

SAGP

• THE SOUTH AFRICAN GENERAL PRACTITIONER •

CPD QUESTIONNAIRE • No 4 2024

Combating drug-resistant tuberculosis in South Africa: strategies, challenges, and progress

1. What is one major reason for the high rates of drug-resistant tuberculosis (DR-TB) in South Africa?

- a Overuse of antibiotics for common colds
- b Community transmission of resistant strains
- c Lack of diagnostic tools for TB
- d Decline in healthcare worker training

2. What is a key strategy emphasised by the WHO for preventing MDR-TB?

- a Six or nine months of daily isoniazid monotherapy (6H/9H)
- b Six months of daily levofloxacin (6Lfx) as preventive therapy
- c Three months of weekly isoniazid plus rifapentine (3HP)
- d Three months of daily isoniazid plus rifampicin (3HR)

3. What is a significant challenge in diagnosing resistance to newer DR-TB drugs in South Africa?

- a Limited tools for pre-treatment susceptibility testing
- b Lack of awareness about DR-TB among patients
- c High cost of the BPaL regimen
- d Over-reliance on traditional line probe assays

4. Which diagnostic tool has improved the speed and accuracy of DR-TB diagnosis in South Africa?

- a GeneXpert MTB/RIF assay
- b Tuberculin skin test
- c Polymerase chain reaction (PCR)
- d Sputum smear microscopy

Rethinking asthma management: the overuse of SABAs and updated adult treatment guidelines

5. In the SABINA III trial what percentage of asthma patients were uncontrolled:

- a 28%
- b 51%
- c 21%
- d 60%

6. The overuse of SABA means that users are using more than how many canisters per year:

- a 12
- b 6
- c 4
- d 3

7. Which of the following is an effect of using a short-acting β_2 -agonist (SABA) on its own?

- a Reduces airway inflammation
- b Decreases the hospitalisation rate
- c Increases airway inflammation
- d Prevents asthma mortality

8. Which of the following indicates well-controlled asthma?

- a Daytime symptoms occur more than twice per week
- b The patient only requires SABA for management
- c There are no limitations on daily activities
- d Night-time symptoms occur occasionally

Optimising nutrition: a cornerstone of health and longevity

9. Which of the following biological processes is involved in maintaining internal balance and adapting to external stressors?

- a Genomic instability
- b Containment of perturbation
- c Cellular senescence
- d Telomere shortening

10. What is a recommended dietary approach to lower the risk of hypertension?

- a Ketogenic diet
- b DASH diet
- c Mediterranean diet
- d Time-restricted eating

11. Which of the following strategies is NOT mentioned as a means to optimise nutrition for older adults?

- a Encouraging adequate fluid intake
- b Promoting social dining
- c Addressing food insecurity
- d Eliminating fat intake

12. Which factor contributes to disruptions in food intake, potentially leading to obesity?

- a Overactive antioxidant systems
- b Hormonal imbalances, such as leptin and ghrelin
- c Impaired autophagy
- d Overhydration

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