

Continuing professional development activity for dietitians

SAJCN CPD activity No 52 and 53 – 2008

ACTIVITY 52

You can obtain 3 CEUs for reading the article: "Progress towards eliminating iodine deficiency in South Africa" and answering the accompanying questions.

This article has been accredited for CEUs for dietitians.

Ref number: DT/A01/P00008/2008/00001

PLEASE ANSWER ALL THE QUESTIONS

- The recommended daily iodine intake for pregnant and lactating women is 250 µg per day. True False
- The diagnosis of iodine deficiency is done on an individual person. True False
- Ultrasonography is the most accurate method of measuring the size of the thyroid gland. True False
- The current level of salt iodisation in South Africa is 35-65 ppm of iodine. True False
- The goitre rate is a good indicator in the short-term evaluation of changes in a salt iodisation programme. True False
- A median urinary iodine concentration of 100-199 µg/L represents optimal iodine nutrition. True False
- One of the provinces in South Africa with more than adequate iodine intakes is the Northern Cape Province. True False
- The international goal is to achieve a coverage of at least 90% of households using adequately iodised salt. True False
- The iodine in retailers' salt may be used for law enforcement. True False
- The quantitative titration method is preferred for internal monitoring of the iodine concentration in salt at the production sites. True False
- Despite the fact that it is not legally required to use iodised salt in processed food in South Africa, significant amounts of iodine have been found in some processed foods. True False
- Alternative sources of salt used in the kitchen include agricultural salt, non-iodised salt from spaza shops, street vendors and salt sachets placed in maize meal bags. True False

ACTIVITY 53

You can obtain 3 CEUs reading the article: "Childcare practices and nutritional status of children aged 6-36 months among short and long term beneficiaries of the child survival protection and development programmes (the case of Morogoro, Tanzania)" and answering the accompanying questions.

This article has been accredited for CEUs for dietitians.

Ref number: DT/A01/P00008/2008/00002

PLEASE ANSWER ALL THE QUESTIONS

- In research settings, structured questionnaires are only useful in the collection of qualitative data. True False
- In this study, significantly more mothers in Mjimpya than in Mwembesongo initiated breastfeeding immediately (less than one hour) after birth. True False
- The findings indicated that household size can negatively influence length of time mothers spend with children. True False
- Having CSPD in the Morogoro district had reduced the proportion of children who were given prelacteal to less than 45%. True False
- Compared with the shorter programme duration group, the children in the longer duration programme had better protein intake. True False
- Mothers in Morogoro district were likely to deliver babies with assistance of a doctor or a trained nurse. True False
- The involvement of the fathers in the Morogoro district in childcare giving chores was minimal. True False
- The study clearly demonstrated a distinct advantage of long-term when compared with shorter-term programmes. True False
- Children who received full financial support from the father in Mwembesongo and Mjimpya wards had a higher HAZ score as compared to those who got partial or no support. True False
- Prolonged CSPD programme did not necessary translate into nutritional advantage for participating children over those in shorter duration programmes. True False
- It is important to monitor CSPD programmes during the implementation phase. True False
- Financial capacity in resource poor households is always a good prerequisite to successful nutrition intervention. True False

HOW TO EARN YOUR CEUs

1. Please check your name and HPCSA number. 2. Read the article and answer all the questions. 3. Only **ONE** answer sheet may be submitted per article. 4. Indicate your answers to the questions by coloring the appropriate block on this answer sheet. 5. This page may be photocopied if not torn out and should be posted to: **Postnet Suite 55, Private Bag X22, Tygervalley, Cape Town, 7536**. A pdf of this questionnaire is also available on www.sajcn.co.za. 6. Answer sheets must be submitted **not later than 30 April 2008**. Answer sheets received after this date will not be processed. 7. You will earn 3 CEUs per article if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs. 8. Make a photocopy for your own records in case your form is lost in the mail.

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