**Match each Questions with the Correct Answer from the list below**

1. **TOPIC**: HYPERTENSION AND VASCULAR DISEASE 2025

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:c49ab87d-3333-4f4b-b767-7c33d18d7bb0**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:c49ab87d-3333-4f4b-b767-7c33d18d7bb0)

**Questions:**

1. **What is High Blood Pressure?**
2. A measure of force of blood flow within the arterial walls
3. Systolic pressure is the amount of pressure to push blood through the arteries of the hole body
4. Diastolic pressure measures the amount of pressure on the arterial walls when the heart relaxes between beats
5. All of the above
6. None of the above
7. **Why is Blood Pressure Dangerous?**
8. It makes the Heart work too hard
9. It is harmful to blood vessels
10. Often there are no warning signs = "Silent Killer"
11. a+b
12. a+b+c
13. **Recommendations of National Institutes of Health to Manage and Prevent Hypertension**
14. Stay active and reduce excess weight
15. Heart Healthy Foods include red meat, pasta, white bread, and salty chips
16. Quit Smoking and limit Alcohol intake
17. Reduce Salt intake
18. a+c+d
19. **Risk factors**
20. Family History
21. Smoking and drinking too many alcohol beverages
22. High Stress Levels
23. Being Overweight
24. All of above
25. **How to work with your doctor in controlling Hypertension**
26. Knowing your Blood Pressure
27. Take medication regularly as instructed
28. Monitor and keep a record of blood pressure readings
29. a+b+c
30. none of above
31. **TOPIC:** HYPERTENSION'S EFFECT ON THE BODY 2025

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:f86f2c8e-7a37-49fe-ada0-ae6b64a4f814**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:f86f2c8e-7a37-49fe-ada0-ae6b64a4f814)

1. **High Blood Pressure has no effect on….**
2. Small Arteries
3. Dementia
4. Sexual function
5. All of the above
6. None of the above
7. **Damage to Arteries can cause ?**
8. Aneurysms
9. Metabolic Syndrome
10. Enlarge Right Heart
11. a+b
12. a+b+c
13. **Effect of Hypertension on the Brain**
14. High Blood Pressure hardens arteries and causes clots that lead to TIA
15. Blood Vessels can narrow, break or leak leading to a STROKE
16. Narrowed and blocked arteries limit blood flow to the brain causing Vascular Dementia
17. a+b+c
18. None of the above
19. **Which of the following about High Blood Pressure and the Eye is True?**
20. Damage to blood vessels in the eye lead to bleeding, blurred vision or blindness
21. Fluid buildup under retina called choroidopathy
22. Blocked blood flow damage the nerve that sends light signals…Neuropathy
23. a+c
24. All of the above
25. **Hypertensive Emergencies include the following**
26. Blindness
27. PET / Eclampsia
28. Heart attack
29. Pulmonary Edema
30. All of the above
31. **TOPIC:** CHRONIC KIDNEY DISEASE IN DIABETES - THE FORGOTTEN

UNMET NEED

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:0ff48516-3222-4482-97bd-3c286d950c1d**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:0ff48516-3222-4482-97bd-3c286d950c1d)

**1. The ADA recommends that patients should be referred to a nephrologist when eGFR is:**

a) < 30 ml/mini1 .73m"

b) < 45ml/min/1 .73m'z

c) < 60mlimin/1 .73m2

d) None of the above

**2. Factors that drive progression of CVD in patients with CKD and T2DM**

**include:**

a) Haemodynamic

b) Metabolic

c) inflammation/fibrosis

d) All of the above

**3. The CREDENCE trial demonstrated that despite RAS and SGLT-2 inhibition, 11% of patients with T2DM and advanced CKD experienced CKD progression or cardiovascular death within:**

a) 12 months

b) 24 months

c) 36 months

d) 72 months

**4. Cardiovascular mortality risk increases with:**

a) A decline in eGFR

b) increased albuminuria

c) Both of the above

d) None of the above

**5. Finerenone is a:**

a) Aldosterone antagonist

b) SGLT-2 inhibitor

c) RAS inhibitor

d) Nonsteroidal MRA

1. **TOPIC:** POSTTRAUMATIC STRESS DISORDER: EVALUATION AND TREATMENT

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:b7b079f5-c9fe-4ff6-9a80-a7060ea5ea9a**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:b7b079f5-c9fe-4ff6-9a80-a7060ea5ea9a)

