



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. Malaria

- Qi. Which two tools have traditionally been used to reduce the burden of malaria disease?
- Qii. Why is sulphadoxine-pyrimethamine ideal for administration?
- Qiii. IPTp uptake in malaria has been poor. Why is this (two reasons)?
- Qiv. The World Health Organization's field guide to SP-IPTi recommends it is administered three times to infants at 8–10 weeks, 12–14 weeks, and when?

2. Flexible bronchoscopy

- Qi. Bronchial washings and bronchial brushings are used to capture cells for diagnosis. Why are they not entirely successful?
- Qii. For what is transbronchial needle aspiration used?
- Qiii. What is the percentage yield of TBNA in experienced hands?
a. 43%
b. 98%
c. 75%

3. Pulmonary function tests

- Qi. Generally, the seated position is preferred for a pulmonary function test. When would the standing position be preferred?
- Qii. What is the definition of FVC?
- Qiii. Static lung volumes are commonly measured by whole body plethysmography. What other method can be used?
- Qiv. When is the *six-minute walk test* used and what does it measure?

4. Clinical Review

- Qi: It has been suggested the the benefits of the drug aspirin are offset by which of the following:
a. Weight gain
b. Raised risk of bleeding events
c. Hair turning grey

- Qii: Black Africans mostly have a significantly lower cardiovascular risk than White and Asian races. Is this statement
a. True
b. False

- Qiii: In low-income countries, what is the cause of about half of the neonatal deaths?

- Qiv. In trials, no difference was demonstrated between umbilical cords treated with antiseptics compared with dry cord care or placebo. What was the disadvantage of using antiseptics?

5. Medicine Digest

- Qi: How is non-alcoholic fatty liver disease diagnosed (two answers)?
- Qii: In trials for a virus to treat Herpes Simplex viruses 1 and 2, what was the surprising result?
- Qiii. In the treatment of breastfeeding infants of HIV-infected mothers, extended nevirapine prophylaxis is effective for at least 6 months. What other provisions should also be used?
- Qiv. In cases of ischaemic stroke, what percentage of the cause remains unknown?
a. 17%
b. 38%
c. 25%
- Qv. In high-income countries the incidence of cardiovascular disease has decreased. Name two factors which may have played a part in this decrease.

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- Q1 i. Insecticide-treated nets and artemisinin-based combination therapy. ii. It has a one-dose regimen. iii. Registration for antenatal care late in pregnancy; frequent stock-outs. iv. Nine months of age.
- Q2 i. The techniques have a low diagnostic yield in the absence of a visible abnormality. ii. To sample an adjacent lymph node or peri-bronchial mass. iii. Answer 'c', 75%.
- Q3 i. When the patient is obese. ii. The volume of air that can be breathed out after full inspiration. iii. Nitrogen or helium washout. iv. To assess functional status in patients with respiratory disease. It measures how far a patient can walk on a flat, hard surface in 6 minutes.
- Q4 i. Answer 'b', raised risk of bleeding events. ii. Answer 'true'. iii. Infections. iv. Antiseptics prolong the time to cord separation.
- Q5 i. Ultrasound scanning of the liver; increased levels of liver enzymes. ii. The HSV-2 vaccine was effective against HSV-1 genital disease but not against HSV-2 infection; the reasons are unexplained. iii. Routine HIV screening in pregnancy, and anti-retroviral interventions during pregnancy, labour, and delivery. iv. Answer 'c', 25%. v. Dietary and lifestyle interventions; decrease in cigarette smoking; better of control of blood pressure and cholesterol levels.





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