

ACTIVITY 62

You can obtain 3 CEU's for reading the article: "INFANT FEEDING PRACTICES IN A HIGH HIV PREVALENCE RURAL DISTRICT OF KWAZULU-NATAL, SOUTH AFRICA" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians.

Ref number: DT/A01/P00008/2009/00003

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- The study has highlighted an alarmingly high mixed feeding rate with widespread use of solids at 14 weeks in a high HIV prevalence setting. True False
- The vast majority (91%) of respondents knew that HIV could be transmitted sexually but none spontaneously mentioned breastfeeding as a route of transmission. True False
- The vast majority (97%) of babies received formula milk as their first feed. True False
- The commonest reason for choosing mixed feeding in this study was due to miss-perception that the baby was still hungry after taking a milk feed. True False
- There was a good knowledge of PMTCT interventions (particularly the need for nevirapine) in study participants. True False
- There was little discordance between mothers' feeding intentions at birth, and their actual practices three months later. True False
- A study conducted in KZN province was able to demonstrate 83% exclusive breastfeeding rates at 3 months of age; this success rate will be very easy to replicate it in other settings. True False
- Early introduction of infants to supplementary feeds seems to be the rule rather than the exception in South Africa. True False
- The study confirmed the ability of a designated baby-friendly hospital to strongly influence breastfeeding practices following hospital discharge. True False
- All respondents believed that breastfeeding was the most accepted feeding method in the community. True False
- Grandmothers were most often responsible for mothers deciding to initiate solid feeds. True False
- Almost a third of mothers were teenagers and still attending school when they fell pregnant. True False

ACTIVITY 63

You can obtain 3 CEU's for reading the article: "OSMOLALITY OF MODIFIED ENTERAL TUBE FEEDS FOR ADULTS IN HOSPITALS ACROSS THE WESTERN CAPE PROVINCE"

and answering the accompanying questions.

This article has been accredited for CEU's for dietitians.

Ref number: DT/A01/P00008/2009/00004

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- The modular feed concept allows one to alter the components of a constituent nutrient without affecting other nutrients. True False
- Semi-modular modification of an Enteral Tube Feed includes the addition of multivitamins and minerals to a standard or base enteral formula. True False
- Modular feeds involve the combination of separate nutrient modules (e.g. carbohydrate, protein and fat sources) to formulate a patient-specific solution. True False
- A feed with larger-sized particles has a lower osmolality than a feed consisting of smaller-sized particles. True False
- Of the Enteral Tube Feed hospitals that participated in the study, 75% modified their enteral tube feeds. True False
- The powdered enteral tube feeds were the most frequently used type of enteral feed in Enteral Tube Feed hospitals in the Western Cape. True False
- The majority (63%) of the hospitals that modified their enteral tube feeds employed a dietician(s) on either a part- or full-time basis. True False
- Vitamins and minerals were added to modified enteral tube feeds in 44% of the hospitals studied. True False
- The modular recipe B had the highest osmolality (707 mOsm/kg/H₂O) of all the tested recipes in the study. True False
- An increased osmolality was found with an increase in the total carbohydrate content in both modular and semi-modular recipes. True False
- This study indicated that fat and protein content of the recipes did not influence the osmolality of the feeds. True False
- Modular feeds had a higher osmolality than semi-modular feeds in this study. 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 CPD questionnaire can now be completed online at www.sajcn.co.za. Click on "CPD" on the main page. You are now linked to the ecpsa website. Register with the ecpsa website, log in and choose the SAJCN CPD activity for this issue. Please provide your fax number and e-mail address for your processed certificate. 6. Only torn-out copies will be accepted by post. Please sign the document and post it to Postnet Suite 55, Private Bagx22, Tygervalley, Cape Town, 7536. 7. Answer sheets must be submitted **not later than March 2010**. Answer sheets received after this date will not be processed. 8. 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. 9. Make a photocopy for your own records in case your form is lost in the mail.

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