



SOUTH AFRICAN FAMILY PRACTICE

Official Journal of the South African Academy of Family Physicians

Earn 5 CEUs
per edition

CPD QUESTIONNAIRE: January/February 2013

All questionnaires must be completed online. Please keep this form for your own records.

Paid up SAAFP members: Please visit www.ecpd.co.za (Please phone **021-8235599** for assistance)

To join the SA Academy of Family Physicians: download a membership form from www.saaftp.org. For assistance and other queries, please phone Karla van der Westhuizen or Joleta van Wyk at 021 823 5599 or email them at members@saaftp.org.

Subscribers and other recipients of SAFP: Please visit www.medpharm.co.za to login or to register for CPD. For assistance please phone Ms Caryl de Meillon at 012 664 7460 (Mon-Fri: 8:30- 16:30) or 072 233 6603 (After hours) or e-mail her at caryl@medpharm.co.za.

QUESTIONS	TRUE	FALSE
1. High-sensitivity C-reactive protein (CRP) is a novel specific inflammatory biomarker for the assessment of cardiovascular disease.		
2. Lifestyle intervention is adequate for a person with a CVD risk score of 3-15% and low-density lipoprotein cholesterol of 2.4 mmol/l.		
3. There is ample evidence to recommend the use of dietary supplements in patients with dyslipidemia.		
4. A raised alanine aminotransferase does not exclude statin therapy in patients with dyslipidemia.		
5. A triglyceride level of 3 mmol/l can result in acute pancreatitis, and should be treated without delay.		
6. Staphylococcal blepharitis is caused by excessive sebaceous secretions from dysfunctional meibomian glands.		
7. Perennial conjunctivitis is the most common type of ocular allergy and is often associated with asthma.		
8. Herpes is the most common cause of sporadic and epidemic conjunctivitis in the general population.		
9. The cause of episcleritis is commonly idiopathic, and resolution is spontaneous in young adults.		
10. Paracetamol should be the first medication option to treat lower back pain.		
11. Neurogenic pain in the lower back occurs from direct tissue injury, for example, from trauma or infection.		
12. Psychological and social factors may have a profound biasing influence on all aspects of lower back pain, and may be identified with nonorganic signs during examination.		
13. Fusion surgery should not be considered in patients without radicular back pain or nerve involvement, until two years of all other conservative treatments have failed.		
14. The target blood pressure in patients with hypertension and diabetes is between 120/70 mmHg and 140/80 mmHg.		
15. The choice of antihypertensive drugs to control blood pressure is more important than blood pressure control.		
16. Angiotensin-converting enzyme inhibitors delay cardiovascular, as well as renal, complications, in patients with hypertension and diabetes.		
17. Chronic obstructive pulmonary disease (COPD) encompasses two distinct processes: chronic bronchitis and emphysema.		
18. Smoking cessation does not slow the decrease in lung function in patients with established disease.		
19. Bronchodilators, e.g. β_2 agonists and anticholinergics, are the cornerstone of COPD therapy.		
20. Inhaled corticosteroids may be used as single therapy in the treatment of mild COPD.		