

The CPD programme for *SAJPH* is administered by Medical Practice Consulting.
CPD questionnaires must be completed online at www.mpconsulting.co.za.

One answer per question is correct.

1. Smartphone passion or addiction includes the following features except:

- a) behavioural addictions
- b) musculoskeletal discomfort
- c) stress and headaches
- d) substance use.

2. COVID-19-related acute respiratory distress syndrome is associated with all of the following except:

- a) bronchiolar damage in the lung
- b) myocardial infarction
- c) pulmonary embolism
- d) stroke.

3. The first set of measures taken by the government of Namibia for management and control of COVID-19 disease include:

- a) closure of all international borders
- b) closure of places of touristic attraction
- c) establishment an emergency response team
- d) increasing community awareness of COVID-19.

4. Which of the following statements is true for lockdown measures associated with COVID-19 in Namibia?

- a) The 5th stage was a full lockdown with some guidelines.
- b) The 4th stage was a lockdown with an ease in restrictions and guidelines.
- c) The 3rd stage was a moderate reopening of the country and economy with some restrictions and guidelines.
- d) The 2nd stage resembled the 'new normal' for most citizens with restrictions and health guidelines.

5. The confirmatory laboratory diagnostic test for COVID-19 is:

- a) enzyme-linked immunosorbent assay (ELISA)-based test
- b) RNA detection by reverse transcription polymerase chain reaction (RT-PCR) test
- c) SARS-CoV-2 antigen test
- d) SARS-CoV-2 antibody test.

6. Which of the following statements is true for the definition of a death due to COVID-19 for surveillance purposes?

- a) a death resulting from diabetes in a probable case of COVID-19
- b) a death resulting from diabetes in a confirmed case of COVID-19 after complete recovery
- c) a death resulting from a motor vehicle accident, in a confirmed case of COVID-19 after complete recovery
- d) a death resulting from trauma in a confirmed case of COVID-19.

7. The problem associated with case fatality rates for COVID-19 is:

- a) It is subject to considerable recall bias.
- b) The denominator is mostly unknown.
- c) The numerator is mostly unknown.
- d) The duration is unknown.

8. Misclassification of HIV-related deaths directly led to:

- a) fewer resources spent on dealing with the prevention and treatment of HIV
- b) more resources spent on dealing with the prevention and treatment of HIV
- c) decreased prevalence
- d) decreased incidence.

9. Which of the following statement is true for people living with HIV?

- a) They have a higher risk of contracting SARS-CoV-2.
- b) Once they are infected, they may not have more severe COVID-19.
- c) They should stop taking antiretroviral therapy if they have COVID-19.
- d) They may have long viral shedding if they have COVID-19.

10. Based on current evidence, the following diseases are associated with severe COVID-19 and increased risk of mortality except:

- a) cancer
- b) cardiac diseases
- c) celiac disease
- d) cystic fibrosis.

A maximum of 3 CEUs will be awarded per correctly completed test.

INSTRUCTIONS

1. Read the journal. All the answers will be found there, in print or online.
2. Go to www.mpconsulting.co.za to answer the questions.

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11. Sedentary behaviours found among smartphone users are found to be associated with the following mental health problems except:

- a) anxiety
- b) bipolar disorder
- c) depression
- d) stress.

True or false?

12. Sepsis-induced acute respiratory distress syndrome (ARDS) associated with COVID-19 could be detected by low D-dimer levels.

13. Limiting the number of COVID-19-associated deaths to only those with laboratory confirmation will skew the numbers in a downward direction.

14. The World Health Organization recommends routine viral culture in all patients with COVID-19.