

# SAGP

• THE SOUTH AFRICAN GENERAL PRACTITIONER •

## CPD QUESTIONNAIRE • No.5 2020

### Cannabidiol in the management of stress and anxiety

1. Choose the correct answer:

- a Anxiety is considered a normal reaction/response to psychological stress or a threat.
- b Long-term stress or chronic stress may be a beneficial reaction and does not contribute to health problems.
- c Delta-9-tetrahydrocannabinol (THC) has similar effects to cannabidiol (CBD).
- d CBD is the main psychoactive component in cannabis.

2. Cannabidiol (CBD):

- a Is associated with abuse or dependence potential.
- b Does not have any side-effects.
- c Does not have a potential to interact with other medicines.
- d Products have been associated with concerns regarding product purity and lack of product regulation for safety.

3. Choose the correct answer:

- a No discrepancies regarding labelling of CBD product have been found.
- b Hemp seed oil contains omega-6 and omega-3 essential fatty acids,  $\gamma$ -linolenic acid and antioxidants.
- c CBD appears to trigger a "high".
- d Hemp seed oil contains high levels of phytocannabinoids such as THC.

### Oxidative stress: a common denominator in every pathogenesis

4. Oxidative stress reflects an imbalance between the manifestation of reactive oxygen species (ROS) and

- a the activation of the Nfr2 signalling pathway.
- b the quantity of antioxidants consumed in one's diet.
- c a biological system's ability to detoxify the reactive intermediates.
- d the endoplasmic reticulum's ability to synthesise proteins.

5. The conversion of psychological stress into the cellular stress response

- a involves relationships, career, and finances.
- b involves an increase in stress-response hormones such as cortisol and adrenaline.
- c occurs partly via the activation of the hypothalamic-pituitary-thyroid axis.
- d is caused by moderate exercise programmes.

6. Lifestyle measures aimed at reducing the formation of free radicals

- a are related to diet, drinking, exercise, smoking, physical and psychological stressors, work and leisure environments, and relationships.
- b are impossible to implement.
- c include the consumption of high glycaemic foods.
- d include seeing one's general practitioner every three months.

### Wounds: an overlooked burden (Part 1) – effective wound management starts with proper wound assessment

7. Which one of the following is **not** a feature of secondary intention healing?

- a Extensive tissue loss
- b Extended healing time
- c Exhibit limited loss of epithelial cells and connective tissue
- d Complicated healing process due to the requirement for tissue replacement

8. A diabetic foot ulcer is an example of a wound caused by mechanical injury.

- a True
- b False

9. Which of the following is **not** a feature of an acute wound?

- a Wound edges appear pink
- b Evidence of wound contraction
- c Moderate amount of exudate
- d Granulation tissue appears dark red

### Rheumatoid arthritis: a joint venture

10. Which conventional synthetic disease-modifying antirheumatic drugs (DMARDs) are both unsafe in pregnancy?

- a Methotrexate and leflunomide
- b Sulfasalazine and chloroquine
- c Methotrexate and sulfasalazine
- d Methotrexate and chloroquine

11. Permanent joint damage can occur within six months of rheumatoid arthritis (RA) symptoms first appearing.

- a True
- b False

12. Patients should never be initiated on more than one DMARD after RA is diagnosed.

- a True
- b False

### Anaemia in chronic kidney disease – a review

13. According to the National Kidney Foundation of South Africa (NKFSA), what was the percentage of our population estimated to be affected by chronic kidney disease (CKD) in 2015?

- a < 5%
- b > 25%
- c Approximately 10%
- d Approximately 15%

14. Based on the current body of knowledge, what is the best target for haemoglobin (Hb) levels in CKD patients (regardless of sex)?

- a > 14 g/dl (higher is better)
- b < 10 g/dl < 12
- c < 14 g/dl
- d  $\geq 10$  g/dl

15. When considering the novel class of therapeutic agents, hypoxia-inducible factor (HIF) prolyl hydroxylase inhibitors, currently undergoing clinical trials which statement is true?

- a These are far superior to the erythropoiesis stimulating agents (ESAs) currently registered for use.
- b The risks associated with the use HIF prolyl hydroxylase inhibitors are identical to those of other ESA preparations.
- c The outcomes of clinical trials have been inconclusive to date.
- d The new class offers an alternative route of administration and is thought to be associated with a decreased risk of adverse cardiovascular effects when used to attain the same Hb levels as with other ESAs.

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