**1. Posttraumatic stress disorder (PTSD) is common, occurring in:**

a) 6% of individuals

b) 20% of individuals

c) More than 10% of individuals

d) None of the above

**2. lt is recommended that all military veterans be screened for PTSD:**

a) Annually for two years

b) Annually for five years and then once every ten years

c) Annually for five years and then once every five years

d) Only need to be screened at separation from service

**3. Symptoms of PTSD includes:**

a) Hyperarousal, avoidance

b) Intrusive thinking, negative cognition or mood related to traumatic

experience

c) Sleep impairment

d) All of the above

**4. Trauma-focused psychotherapy usually consists of:**

a) Weekly to four weekly sessions of 30 minutes for 6 weeks

b) Monthly sessions of 60 minutes for 6 months

c) Weekly to biweekly sessions lasting 60 - 90 minutes to 6 - 12

weeks

d) None of the above

**5. The most effective pharmacological treatment for PTSD includes:**

a) SSRI drugs like fluoxetine, peroxetine and setraline

b) SNRI drugs like venlafaxine

c) Both of the above

d) None of the above

1. **TOPIC:** MUSCULOSKELETAL DISORDERS IN THE ELDERLY

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:5d4ff948-f108-4f94-a736-addb872bb5ca**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:5d4ff948-f108-4f94-a736-addb872bb5ca)

1. **What condition is characterized by the progressive loss of bone density in older adults?**
2. Osteoporosis
3. Hyperostosis
4. Disuse atophy
5. Poor coordination
6. Dies insufficient in Vit d

2.      **Which degenerative joint disease is most commonly associated with aging?**

1. *Osteoarthritis*
2. *Chondromalacia*
3. *Osteosarcoma*
4. *Stage 4 malignancy*
5. *Sarcopenia*

3.      **What term/condition is most closely associated with age-related loss of muscle mass and strength?**

1. *Sarcopenia*
2. *Sarcomatous change*
3. *Cachexia*
4. *Tea and Toast diets*
5. *Depression*

4.      **Which mineral is essential for bone health and preventing fractures in the elderly?**

1. *Calcium*
2. *Sodium*
3. *Fluoride*
4. *Potassium*
5. *Magnesium*

5.      **What type of exercise is most effective for improving bone density in older adults?**

1. *Weight-bearing*
2. *Non weight bearing*
3. *Aqua-aerobics*
4. *Wall sits*
5. *Star jumps*
6. **TOPIC:** REVIEW ON THE UPDATE IN OBESITY MANAGEMENT: EPIDEMIOLOGY

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:e70c0361-f3d3-4de2-a902-bf1042b858dc**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:e70c0361-f3d3-4de2-a902-bf1042b858dc)

1. What is the most commonly used tool in clinics to diagnose obesity? ​

a. Waist circumference ​

b. Body Mass Index (BMI) ​

c. Lean Body Mass (LBM)

d. Calorie intake measurement​

e. None of the above

1. Which of the following is NOT a genetic cause of obesity?

a. Monogenic obesity

b. Polygenetic obesity ​

c. Syndromic obesity ​

d. Obesogenic environments

e. None of the above

1. What percentage of adults globally were estimated to be living with overweight or obesity in 2022, according to WHO? ​

a. 38%

b. 59%

c. 72% ​

d. 45%

e. None of the above

1. Which of the following comorbidities is associated with a BMI cut-off of 30.9?

a. coronary artery disease ​

b. Hypertension

c. Diabetes mellitus

d. Obstructive sleep apnoea ​

e. None of the above

1. What is the recommended amount of moderate to vigorous physical activity for overweight and obese patients? ​

a. 15–30 minutes per week

b. 30–60 minutes on most days ​

c. 10–20 minutes daily

d. 60–90 minutes weekly

e. None of the above

1. **TOPIC:** AI AND ITS FUTURE IN MEDICAL PRACTICE (Ethic)

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:69e49399-b03a-4122-a496-24409ac7174c**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:69e49399-b03a-4122-a496-24409ac7174c)

**Question 1 :** Choose one or more of the correct (True) statements below

1. AI is merely an online reference for PubMed articles.
2. AI makes clear diagnostic and treatment recommendations which doctors must follow exactly.
3. AI is designed to replace the doctor patient relationship.
4. AI is merely an adjunct to the medical doctor and assists him in making a diagnosis.
5. AI offers the doctor information which he must critically assess and decide if it is appropriate for his patient.

