



ACTIVITY 66

You can obtain 3 CEU's for reading the article: **"EVALUATION OF COMMUNITY BASED GROWTH MONITORING IN RURAL DISTRICTS OF THE EASTERN CAPE AND KWAZULU-NATAL PROVINCES OF SOUTH AFRICA"** and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2009/00007

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- The study had a longitudinal cohort design. True False
- The researchers standardised the weighing scales by using a standard weight, and by observing whether the scales zeroed when switched on. True False
- Nearly all of the project volunteers who were interviewed could correctly identify the growth curve of a healthy growing child. True False
- Of the 45 project volunteers interviewed, 31% knew that vitamin A is a nutrient in food. True False
- A home-made oral-rehydration solution (ORS) can be made by mixing 1 litre boiled and cooled water with 8 level teaspoons of sugar and ½ teaspoon of salt. True False
- Using a crèche as growth monitoring site had the benefit that it was easy to discuss the child's growth with the caregiver. True False
- Of the 13 community-based growth sites that were visited by the researchers, seven were at a crèche, three were outside, two at a dwelling of a household, and one in a church building. True False
- The researchers observed that all children attending the growth monitoring sites were weighed wearing light clothing. True False
- The project volunteers used visual aids specifically designed for the project to guide them through the education lessons. True False
- The authors argued that weighing babies naked is feasible for community-based growth monitoring. True False
- A recent review paper published by Ashworth et al reported that growth monitoring programmes with good outcomes spent a considerable time training and supervising their health workers. True False
- A strength of the community-based growth monitoring project was the link with the local Department of Health (clinics), Department of Agriculture and Department of Social Welfare. True False

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You can obtain 3 CEU's for reading the article: **"SOCIO-DEMOGRAPHIC RISK FACTORS FOR HIV INFECTION IN WOMEN LIVING IN MANGAUNG, FREE STATE"** and answering the accompanying questions.

This article has been accredited for CEU's for dietitians. Ref number: DT/A01/P00008/2009/00008

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- According to the available literature, the Free State Province has the highest prevalence rate of HIV infection in South Africa. True False
- Some research studies have confirmed that rural rather than urban populations are more prone to HIV infection than their urban populations. True False
- The majority of younger and older HIV-infected women in this study received antiretroviral treatment. True False
- It is documented in the literature that individuals who use dry nasal snuff as well as people who smoke cigarettes are equally at risk for cardiovascular disease. True False
- In the present study, the difference between level of education and HIV infection was not significant. True False
- Significantly more of the HIV-uninfected women than HIV-infected women in this study had a husband as head of the household. True False
- The majority of households in this study shared a communal tap for drinking water. True False
- In this study, no significant difference was found in the room density of HIV-infected and HIV-uninfected women. True False
- Younger and older HIV-infected women in this study had been living in an urban area for more than a decade. True False
- A longitudinal study design was followed for this study. True False
- In this study, respondents completed a self-administered socio-demographic questionnaire. True False
- In order to determine reliability of the study, a random sample of 20% of the questionnaires was repeated within a period of one month. 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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