

The CPD programme for *SAMJ* is administered by Medical Practice Consulting.
CPD questionnaires must be completed online at www.mpconsulting.co.za.

Please note: The change in CPD question format comes from the accreditation bodies, who have informed us that CPD questionnaires must consist of a minimum of 5 questions, 80% of which should be MCQs with a minimum of 4 options and only 20% of which may now be in the form of 'True or false' answers.

MCQs may be of 'single correct answer' or 'multiple correct answer' format. Where the question states that more than one answer is correct, mark more than one of a, b, c or d (anything from two to all answers may be correct). For example, in Question 2, if you think that a, b and c are correct (note that these are not necessarily the correct answers), mark each of these on the answer form. Where the question states that only one answer is correct (there are none of these this month), mark the single answer that you think is correct.

1. Dolutegravir as first-line antiretroviral therapy in South Africa: Beware the one-size-fits-all approach

Regarding dolutegravir (DTG) as first-line antiretroviral therapy (more than one answer is correct):

- DTG has recently replaced efavirenz as the preferred third drug for people initiating antiretroviral therapy in South Africa (SA).
- DTG is not recommended in pregnant women.
- DTG falls into a relatively new class of ART drugs known as integrase strand transfer inhibitors.
- DTG is rapidly absorbed, may be taken with or without food, and only requires once-daily dosing without the need for pharmacological boosting.

2. Evaluating the neutrophil-to-lymphocyte ratio as an indicator for early referral of patients with COVID-19 pneumonia to a high-care facility

Regarding the neutrophil-to-lymphocyte ratio (NLR) as an early referral indicator (more than one answer is correct):

- The NLR is an inflammatory marker calculated by using the absolute neutrophil and lymphocyte counts measured in the peripheral blood.
- The NLR has been established as a valid prognostic factor in various chronic diseases and solid tumours.
- Recent studies have concluded that the NLR can also be used in COVID-19 patients as a prognostic tool for early risk stratification on hospital admission.
- The NLR is not associated with progression to critical illness.

3. A comparison of the cost and social considerations between autologous whole blood clot and negative pressure wound therapy in SA

Regarding autologous whole blood clot and negative pressure wound therapy in SA (more than one answer is correct):

- Hard-to-heal wounds refer to all chronic or non-healing wounds that have not healed by at least 40% - 50% after 4 weeks of standard care treatment.

- Hard-to-heal wounds may progress slowly, or healing may be interrupted or delayed, owing to several intrinsic and extrinsic factors.

- Intrinsic and extrinsic factor factors include high levels of proteases, prolonged inflammation, reduced growth factors, recurrent infections, the inability of epidermal or dermal cells to respond to reparative stimuli and the formation of drug-resistant biofilms.

- Individuals with hard-to-heal wounds do not suffer from financial restrictions in care, even in regions where resources are limited.

4. Improving primary care antimicrobial stewardship by implementing a peer audit and feedback intervention in Cape Town community healthcare centres

Regarding antimicrobial stewardship (more than one answer is correct):

- The SA National Department of Health has implemented a One Health-based national strategic framework for antimicrobial resistance.
- This framework does not include a mechanism for the governance of antimicrobial stewardship at national, provincial, district and hospital levels.
- Acute respiratory-tract infections are the most common indication for antibiotic use in primary care.
- Concurrent interventions are required if antibiotic guidelines are going to be adhered to in practice.

5. Training, guideline access and knowledge of antiretroviral interactions: Is the SA private sector being left behind?

Answer true or false:

An estimated 8.2 million people lived with HIV in SA, in 2021 and SA has the largest antiretroviral therapy programme in the world.

Readers please note: Articles may appear in summary/abstract form in the print edition of the Journal, with the full article available online at www.samj.org.za

A maximum of 3 CEUs will be awarded per correctly completed test.

INSTRUCTIONS

- Read the journal. All the answers will be found there, in print or online.
- Go to www.mpconsulting.co.za to answer the questions.

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