevention.
 - 100% of patients adhere to prescribed medication in secondary prevention.
- Which statement reflects the aim of a polypill the best?
 - It is significantly cheaper than the separate components.
 - It aims to reduce overall cardiovascular risk by targeting several cardiovascular risk factors simultaneously.
 - It aims to treat fewer people for cardiovascular disease risk.
 - It aims to single out only the most dangerous cardiovascular risk factor for treatment.

- In a meta-analysis of the effect of the polypill, which statement reflects the role of aspirin in the polypill the best?
 - The number-needed-to-treat (NNT) to prevent one cardiovascular event was 37 in the polypill that contained aspirin.
 - The NNT in the polypill that contained aspirin was 167.
 - The NNT in the polypill without aspirin was only 20.
 - The NNT in the polypill without aspirin was 223.

Xerosis

- What is xerosis primarily associated with?
 - Increased sebum production
 - Trans-epidermal water loss (TEWL)
 - Hyperpigmentation
 - Overactive sweat glands
- Filaggrin is broken down into?
 - Ceramides
 - Urocanic acid (natural moisturising factor)
 - Sebum
 - Loricrin
- Which intrinsic factor is NOT a contributor to xerosis?
 - Aging
 - Diabetes
 - Menopause
 - High-fat diet
- What is the first-line treatment for xerosis?
 - Use of alkaline soaps
 - Application of emollients and moisturisers
 - Use of corticosteroids
 - Oral antihistamines
- Which of the following is NOT an extrinsic factor contributing to xerosis?
 - Excessive hand washing
 - Smoking
 - Photoinduced aging
 - Genetic mutations

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