

ACTIVITY 78

You can obtain 3 CEUs for reading the article: **“Probiotics, with special emphasis on their role in the management of irritable bowel syndrome”** and answering the accompanying questions.

This article has been accredited for CEUs for dietitians. Ref number: DT/A01/P00008/2011/00003

PLEASE ANSWER ALL THE QUESTIONS (True or False)

1. Inherent colonisation by microbiota occurs as soon as the baby is exposed to weaning foods. True False
2. Less heterogeneity in the gut microbiome is a feature of a number of conditions, including inflammatory bowel disease. True False
3. Patients suffering from both diarrhoea-predominant irritable bowel syndrome (D-IBS) and constipation-predominant IBS (C-IBS) have lower numbers of *Lactobacillus* spp. True False
4. Probiotic adhesion to the intestinal mucosa is considered to be a prerequisite for interaction with the immune system. True False
5. Fermentation of unabsorbed and indigestible carbohydrates by intestinal bacteria occurs mainly in the colon, and results in the production of short-chain fatty acids. True False
6. The production of intestinal mucin and human β -defensins helps to inhibit pathogenic bacteria adherence. True False
7. Probiotics result in the expression of toll-like receptors 2 and 4 that sense bacterial components and trigger an appropriate immune response through the release of proinflammatory cytokines (IL-1). True False
8. Multi-strain probiotic supplements contain strains of different probiotic genera. True False
9. Probiotics can transfer antibiotic resistance to other microorganisms. True False
10. Various factors have been linked to the pathophysiology of IBS, including enhanced visceral sensitivity, neurotransmitter imbalances and low-grade inflammation of the gastrointestinal mucosa. True False
11. In the study by Kim et al (2003), supplementation of VSL#3 to IBS patients for eight weeks resulted in a significant improvement in abdominal bloating. True False
12. The benefits of *Bifidobacterium infantis* have been replicated in a large multi-centred trial in 362 female patients with IBS. The group taking 108 CFU per day scored significantly better than placebo in all symptom groups, including global assessment of IBS relief as the primary end-point. True False

ACTIVITY 79

You can obtain 3 CEUs for reading the article: **“Who is the nutrition workforce in the Western Cape?”** and answering the accompanying questions.

This article has been accredited for CEUs for dietitians. Ref number: DT/A01/P00008/2011/00004

PLEASE ANSWER ALL THE QUESTIONS (True or False)

1. Nutritionists comprise the majority of the nutrition workforce employed by the Department of Health in the Western Cape. True False
2. Eight individual questionnaires, one per staff category, were developed for use in the study. True False
3. Altogether, there were five different personnel categories. True False
4. The majority of the workforce who responded was situated in rural areas. True False
5. Integrated Nutrition Programme (INP) managers rated themselves as having the best skills related to finances and dietetic quality control. True False
6. Hospital dietitians rated themselves as least skilled in total parenteral nutrition and diversity management. True False
7. District dietitians rated themselves least well on diversity management. True False
8. Nutrition education and health promotion were the highest priorities for the auxiliary workers. True False
9. A recommendation of the study is that the minimum qualifications of managers, and especially foodservice managers, should be reviewed, and that the discrepancies that exist should be addressed. True False
10. A career plan for dietitians does not appear to be necessary. True False
11. Minimum norms and standards should be set to address the variations in orientation and induction, training programmes and qualifications of nutrition workers. True False
12. There is a perception that facility-based dietitians do not always see themselves as being part of the INP. True False

HOW TO EARN YOUR CEUs

1) Register with the www.nnia.org website. 2) Login. 3) Click on “My CPD”. 4) Click on “Current Activity” 5) Please note that the CPD questionnaire for the respective SAJCN issues will only be live for 30 days (11 April-10 May, 11 July-10 August, 11 October-10 November and 9 January-10 February 2012) 6) Click on the relevant CPD article title to download article and questionnaire or use the printed copy in your SAJCN 7) Click on “Review/Answer” Questions 8) Click “False” or “True” and then “Next” until all questions have been answered. 9) Click on “Submit answers” to obtain your results.

If online participation is not possible, please mail your signed questionnaire to Mrs Lindiwe Whati, **NNIA Secretariat, Nestle South Africa**: PO Box 50616, Randburg 2125 or fax your signed questionnaire to: +27 11 514 4257. Please allow 60 days for processing and administration.

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