

MY PERSONAL CPD FILE



Continuing professional development activity

SAJCN CPD activity No 149 - 2020

ACTIVITY 149

You can obtain 3 CEUs for reading the article: "KNOWLEDGE, PERCEPTIONS AND PRACTICES OF HIV-INFECTED MOTHERS REGARDING HIV AND INFANT FEEDING" and answering the accompanying questions. This article has been accredited for CEUs. Ref number: DT/A01/P00008/2020/00002

1. Women aged _____ years have the highest HIV prevalence rate.

- a. 18–39
- b. 25–45
- c. 15–49

2. A recent systematic review focussing on HIV-infected breastfeeding women found a pooled postnatal transmission rate of 1.1% at six months of age.

- a. This was observed in women who were reported to be on anti-retroviral therapy (ART) from early pregnancy.
- b. This was observed in women who were reported to be on anti-retroviral therapy (ART) before the start of the pregnancy.
- c. This was observed in women who were reported not to be on anti-retroviral therapy (ART) at any time.

3. The World Health Organization modified the AFFAS criteria that is used to consider if formula feeding would be a safe option. The amended criteria include:

- a. The use of single words.
- b. Statements related to the mother's circumstance.
- c. A recommendation that no specific criteria be applied in future.

4. In the current study, the most prevalent diagnosis other than HIV was:

- a. Hypertension
- b. Current or previous tuberculosis
- c. Pre-eclampsia

5. In the current study, most mothers intended to _____ their baby:

- a. mixed feed
- b. formula feed
- c. breastfeed

6. In the current study, how many mothers were aware that HIV could be transmitted to their baby via breastfeeding?

- a. 37%
- b. 57%
- c. 99%

7. In the current study, which per cent of mothers who intended to formula feed ($n = 30$) received counselling on how to prepare the formula milk correctly?

- a. 100%
- b. 53.3%
- c. 46.7%

8. The burden of non-communicable diseases (NCDs) is increasing worldwide, and regions such as those in Africa are expected to show a 20.0% increase in cases by the year 2020. The scaling up of ARTs in sub-Saharan Africa has increased the life expectancy of HIV-infected individuals with a resultant...

- a. reduction in healthcare costs.
- b. larger cohort suffering from NCDs, such as hypertension.
- c. increase in mortality.

9. Anaemia is the most common haematological anomaly encountered in HIV-infected patients, and has been identified as a risk factor for _____ in patients with acquired immune deficiency disorder (AIDS).

- a. earlier mortality
- b. sepsis
- c. hypertension

10. The updated 2016 WHO guidelines on HIV and Infant Feeding state that:

- a. Mothers living with HIV should breastfeed for a maximum of six months and may not continue breastfeeding thereafter.
- b. Mothers living with HIV should breastfeed for at least six months and may continue breastfeeding for up to 24 months or longer (similar to the general population) while being fully supported for ART adherence.
- c. Mothers living with HIV should breastfeed for at least 12 months and may continue breastfeeding for up to 24 months or longer (similar to the general population) while being fully supported for ART adherence.

11. Most of the mothers in the current study felt that they understood the counselling that they received, and that they received sufficient information to make a decision that would suit their situation. However, it might be a case of "you don't know what you don't know", suggesting that:

- a. Most mothers did not have any knowledge on HIV and infant feeding.
- b. All mothers received adequate counselling on HIV and infant feeding, but they did not know that the counselling was adequate.
- c. Even if the mothers felt that they had in fact received enough information, they might not even be aware of all of the information that they had not received.

12. Desclaux and Alfieri investigated infant feeding counselling for HIV-infected women in Burkina Faso, Cambodia and Cameroon. Most of the women who were interviewed in all three countries did not show a high level of comprehension regarding certain issues. When the researchers observed these counselling sessions, it was found that:

- a. The healthcare workers oversimplified the health messages but did include sufficient precise information.
- b. The healthcare workers oversimplified the health messages and did not include sufficient precise information.
- c. The healthcare workers did not oversimplify the health messages but did include sufficient precise information.

13. A large percentage of mothers in the current study was not informed about the fact that HIV-infected mothers can still breastfeed if ARVs are not available. Even though this is not a desirable practice, one of the WHO principles states: "When antiretroviral drugs are not (immediately) available:

- a. ...breastfeeding should strongly be discouraged".
- b. ...breastfeeding may provide infants born to HIV-infected mothers with a lower chance of HIV-free survival".
- c. ...breastfeeding may still provide infants born to HIV-infected mothers with a greater chance of HIV-free survival".

14. It can be concluded that women in the current study were not as well informed regarding HIV and infant feeding issues as would be anticipated. Although data were obtained from a single site and can thus not be generalised to other areas, the results indicate:

- a. A need for interventions to improve knowledge.
- b. A need for interventions to increase formula feeding for infants of HIV-infected mothers.
- c. A need for interventions to improve knowledge of policy makers, but that the knowledge of mothers was sufficient and does not require improvement.

15. The authors further concluded that the design of updated, interactive and culturally sensitive educational materials could contribute to the successful implementation of PMTCT programmes and should urgently receive attention. Women should be empowered during counselling sessions,

- a. ...and durable educational materials, specifically in English, should be available to send home with her.
- b. ...and durable educational materials should be available to send home with her.
- c. ...and durable educational materials should exclusively be available for her for use at the healthcare centre itself.

HOW TO EARN YOUR CEUs

1) Register with the www.nnia.org website. 2) Log in. 3) Click on "My CPD". 4) Click on "Current Activity". 5) Please note that the CPD questionnaire will only be live for 30 days. NNIA will send a notification e-mail to all registered. Check NNIA website regularly please. 6) Click on the relevant CPD article title to download the article and questionnaire or use the printed copy in your SAJCN. 7) Click on "Review/Answer Questions". 8) Choose the correct option or options and then click on "Next". 9) Click on "Submit Answers" to obtain your results. We regret that only online questionnaires will be accepted.



Medical Practice Consulting:
Client Support Center: +27121117001
Office – Switchboard: +27121117000

HPCSA number: DT Surname as registered with HPCSA: _____ Initials: _____

Cell phone number: _____ Fax No.: _____

E-mail address*: _____ [*NB: please supply e-mail address (if available) for certificate delivery – please write clearly]

Postal address: _____

Code: _____

Full member of: ADSA: yes no NSSA: yes no SASPEN: yes no