

SAGP

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Hypertension – back to basics

- Which of the following best describes the basic formula for blood pressure?
 - Blood pressure equals cardiac output divided by peripheral vascular resistance.
 - Blood pressure equals cardiac output times peripheral vascular resistance.
 - Blood pressure equals stroke volume minus heart rate.
 - Blood pressure equals afterload plus heart rate.
- What is optimal blood pressure?
 - Systolic blood pressure > 140 mmHg with diastolic blood pressure > 90 mmHg.
 - Systolic blood pressure 129 mmHg with diastolic blood pressure 89 mmHg.
 - Systolic blood pressure 130 mmHg with diastolic blood pressure 85 mmHg.
 - Systolic blood pressure < 120 mmHg with diastolic blood pressure < 80 mmHg.
- What best describes a masked hypertension phenotype?
 - Clinic systolic blood pressure > 180 mmHg with diastolic blood pressure > 120 mmHg.
 - Normal clinic blood pressure with elevated blood pressure tested out-of-office.
 - Elevated clinic blood pressure with normal blood pressure tested out-of-office.
 - Elevated blood pressure only seen during deep sleep.
- Which of the following factors increases the cardiovascular risk of diagnosed hypertension?
 - Presence of other cardiovascular risk factors.
 - Non-use of home blood pressure monitoring.
 - Excessive exercise
 - Total cholesterol level of 4.5 mmol/l.
- In the drug treatment of hypertension, global guidelines encourage the use of single pill drug combinations and use which arguments to defend it?
 - The two components often act non-synergistically.
 - It increases pill adherence and simplifies the treatment regimen.
 - It is much cheaper.
 - It is readily available in the world.

Rather safe than sorry – the role of general practitioners in preventing pancreatitis

- All of the following treatment modalities are indicated in the management of a patient suffering from mild to moderate acute pancreatitis, except:
 - parenteral paracetamol
 - narcotic analgesics
 - systemic antibiotics
 - fluid hydration
- All of the following may significantly decrease the odds of at-risk patients suffering from first-time or recurring episodes of acute pancreatitis, except:
 - maintaining adequate blood glucose control
 - moderating or avoiding alcohol consumption
 - statin monotherapy for hypertriglyceridaemia
 - decreasing the consumption of dietary fat

- Which one of the following is correct regarding the use of pancreatin for exocrine pancreatic insufficiency?
 - The dose should be taken after the main meal.
 - Side-effects of pancreatin include steatorrhea.
 - Gastric acid inhibitors should be avoided.
 - The dose should be based on patient response.
- Which one of the following is correct regarding the management of hypertriglyceridaemia?
 - Acipimox acts by inhibiting HMG-CoA reductase.
 - Gemfibrozil should be avoided in patients with G6PD deficiency.
 - Drugs regulating PPAR- α are considered second-line therapy.
 - Once daily bezafibrate formulations are available.

Hormone Replacement Therapy for the South African healthcare provider: Part I

- Which statement is correct regarding vasomotor symptoms (VMS) in peri- and postmenopausal women?
 - The first line of therapy for hot flushes is micronised progesterone.
 - KNDy-neurons play an important role in thermoregulation.
 - Only 20% of peri- and postmenopausal women suffer from hot flushes.
 - Vasomotor symptoms do not alter the sleeping pattern of women.
- Regarding HRT and venous thromboembolism, please choose the correct answer:
 - Transdermal oestrogen preparations increase the risk for thromboembolic events.
 - Micronised progesterone is safer than medroxyprogesterone acetate.
 - Oral oestrogens do not undergo first pass metabolism.
 - On admission to hospital, thromboprophylaxis is only indicated in postmenopausal women undergoing major surgery.
- Which statement regarding HRT is correct?
 - HRT prevents dementia.
 - HRT improves pelvic floor muscle strength.
 - Transdermal oestrogen is associated with more cholecystectomies compared to oral oestrogen therapy.
 - Vaginal oestrogen improves the vaginal pH.
- Which statement regarding HRT is incorrect?
 - HRT improves the lipid profile in postmenopausal women.
 - HRT is accepted as standard therapy for the management of non-alcoholic fatty liver disease.
 - The single most important risk factor in developing venous thromboembolism in postmenopausal women is the route of administration.
 - The recommended daily Vitamin D intake in postmenopausal women is 1 000 IU.

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