**Question 2 :** Choose one or more of the correct (True) statements below

1. AI is a tool which exclusively is available to the medical profession.
2. The term automated decision making means any technology which either assists or guides human judgment.
3. Mining of medical and related data is a way in which computers can interrogate datasets to extract meaningful information for use in medicine.
4. ChatGPT is a form of deep learning using advanced neural networks.
5. natural language processing is used by large language models like Bing and ChatGPT.

**Question 3 :** Choose one or more of the correct (True) statements below

1. a medical chatbot can be used to interrogate incoming patient queries come make diagnosis and issue prescriptions.
2. It is safe to use electronic medical records to replace written notes using free or copied or illegally obtained software.
3. AI has not made any advances in the field of surgery.
4. AI has made huge advances in the interpretation of MRIs and X-rays.
5. the health professions council of South Africa regulates and approves all new AI technologies.

**Question 4 :** Choose one or more of the correct (True) statements below

1. The use of AI in medicine is extremely costly and so should mainly be used for effluent patients.
2. The use of AI in medicine must be governed by the four pillars of medical ethics, namely, beneficence, non-maleficence, autonomy and justice.
3. Once you are used to a well-developed AI program you can allow it to be diagnosed and treat patients with little oversight.
4. A medical doctor is not responsible if AI offers an incorrect treatment suggestion.
5. the health professions council of South Africa considers the health professional fully responsible when using AI, and consequently medical professionals must carefully way up each suggestion offered by AI.

**Question 5:** What is an algorithm; choose one or more of the correct statements

1. A computer algorithm is a rhythmic series of musical notes played on a PC.
2. A computer algorithm is merely a form of data mining for PhD students.
3. An algorithm is actually an AI assistant chat box which answers incoming questions.
4. A computer algorithm is a detailed series of electrical instructions which a computer follows to complete a designated task.
5. An algorithm is actually a PowerPoint slide demonstrating intricate wiring within your computer
6. **TOPIC:** ETHICS AND SOCIAL MEDIA

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:ff71d5da-c551-4a14-ab65-960d79efd819**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:ff71d5da-c551-4a14-ab65-960d79efd819)

**Q1 Which of the following are seen as part of Social Media :**

a) Facebook / Instagram

b) LinkedIn

c) Twitter / Telegram

d) None of the above

e) All of the above

**Q2 With reference to the HPCSA Ethical Guidelines on Social Media (Booklet 16) and patient confidentiality and privacy, please choose the correct answer/s to the statements below:**

1. Patients are not automatically entitled to privacy and confidentiality
2. Patient identifiable personal information does not form part of confidential information and may be freely shared.
3. When a patient dies, so does the need for confidentiality.
4. The Protection of Personal Information Act (POPI Act) governs all information processing in the republic including that shared on social media.
5. The information regulator requires every practice to register and submit a report annually of all requests a practitioner has received for information, before 30th June 2025

**Q3. The practitioner–patient relationship: Please choose the correct answer/s to the statements below:**

1. A common risk with social media is that the doctor-patient relationship becomes blurred
2. When a practitioner is approached by a patient in a non-professional capacity, they should be cautious and consider the circumstances and implications before accepting such a request.
3. Any inappropriate approach calls for the polite re-establishment of the professional boundaries, with a brief explanation regarding the reasons for doing so.
4. Emergency healthcare advice should never be given by social media but rather during a clinical consultation.
5. Healthcare advice that is shared on social media should be evidence-based, scientifically sound, and generic in nature

**Q4. Conflicts of interest and precautionary measures to be observed when using Social Media. Please choose the correct answer/s to the statements below:**

1. Healthcare practitioners may freely endorse any hospital, facility, product, or medicine
2. any post on social media may be copied, reproduced, captured, or shared by the recipient.
3. Anything shared on social media is likely to remain there in perpetuity and cannot be easily or completely removed.
4. Because of the challenges facing healthcare practitioners when using social media, it is advisable not to use social media in your practice
5. Practitioners should not use social media while intoxicated, under stress or running late, lacking sleep or when ill.

