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2006 ANSWERSHEETS

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Thank you very much for your cooperation.
The CPD Management Office

Question 1-5: Atypical Pneumonia: Page 20-28

- Is the following statement true or false?
***Streptococcus pneumoniae* is the most common organism responsible for community-acquired pneumonia (CAP).**
 - True
 - False
- Is the following statement true or false?
Clinical findings are insufficient to distinguish between typical and atypical pneumonias.
 - True
 - False
- Choose the incorrect statement
 - Mycoplasma pneumoniae* disease is usually of low mortality.
 - M. pneumoniae* tends to cause pneumonia in the age range of five to 25.
 - Systemic examination of a patient with *M. pneumoniae* pneumonia may reveal Raynaud's phenomena.
 - Major organ involvement, especially of the hepatic system, is well described.
 - M. pneumoniae* causes mucociliary dysfunction.
- Choose the incorrect statement
 - Chlamydia pneumoniae* infection is widespread.
 - Most *C. pneumophila* infections are mild.
 - C. pneumoniae* is a frequent co-pathogen in CAP.
 - The chest x-ray often shows a patchy segmental infiltrate.
 - Treatment should continue for seven days.
- Choose the incorrect statement
 - Sporadic cases of *Legionella pneumophila* occur particularly in autumn.
 - L. pneumophila* is ubiquitous in water.
 - Pontiac fever is an acute flu-like illness without pneumonia.
 - Legionnaire's disease is not characterised by cough.
 - β -lactam antimicrobials have no activity against legionella.

Question 6-9: Chest Pain: Page 30-33

- Is the following statement true or false?
Hypertrophic cardiomyopathy is a life-threatening cause of chest pain.
 - True
 - False
- Choose the incorrect statement
 - Ischaemic pain can be described as a pressure, squeezing or tightness.
 - Myocardial ischaemia may radiate to the neck, lower jaw or teeth.
 - Pain provoked by physical or emotional exertion is classically angina.
 - The pain from pericarditis is relieved by sitting up or leaning forward.
 - Exertional dyspnoea may be the only manifestation of angina, especially in hypertensive patients.
- Choose the incorrect statement
 - An acute coronary syndrome should be treated with oxygen, aspirin and nitroglycerin.
 - Beta blockers should be administered to a patient with aortic dissection.
 - Heparin must be administered in case of pulmonary embolism.
 - If the cause of a non-life-threatening chest pain is unknown, the patient should be referred to a level 3 facility.
 - A chest x-ray, sputum and blood gases need to be done before referring a patient to a pulmonologist for a chest pain of pulmonary origin.
- Is the following statement true or false?
Not every patient with chest pain needs to be referred to a hospital or specialist.
 - True
 - False

Question 10-15: Corticosteroid dose-response curve: Page 34-42

- Choose the incorrect statement
 - The dominant process in asthma is bronchospasm.
 - Inhaled corticosteroids (ICS) have become the treatment agents of choice for the inflammation of asthma.
 - Asthma can usually only be assessed superficially by symptoms alone.
 - A decrease in the quality of life is one of the immediate complications of poor asthma control.
 - Asthmatics with impaired lung function have a higher mortality rate.
- Choose the incorrect statement
 - Corticosteroids exert their effect by direct nuclear interaction.
 - Episodic bronchoconstriction is due to unrecognised inflammation.
 - The corticosteroid dose-response curve varies according to the severity of the illness.
 - The bronchial hyper-reactivity curve plateaus early.
 - To limit adverse events, it is better to add a long-acting beta agonist to ICS than to double the dose of ICS.
- Is the following statement true or false?
In assessing asthma control, the PEFR should be the bare minimum utilised by the practitioner.
 - True
 - False
- Choose the incorrect statement
 - Comparisons between corticosteroids should be made at equipotent doses.
 - 500 μ g of fluticasone is equivalent to 800 μ g of budesonide.
 - Ciclesonide is activated largely in the liver.
 - In the GOAL study, fluticasone was compared to a combination of salmeterol and fluticasone.
 - In a recent study, as-needed budesonide was found to be just as effective as regular administration.
- Is the following statement true or false?
An ICS starting dose of 400 to 800 μ g BDP equivalents is adequate.
 - True
 - False
- Is the following statement true or false?
A better understanding of the dose response to ICS will assist practitioners to treat asthma appropriately and safely.
 - True
 - False

Question 16-18: Cost-effectiveness of asthma therapy: Page 44-47

- Is the following statement true or false?
The three steps in managing a chronic medical condition are diagnosis, treatment and application of a cost-effectiveness review strategy.
 - True
 - False
- Is the following statement true or false?
Asthma management programmes have been shown to save \$11 for every dollar spent on education.
 - True
 - False
- Choose the incorrect statement
 - The cost of a single exacerbation of asthma can be several thousands of rands.
 - Guidelines-based management of asthma is likely to result in a better quality of life.
 - Only 12-20% of asthmatics receive inhaled corticosteroids.
 - The ratio of bronchodilator vs. corticosteroid use is 7:1.
 - Problems with adherence to asthma therapy occur in 10-56% of asthma patients.

Question 19-20: Office Spirometry: Page 48-51

- Choose the incorrect statement
 - Spirometry measures air flow and volume as a function of time.
 - One of the main values obtained by spirometry is fixed vital capacity (FVC).
 - Spirometry is vital in the diagnosis and COPD.
 - The percentage of predicted FEV1 can be used to assess the severity of airway obstruction.
 - FEV1 can be used to differentiate asthma from COPD.
- Choose the incorrect statement
 - Spirometry can be used to evaluate individuals with an abnormal chest radiograph.
 - Current (or former) cigarette smokers over 45 years of age are at risk of having pulmonary disease.
 - Spirometry cannot be used to measure disease progression in COPD.
 - Pre-operative risk assessment is an indication for spirometry.
 - Abnormal spirometry results can add to the efficacy of smoking cessation programmes.