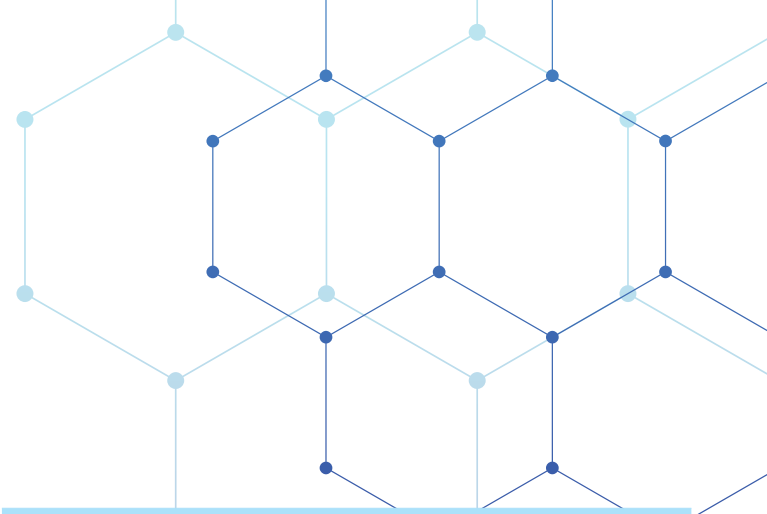


# SAGP

• THE SOUTH AFRICAN GENERAL PRACTITIONER •  
CPD QUESTIONNAIRE • No. 6 2021



## Intranasal drug delivery to overcome the blood–brain barrier

- Which of the following approaches have been successfully used to improve drug delivery to the brain?
  - Drug modulation
  - Bypassing the blood–brain barrier
  - Modulation of blood–brain barrier permeability
  - All of the above
- The intranasal drug delivery system takes advantage of which of the following?
  - Drug size
  - Presence of the blood–brain barrier
  - Direct connection between the nasal cavity and the brain
  - Destruction of nasal tissue
- Which of the following is an advantage of the intranasal drug delivery system?
  - Targeted delivery of drugs to diseased cells
  - Complete lack of side effects of administered drugs
  - Overcoming unfavourable pharmacokinetics of drugs
  - A large portion of the administered dose is delivered to the brain
- Which of the following is a limitation of the intranasal drug delivery system?
  - Risk of infection
  - It is invasive
  - Inability of large molecule drugs to be delivered to the brain
  - Translation of preclinical results into the clinical setting

