

CPD questionnaires must be completed online at <https://members.samedical.org/>

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MCQs may be of 'single correct answer' or 'multiple correct answer' format. Where the question states that more than one answer is correct, choose more than one of *i, ii, iii* or *iv* (anything from two to all answers may be correct), and then select the correct combination from answers a, b, c or d. Where the question states that only one answer is correct, mark the single answer that you think is correct.

Regarding disparities in access to treatment in relation to quality of life in people diagnosed with Parkinson's disease in the South African healthcare setting

1. What is Parkinson's disease? (one answer is correct)
 - a. Parkinson's disease (PD) is a progressive neurodegenerative illness caused by the loss of dopaminergic neurons in the substantia nigra pars compacta.
 - b. PD is a progressive neurodegenerative illness caused by the loss of dopaminergic neurons in the brainstem.
 - c. PD is a progressive neurodegenerative illness caused by the loss of dopaminergic neurons in the frontal lobe of the brain.
 - d. PD is a progressive neurodegenerative illness caused by the loss of dopaminergic neurons in the parietal lobe of the brain.
2. How are the motor symptoms of PD managed? (one answer is correct)
 - a. Motor symptoms are managed primarily by physiotherapy, specifically muscle activation, which is focused on the restoration of proper movement.
 - b. Motor symptoms are managed primarily by pharmacotherapy, specifically levodopa, which is focused on the restoration of dopamine activity in the striatum.
 - c. Motor symptoms are managed primarily by pharmacotherapy, specifically cortisol, which is focused on the restoration of dopamine activity in the pituitary.
 - d. Motor symptoms are managed primarily by pharmacotherapy, specifically carbamazepine, which is focused on the restoration of dopamine activity in the cerebellum.
3. Which of the following are characteristic PD motor symptoms? (one answer is correct)
 - a. postural instability and rigidity
 - b. bradykinesia and rigidity
 - c. tremor and rigidity
 - d. postural instability, bradykinesia, tremor and rigidity.

Regarding a critical analysis of adult platelet product utilisation in South Africa, 2014 - 2021

4. What are the indications for use of platelet products in the management of patients? (more than one answer is correct)
 - i.* to prevent prophylactic transfusions in patients with platelet counts below normal, or with atypical functioning
 - ii.* to prevent prophylactic transfusion in patients irrespective of platelet counts or functioning
 - iii.* to stop bleeding (therapeutic transfusions) in patients with platelet counts below normal, or with atypical functioning

iv. to stop bleeding (therapeutic transfusions) in patients irrespective of platelet counts or functioning.

- a. *i, ii, iii*
 - b. *i, iii*
 - c. *ii, iii, iv*
 - d. *i, iii*
5. Which of the following statements is correct? (one answer is correct)
 - a. In South Africa (SA), the public healthcare sector services 64% of the population.
 - b. In SA, the public healthcare sector services 74% of the population.
 - c. In SA, the public healthcare sector services 84% of the population.
 - d. In SA, the public healthcare sector services 94% of the population.
 6. Why do platelet units have a much-reduced shelf life compared with red cell products? (one answer is correct)
 - a. Platelet units are unstable at any temperature, and this is conducive to bacterial growth.
 - b. Platelet units require storage at room temperature, and this is conducive to bacterial growth.
 - c. Platelet units freeze very rapidly, and this is conducive to bacterial growth.
 - d. Platelet units thaw out very rapidly, and this is conducive to bacterial growth.

Regarding Ritshidze's community-led monitoring system as a source of information on health system responsiveness in South Africa

7. What is the Joint United Nations Programme on HIV/AIDS (UNAIDS) definition of community-led responses? (one answer is correct)
 - a. actions and strategies that seek to improve the health and human rights of constituencies that are not necessarily informed and implemented by and for communities themselves and the organisations, groups and networks that represent them
 - b. actions and strategies that seek to improve the health and human rights of constituencies that are specifically informed but not necessarily implemented by and for communities themselves and the organisations, groups and networks that represent them
 - c. actions and strategies that seek to improve the wealth and human rights of constituencies that are not specifically informed and not necessarily implemented by and for communities themselves and the organisations, groups and networks that represent them

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

INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to <https://members.samedical.org/> to answer the questions.

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d. actions and strategies that seek to improve the health and human rights of constituencies that are specifically informed and implemented by and for communities themselves and the organisations, groups and networks that represent them.

8. What do community-led responses include? (one answer is correct)

- a. advocacy
- b. holding decision-makers to account
- c. monitoring of policies, practices, and service delivery
- d. all of the above.

9. Which of the following are key elements of health systems responsiveness? (more than one answer is correct)

- i.* dignity, autonomy and confidentiality
- ii.* prompt attention, quality of basic amenities and choice of care provider
- iii.* access to social support networks
- iv.* provision of housing.

- a. *ii, iv*
- b. *iii, iv*
- c. *i, ii, iii*
- d. *i, ii, iv.*

Regarding high frequency of SARS-CoV-2 infection in children admitted to academic hospitals in central South Africa

10. When did the COVID-19 pandemic affect the world? (one answer is correct)

- a. from 2019 to 2021
- b. from 2020 to 2023
- c. from 2021 to 2024
- d. from 2022 to 2025.

11. How many variants have there been in SA since the emergence of COVID-19? (one answer is correct)

- a. 1
- b. 2
- c. 3
- d. 4.

12. Which of the following statements are correct regarding the immune response in children to SARS-CoV-2? (more than one answer is correct)

- i.* Children have strong interferon (IFN) responses to SARS-CoV-2.

ii. The strong IFN response to infection results in a lower cytokine storm.

iii. The infection is mild in children.

iv. The immune response in children and adults is the same.

- a. *i, ii, iii*
- b. *i, iii*
- c. *i, ii*
- d. *ii, iii, iv.*

Regarding severe lithium-induced nephrogenic diabetes insipidus

13. Which of the following statements is correct regarding diabetes insipidus? (one answer is correct)

- a. It is a common and treatable disease.
- b. It is characterised by the excretion of large volumes of hypotonic urine.
- c. It is a rare and untreatable disease.
- d. It is characterised by the excretion of small volumes of hypertonic urine.

14. What are the potential causes of diabetes insipidus? (more than one answer is correct)

- i.* antidiuretic hormone deficiency
- ii.* thyroid-stimulating hormone insufficiency
- iii.* renal resistance to thyroid-stimulating hormone
- iv.* renal resistance to antidiuretic hormone.

- a. *i, ii, iii*
- b. *i, iv*
- c. *ii, iii, iv*
- d. *i, ii.*

15. What is the most common cause of nephrogenic diabetes insipidus? (one answer is correct)

- a. arsenic
- b. cyanide
- c. lithium
- d. atropine.

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