

Were you paying attention? Test your retentive capacities on issues raised in this edition of *Africa Health*. You can quietly test yourself, or – and we're particularly keen on this – you could make it a part or the foundation of a Journal Club in your department or health institution. Life-long learning is a collaborative exercise and the whole health team can be positively stimulated by being involved in such discussion.

1. Assessment and diagnosis of the poisoned patient

- Qi. What is the most commonly used method to assess the degree of impairment of consciousness?
- Qii. What should be measured to assess cardiovascular function?
- Qiii. When considering self-poisoning, why are statements about amounts taken usually unreliable?

2. Substance abuse

- Qi. In substance abuse, substances may be ingested or inhaled. Name two other routes.
- Qii. Which is the fastest method of delivering drugs to the brain?
- Qiii. Drugs hidden in the vagina or rectum are less likely to cause significant symptoms. Why is this?

3. Clinical Review

- Qi: Which of these is most effective in disinfecting clear water?
- Sunlight.
 - Sunlight plus lime juice.
 - Sunlight plus lime slurry.
- Qii: Cloudy water cannot be used in SODIS (solar water disinfection) because the light cannot penetrate it well. How can the water sometimes be cleared?
- By adding sugar.
 - By adding salt.
 - By adding lime juice.
- Qiii: To clear water that is cloudy with bentonite clay what is the correct amount of salt to add to a 2-litre bottle?
- A teaspoon.
 - A tablespoon.
 - Half a teaspoon.
- Qiv. Pictures can be used to help people understand how to take their medicines. They are effective when
- Used to show warnings.
 - Used to show the times of day.
 - Not enough has been done to show they work.

- Qv. How is leprosy believed to be transmitted?
- Touch.
 - Nasal droplets.
 - Sexual intercourse.

- Qvi. Why is leprosy often incorrectly diagnosed?

- Qvii. WHO has suggested clinical classification of leprosy according to what?

- Qviii. The current drug regime for the treatment of leprosy is for how long?
- 12 months.
 - 24 months.
 - 6 months.

4. Medicine Digest

- Qi: Yaws has reappeared in children in poor rural areas of Africa. Unless treated early it can become chronic and relapse, causing what?

- Qii: People with gout are often hypertensive. Up to what percentage?
- 35%.
 - 74%.
 - 54%.

- Qiii. In systolic blood pressure readings what might a difference of 10mmHg between arms indicate?

- Qiv. The most common cause of sepsis in early infancy is what?
- Group B streptococcus.
 - Candida.
 - Enterovirus.

- Qv. In the treatment of bipolar disorder the drug lithium is effective but there are concerns about possible side-effects. What are they (two answers).



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- Q1
i. The Glasgow Coma Scale (GCS).
ii. Pulse, blood pressure, and temperature (core and peripheral).
iii. Because the quantities present in containers before they are taken are often unknown.
- Q2
i. Absorbed through mucous membranes or injected.
ii. Via injection.
vi. Because they are not subject to the digestive system.
- Q3
i. Answer c, sunlight plus lime slurry.
ii. Answer b, adding salt.
iii. Answer c, half a teaspoon.
iv. Answer c, not enough has been done to show they work.
v. Nasal droplets.
vi. It can mimic other skin diseases.
vii. The number of lesions.
viii. Answer a, 12 months.
- Q4
i. Severe bone deformities.
ii. Answer b, 74%.
iii. Vascular disease, needing investigation and treatment.
iv. Answer a, Group B streptococcus.
v. Effects on the kidneys; risk of teratogenicity.



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