## Contemporary treatments for atopic dermatitis and the dawn of targeted biologic therapies

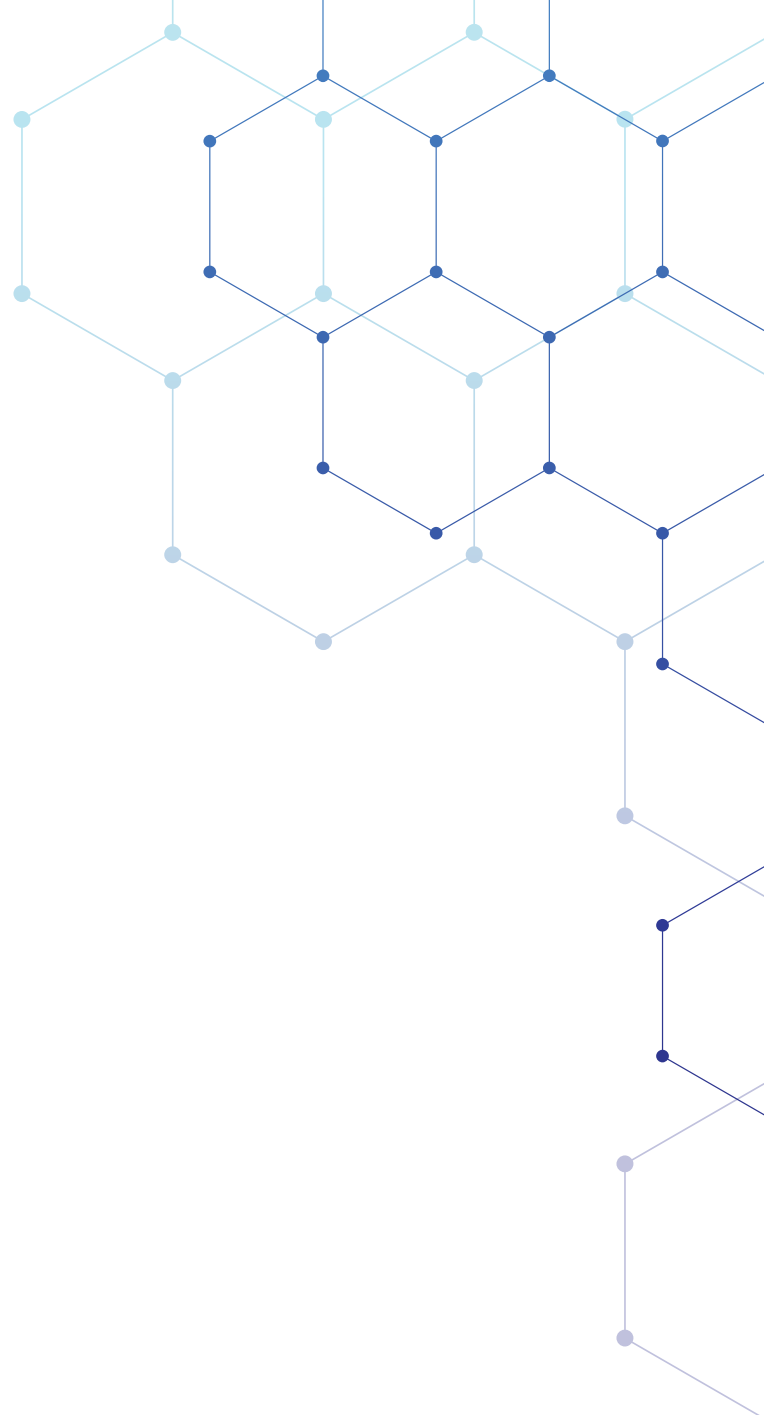
- The cornerstone of the management of patients with atopic dermatitis (AD) is?
  - Topical steroids on all affected areas
  - Topical calcineurin inhibitors on affected areas
  - Optimising ‘general measures’
  - Systemic immunosuppressants
- The first-line therapy in the treatment of an AD flare is?
  - Topical steroids
  - Emollients
  - Pimecrolimus
  - Tacrolimus

## 7. A registered systemic therapy for AD in South Africa is?

- Methotrexate
- Azathioprine
- Mycophenolate mofetil
- Dupilumab

## Osteoporosis: Identification, intervention and prevention of fractures

- Which is **not** a risk factor for osteoporosis?
  - Smoking
  - Weight-bearing exercise
  - Glucocorticoid use
  - Low BMI
- Imminent fracture risk is highest in:
  - Patients who have sustained a fragility fracture in the past decade
  - Young patients with osteoporosis who have sustained a recent fragility fracture
  - Elderly frail patients who have sustained a recent fragility fracture
  - Patients with osteoporosis who have not yet sustained a fragility fracture
- The FRAX® tool:
  - Can also be used to risk stratify osteoporotic patients
  - Provides a measurement of bone density
  - Is not specific or relevant for South African patients
  - Cannot be used without a T-score
- Which is the most correct statement regarding osteoporosis treatment:
  - Drug holidays are always mandatory when using bisphosphonates.
  - Anabolic therapy should be used in low risk patients.
  - “Treat to target” recommends stopping treatment when the lumbar BMD T-scores are -2.5.
  - Denosumab is an alternate anti-resorptive therapy and can be used in patients with renal failure.
- The OH concept promotes the idea of:
  - The importance of zoonotic diseases to human health.
  - The link between human and animal health.
  - That by working across disciplines it is possible to achieve more than by working alone.
  - That working within health silos will advance the health of all.



13. The human healthcare system in South Africa:

- a The public healthcare system would benefit the most from an OH approach.
- b The private healthcare system does not have the capacity to deal with zoonotic disease.
- c The healthcare provided to all South Africans are equal.
- d The private healthcare system spends 5 times as much per person compared to the public healthcare system.

14. Regarding potential zoonotic disease:

- a Brucellosis is an infectious zoonosis disease that is easily diagnosed due to its specific clinical signs.
- b Zoonotic diseases represent approximately 30% of all new infectious diseases detected.
- c Combatting zoonotic disease can benefit from an OH approach through shared resources and lower intervention costs.
- d Knowledge of zoonotic diseases and the correct treatment is high amongst health profession.

15. Implementation of the OH concept:

- a Implementation of the OH concept requires a top-down approach.
- b Only animal and human health practitioners are required for the implementation of the OH concept.
- c The creation of transdisciplinary networks is the first step to implementing the OH concept.
- d Implementation of the OH concept suffers from the lack of awareness amongst health professionals.

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2021 Accreditation number: MDB015/278/01/2021