

CPD questionnaire • September/October

An update on vitamin and mineral supplementation: is it essential?

1. What is the primary focus of the article "An update on vitamin and mineral supplementation: is it essential?"

- a The cost-effectiveness of vitamin and mineral supplements.
- b The necessity and impact of multivitamin and mineral supplementation for overall health.
- c The role of vitamins in enhancing athletic performance.
- d The differences between synthetic and natural supplements.

2. Why should smokers or former smokers avoid MVM products that provide large amounts of beta-carotene or vitamin A?

- a They can lead to an increased risk of heart disease.
- b They reduce the effectiveness of blood thinners like warfarin.
- c They can cause malabsorption of essential nutrients.
- d Studies have linked these nutrients to an increased risk of lung cancer.

3. What does the article suggest regarding the continuous use of vitamin and mineral supplements?

- a It may be beneficial for certain populations but not necessary for everyone.
- b It is universally recommended for all individuals.
- c It should be avoided entirely.
- d It is essential for everyone, regardless of dietary intake.

4. What role do vitamins and minerals play in cognitive health, according to recent studies?

- a They have no significant effect on cognitive function.
- b They may improve global cognition and episodic memory.
- c They only improve memory in children.
- d They can replace the need for mental exercises.

Stepping up: a pharmacist's role in managing diabetes and foot ulcers

5. In the treatment of diabetes, the primary goal for most patients should be to keep their HbA1c level at or below:

- a 7%
- b 12%
- c 15%
- d 20%

6. What is the first-line pharmacotherapy treatment for Type 2 Diabetes, except when contraindicated?

- a Insulin.
- b Metformin.
- c Sulfonylureas.
- d SGLT2 inhibitors.

7. Which one of the following is the gold standard for offloading in diabetic foot ulcers?

- a Shoe modifications.
- b Moonboot.
- c Crutches.
- d Total contact casting.

8. Which one of the following would not form part of a pharmacist's role in the multidisciplinary management of diabetes and its associated complications:

- a Glycaemic control.
- b Screening services.
- c Wound debridement.
- d Counsel of patients on lifestyle modifications.

Dry eye disease: a comprehensive overview for pharmacists

9. What is the primary cause of dry eye disease?

- a Increased tear production.
- b Disruption in the tear film.
- c Excessive blinking.
- d Overproduction of meibomian gland secretions.

10. Which of the following is NOT a common symptom of dry eye disease?

- a Burning sensation in the eyes.
- b Light sensitivity.
- c Increased visual acuity.
- d Stringy mucus in or around the eyes.

11. What is the first-line treatment for most patients with dry eye disease?

- a Antibiotics.
- b Corticosteroids.
- c Lubricants.
- d Surgery.

12. Which nutrient has been demonstrated to reduce inflammation and stabilise the tear film in dry eye disease?

- a Vitamin C.
- b Zinc.
- c Vitamin B12.
- d Omega-3 Fatty Acids.

The answers for these CPD questions will be in the upcoming issue of the SAPJ.
This activity can contribute towards your CPD compliance.

CPD answers • July/August

1. a 2. d 3. c 4. b 5. c 6. c 7. b 8. d 9. b 10. a 11. c 12. c 13. b 14. c
15. c 16. b 17. a 18. c 19. a 20. c