

SAGP

• THE SOUTH AFRICAN GENERAL PRACTITIONER •

CPD QUESTIONNAIRE • No 1 2024

ETHICS CPD

The ethical conundrums of antenatal corticosteroid therapy

- How many pillars are there in medical ethics?
 - Three
 - Four
 - Five
 - Seven
- What does beneficence mean?
 - To act in the well-being of the patient
 - To act in the well-being of the patient and medical staff
 - To act in the well-being of the patient's family
 - To act in the well-being of the community
- Which of the following is the most prominent category of justice?
 - Confidentiality
 - Personal decision making
 - Distributive justice
 - Truth telling
- Which statement is true?
 - Autonomy takes preference over beneficence.
 - Nonmaleficence compels the patient to refrain from harm.
 - The foetus possesses autonomy.
 - The interest of others never outweigh autonomy.
- Which of the following statements is false?
 - Antenatal corticosteroids may significantly decrease respiratory distress syndrome in premature babies.
 - The periviable period includes 22-24 weeks gestation.
 - Betamethasone and dexamethasone are the drugs of choice for inducing lung maturation because they do not cross the placenta.
 - Children exposed to antenatal corticosteroids may develop hypothalamo-pituitary-adrenal (HPA) axis dysfunction.

CPD

Simplified antiretroviral treatment regimens: the dolutegravir revolution

- Mr Beki Ndabazakho, a 56 year old man who has been on first line ART (tenofovir, emtricitabine & efavirenz) for 20 years without ART related complication visits your rooms. His viral load is suppressed while his CD4 count is 720. The following statement is correct:
 - He should remain on this regimen as it seems effective and tolerable.
 - He needs to be switched to dolutegravir based treatment in order to satisfy ART program authorities.
 - He needs to be switched to dolutegravir based treatment in order to ensure he maintains an acceptable body mass index.
 - He needs to be switched to dolutegravir based treatment as it is less toxic and more robust than his current regimen.
 - He needs to be switched to dolutegravir based treatment as it is less resilient than his current regimen.
- Dolutegravir seems to be a better antiretroviral agent than many antiretrovirals because?
 - All integrase strand transfer inhibitors, including dolutegravir, have a high barrier to resistance.
 - Dolutegravir is not susceptible to clinically relevant drug-drug interactions.
 - Compliance is better with dolutegravir as it is less tolerable and more efficacious than efavirenz.
 - Recent data demonstrates that dolutegravir causes weight loss rather than weight gain.
 - Various clinical trials have demonstrated better safety, efficacy, tolerability and durability of dolutegravir based ART regimens.
- The following statements are correct regarding dolutegravir
 - It may only be used in the first and second line of ART.
 - A resistance test has to inform any change to third line or salvage therapy following virological failure on a dolutegravir based regimen.
 - Due to its high barrier to resistance, dolutegravir may be used with little or no regard to potential drug-drug interactions.
 - As such a potent ARV, dolutegravir is justifiably more expensive than efavirenz, lopinavir and maraviroc.
 - During HIV replication, dolutegravir prevents the attachment of viral particles to the host CD4 cells.
- Adverse effects associated with dolutegravir include
 - Reduction of dolutegravir absorption when co-ingested with cationic supplements and antacids.
 - Increased dolutegravir activity when co-ingested with rifampicin.
 - Reduced dolutegravir activity when co-ingested with tenofovir.
 - Reduced dolutegravir activity when co-ingested with emtricitabine.
 - Increased dolutegravir activity when co-ingested with abacavir.

The role of flavonoids in the pharmacological treatment of haemorrhoids

10. What percentage of adults are estimated to be affected by hemorrhoidal disease (HD)?
- 20%
 - 30%
 - 40%
 - 50%
11. Which of the following factors is NOT mentioned as a contributor to the development of hemorrhoidal disease?
- Heavy lifting
 - Active lifestyle
 - Inadequate water intake
 - Pregnancy
12. How are internal hemorrhoids classified according to Goligher's classification system?
- Based on the presence of pain
 - Based on the extent of bleeding
 - Based on the enlargement of the anal cushions and extent of prolapse
 - Based on the location above or below the dentate line
13. Which of the following is NOT listed as a common symptom of both internal and external hemorrhoids?
- Swelling and inflammation of the anus
 - Itching in the anal region
 - Pain during bowel movements
 - Bleeding during bowel movements
14. Which of the following is NOT a potential benefit of flavonoids in the treatment of hemorrhoids?
- Increasing lymphatic drainage
 - Enhancing venous tone
 - Relieving post-operative symptoms
 - Stimulating inflammatory response enzymes
15. What is the primary component of the micronised purified flavonoid fraction (MPFF) commonly used in the treatment of hemorrhoids?
- Diosmin
 - Quercetin
 - Resveratrol
 - Curcumin

Treatment and prevention of herpes simplex virus type 1 in immunocompetent adolescents and adults

16. Which of the following is the recommended dose of valacyclovir for episodic treatment of herpes simplex virus type 1 (HSV-1) in patients with occasional recurrences, particularly those with a well-defined prodrome, to decrease the length of recurrences if initiated promptly after onset?
- 500 mg once daily for 3 days
 - 500 mg twice daily for 5 days
 - 1000 mg once daily for 5 days
 - 2000 mg twice daily for 1 day
17. Which of the following statements about valacyclovir is true?
- It is more effective than acyclovir for the treatment of HSV-1.
 - It is approved for the prevention of HSV-1 infection in immunocompromised patients.
 - It is metabolized to acyclovir in the liver.
 - It has a longer half-life compared to acyclovir.
18. What is the mechanism of action of valacyclovir in the treatment of HSV-1?
- Inhibition of viral DNA polymerase
 - Inhibition of viral RNA polymerase
 - Inhibition of viral protein synthesis
 - Inhibition of viral entry into host cells
19. Which of the following is a contraindication for the use of valacyclovir?
- History of allergic reaction to acyclovir
 - History of allergic reaction to penicillin
 - History of allergic reaction to aspirin
 - History of allergic reaction to sulpha drugs
20. What is the primary benefit of using valacyclovir for suppressive therapy in patients with frequent recurrences of HSV-1?
- Prevention of primary infection
 - Reduction in the frequency of outbreaks
 - Shortening the duration of outbreaks
 - Prevention of transmission to sexual partners

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2024 Accreditation number:
MDB015/239/01/2024