**Q5 : Canvassing and Touting and Advertising: Please choose the correct answer/s to the statements below:**

1. Both Canvassing and Touting are frowned upon by the HPCSA
2. Canvassing involves making hyperbolic statements about your knowledge, skills or ability to attract more patients
3. Touting involves making special offers to your patients, like getting a free consultation every 10th consultation or facilities which are available in your rooms like free Wi-Fi etc.
4. You are not permitted to feature your picture on an advert for your practice
5. You are permitted to advise patients of the fact that you accept medical aid rates
6. **TOPIC:** ADVERSE EFFECTS OF STATIN THERAPY

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:e293d251-bb0f-467b-96e2-e514c82066e9**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:e293d251-bb0f-467b-96e2-e514c82066e9)

1. **Choose the correct answer. In patients with Statin-associated muscle**

**symptoms (SAMS):**

a) SAMS is normally associated with a marked increase in CK (creatinine kinase)

b) younger people are more at risk of SAMS

c) The elderly (more than 80 years), people with a Low BMI and muscle disorders

are more at risk of SAMS

d) Management of SAMS is determined by the magnitude of CK elevation and the

patient’s global cardiovascular risks

e) c and d

**2) Choose the incorrect answer: The benefits of statins include the following**

a) Reduction in LDL-C

b) Regression of coronary atheroma

c) Reduction in Atherosclerotic cardiovascular disease

d) Reduction in cataract formation

e) a and b

**3) Choose the correct answer:**

a) There is an association between high cholesterol levels and Alzheimer’s disease

b) In patients treated with Statins, no increased incidence of dementia or mild

cognitive impairments were found in clinical trials

c) Most clinical trials of cognitive function and statins rely on patient self-report of

memory impairment

d) Statins do not delay cognitive deterioration in patients with dementia

e) a,b,c and d

**4) Choose the incorrect answer:**

a) Mild proteinuria is seen at low frequency with high dose statin treatment, but is

not associated with impaired renal function

b) Dose reduction based on estimated glomerular filtration rate may be needed in

patients with severe statin regiments

c) Statins should be avoided in patients with mild renal impairment

d) Statins do not significantly deteriorate renal function

e) a and d

**5) Choose the correct answer:**

a) Statins do not cause a modest increased risk of new onset Diabetes Mellitus

b) Idiosyncratic liver injury due to statins is common

c) People on statins with features of metabolic syndrome or with prediabetes are at

significantly greater risk of an increase in new onset Diabetes mellitus.

Conversion to Diabetes Mellitus without statin use is also higher

d) Routine monitoring of liver enzymes is necessary

e) b and d

1. **TOPIC:** HEPATITIS C

**Link to article:** [**https://acrobat.adobe.com/id/urn:aaid:sc:EU:f9cfdb34-55b1-4655-a2a0-d6b8208de20b**](https://acrobat.adobe.com/id/urn:aaid:sc:EU:f9cfdb34-55b1-4655-a2a0-d6b8208de20b)

**Question 1: What is the seroprevalence of Hepatitis C in sub-Saharan Africa who inject**

**drugs.**

a) 9%

b) 4%

c) 25%

d) 30%

e) 15%

**Question 2: Why is the ability to access healthcare limited for patients who inject drugs with Hepatitis C.**

a) Hepatitis C is often treated at tertiary healthcare facilities

b) Poor referral rates

c) Homelessness

d) None of the above

e) All the above

**Question 3: Which answer is incorrect**

a) The South African National Hepatitis Guidelines and costed Action plan, as well

as the local Harm Reduction guidelines, outline processes for eliminating viral

hepatitis as a public threat in 2040

b) Participants screening anti-HCV positive had qualitative HCV viraemia confirmed

using Genedrive

c) If the HBsAg Rapid Screen is positive, patients are referred for anti-HBV therapy

d) Tuberculosis symptomatic screening is done if the anti-HCV is positive

e) In patients who test positive for Hepatitis C and are pregnant, therapy is

deferred.

**Question 4: Give the correct answer: In hepatitis C viremic participants who met the**

**eligibility criteria:**

a) Treatment was begun with a 4 week course of sofosbuvir 400mg and daclastavir

60 mg

b) No dose adjustment was made in HIV co-infected participants

c) Dose adjustment of daclastavir was done in HIV co-infected participants to

account for drug-drug interactions

d) Treatment monitoring was done at week 2

e) No clinical evaluation was performed to identify features of chronic liver disease

**Question 5: What is the correct answer:**

a) A Primary care focus on community level implementation of services is required

to screen, diagnose and rapidly link, and to care for those infected with Hepatitis C

b) Retention in care and follow-up remains both challenging and the key to positive

outcomes in treatment of Hepatitis C

c) A Simplified point-of service model for PWID (people who inject drugs) with chronic

Hepatitis C virus infection, yielded an acceptable sustained virological response rate

d) All of the above

e) None of the above