

CPD questionnaire • September/October

A current grasp of GLP-1 receptor agonists for addiction: emerging therapeutic potential

1. What is the primary proposed mechanism by which GLP-1 receptor agonists reduce addictive behaviours?

- a Enhancing serotonin levels in the prefrontal cortex
- b Increasing dopamine release in the nucleus accumbens
- c Reducing dopamine release in the brain's reward pathways
- d Blocking opioid receptors in the hypothalamus

2. Which of the following substances have shown decreased consumption in preclinical studies using GLP-1 receptor agonists?

- a Alcohol and nicotine
- b Cannabis and caffeine
- c Heroin and LSD
- d Antidepressants and benzodiazepines

3. One of the key challenges in translating GLP-1 receptor agonists into addiction therapy is:

- a Their inability to cross the blood-brain barrier
- b The high cost of manufacturing GLP-1 analogues
- c A lack of efficacy in type 2 diabetes patients
- d Determining the optimal dosing for addiction treatment

The Achilles' heel of sport performance – Misuse of drugs, and consequence to the longevity and credibility of an athlete

4. Which ONE of the following substances is classified by WADA as a metabolic modulator and was added to the prohibited list in January 2016?

- a Tramadol
- b Meldonium
- c Phentermine
- d Naproxen

5. What is the primary reason athletes misuse hydrochlorothiazide (HCTZ) in sports?

- a To enhance muscle growth
- b To suppress appetite
- c To mask the presence of other prohibited substances
- d To reduce anxiety before competition

6. Which ONE of the following drugs is *NOT* prohibited by WADA but is included in the monitoring list due to concerns regarding its potential ergogenic effects?

- a Codeine
- b Ephedrine
- c Oxycodone
- d Methylprednisolone

Knowledge, attitude, and practice on Basic Life Support: a case study of pharmacists in Benin City, Nigeria

7. The head tilt manoeuvre is not recommended as a first-line approach in airway management for a patient, especially in an emergency or trauma setting, because ____

- a It causes unnecessary strain on the patient's jaw
- b It is only effective in paediatric patients
- c It can worsen cervical spine injuries

8. It requires specialised training to perform correctly. The right sequence in adult resuscitation is ____

- a Airway – breathing – compression
- b Compression – Airway – Breathing
- c Breathing – Airway – Compression
- d Compression – Breathing – Airway

9. The two critical aspects of Basic Life Support required for patients' survival in sudden cardiopulmonary arrest are ____

- a Medication administration and advanced airway management
- b Chest compressions and rescue breathing only
- c Monitoring vital signs and providing oxygen therapy
- d Early defibrillation and high-quality cardiopulmonary resuscitation

Pharmacy students' perceptions of a health promoter-led community-based diabetes educational intervention: a case study

10. Which of the following registered and non-registered health personnel is often overlooked when designing interprofessional educational activities for pharmacy students?

- a Nurse
- b Health promoter
- c Pharmacist
- d Dietician

11. During the diabetes outreach session 3, which resource was used by the students to illustrate the concept of generic substitution to community participants?

- a Empty tablet boxes
- b Pamphlet
- c True and false cards
- d Poster

12. When conducting a qualitative study that is strictly timebound especially when data collection is restricted to a very short duration, which evaluation technique could be applied to analyse the results?

- a Theory of change approach
- b Participatory evaluation research
- c Rapid qualitative evaluation
- d Impact evaluation

Tackling migraines head-on: insights into pathophysiology, management and treatment

13. Which neuropeptide is principally implicated in the trigeminovascular theory of migraine pathophysiology?

- a Substance P
- b Calcitonin gene related peptide (CGRP)
- c Neurokinin A
- d Dopamine

14. Which acute migraine therapy selectively agonises 5 HT_{1F} receptors to reduce excitatory transmitter release without causing vasoconstriction?

- a Sumatriptan
- b Lasmiditan
- c Ubrogapant
- d Naproxen

15. Which mechanism underlies the anti migraine action of triptans?

- a 5 HT receptor agonism
- b Inhibition of cyclooxygenase 2
- c Blockade of NMDA receptors
- d Antagonism of CGRP receptors

Nutritional supplements for immune deficiency

16. Which of the following vitamins is commonly supplemented in measles to reduce mortality in children?

- a Vitamin A
- b Vitamin C
- c Vitamin D
- d Vitamin E

17. Which combination of nutrients is associated with immune support in patients with diabetes due to their role in glucose metabolism and insulin sensitivity?

- a Vitamin A, Zinc, Vitamin K
- b Vitamin B6, Vitamin B12, Chromium
- c Vitamin C, Omega-3, Curcumin
- d Vitamin D, Iron, Vitamin E

18. Why might vitamin D supplementation be necessary in individuals on corticosteroid therapy?

- a It counteracts steroid-induced increase in calcium absorption
- b Corticosteroids enhance vitamin D activation in the kidneys
- c Corticosteroids disrupt vitamin D metabolism, lowering its levels
- d Vitamin D reduces the sedative effects of corticosteroids

Atrial fibrillation in South Africa: anti-arrhythmic and anticoagulation therapy – clinical considerations for pharmacists

19. Which of the following is a key reason why atrial fibrillation (AF) patients in South Africa tend to be, on average, a decade younger than those in high-income countries?

- a Higher rates of obesity in women
- b Increased prevalence of coronary artery disease
- c Greater burden of rheumatic and structural heart disease
- d Limited access to direct oral anticoagulants (DOACs)

20. Which pair of scoring tools is specifically used in atrial fibrillation to guide anticoagulation decisions and assess bleeding risk?

- a TIMI and GRACE
- b CHA₂DS₂-VASc and HAS-BLED
- c Wells and Geneva
- d SCORE and Framingham

21. Which of the following is a critical responsibility of pharmacists when managing patients on warfarin therapy?

- a Monitoring renal function annually
- b Providing dietary counselling only
- c Ensuring regular INR monitoring and checking for drug interactions
- d Prescribing reversal agents when bleeding occurs

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 2025

1. b	2. c	3. c	4. c	5. c	6. d	7. c	8. c	9. b	10. b	11. b	12. c
	13. d	14. c	15. e	16. b	17. c	18. d	19. c	20. b	21. d		