CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS
SAJCN CPD activity No. 44 – 2007

You can obtain 3 CEUs for reading the article: “Breastfeeding, complementary feeding and nutritional status of 6 - 12-month-old infants in rural KwaZulu-Natal” and answering the accompanying questions. This article has been accredited for CEUs for dietitians. Ref number: DT/A01/P00008/2007/00003

HOW TO EARN YOUR CEUs
1. 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 colouring the appropriate block in the cut-out section at the end of this questionnaire.
5. You will earn 3 CEUs if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs.
6. Make a photocopy for your own records in case your form is lost in the mail.
7. Send the cut-out answer form by mail, NOT BY FAX to: SAJCN CPD activity No. 44, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to reach the office not later than 20 July 2007. Answer sheets received after this date will not be processed.

PLEASE ANSWER ALL THE QUESTIONS

1. Inadequate knowledge about appropriate foods and feeding practices is often a greater determinant of malnutrition than the lack of foods.
   [a] True  [b] False

2. In this study, dietary intake of infants 6 - 12 months of age was quantified using a food frequency questionnaire.
   [a] True  [b] False

3. Only a few households included in this study had access to tap water.
   [a] True  [b] False

4. Eighty-four per cent of the mothers of the infants included in this study were married.
   [a] True  [b] False

5. The majority of the caregivers said that solid foods in the infant’s diet should be introduced at 4 - 6 months.
   [a] True  [b] False

6. Infant cereals were the most popular first solid food given to infants.
   [a] True  [b] False

7. The acute-phase response was defined as CRP concentrations > 10 mg/l.
   [a] True  [b] False

8. Raised CRP levels affected the prevalence of vitamin A deficiency significantly.
   [a] True  [b] False

9. The prevalence of anaemia in this study was higher than the national average for infants 6 - 11 months of age.
   [a] True  [b] False

10. In the developed world, iron-fortified formula is often the major source of dietary iron.
    [a] True  [b] False

11. A study by Ladzani et al. (2000) showed that a nutrition education programme undertaken by local people failed to improve infant feeding practices.
    [a] True  [b] False

12. Contrary to previous reported findings, exclusive breastfeeding was a common practice in this study.
    [a] True  [b] False

“Breastfeeding, complementary feeding and nutritional status of 6 - 12-month-old infants in rural KwaZulu-Natal”
M Faber, A J Spinnler Benadé (DT/A01/P00008/2007/00003)

Please colour the appropriate block for each question
(e.g. if the answer to question 1 is a:  1) a       b )

1) a       b  2) a       b  3) a       b
4) a       b  5) a       b  6) a       b
7) a       b  8) a       b  9) a       b
10) a       b  11) a       b  12) a       b
CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITY FOR DIETITIANS
SAJCN CPD activity No. 45 – 2007

You can obtain 3 CEUs for reading the article: “Micronutrient intake of HIV-infected women (25 - 44 years) living in Mangaung, South Africa” and answering the accompanying questions. This article has been accredited for CEUs for dietitians.
Ref number: DT/A01/P00008/2007/00004

HOW TO EARN YOUR CEUs
1. 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 colouring the appropriate block in the cut-out section at the end of this questionnaire.
5. You will earn 3 CEUs if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs.
6. Make a photocopy for your own records in case your form is lost in the mail.
7. Send the cut-out answer form by mail, NOT BY FAX to: SAJCN CPD activity No. 45, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to reach the office not later than 20 July 2007. Answer sheets received after this date will not be processed.

PLEASE ANSWER ALL THE QUESTIONS

1. The following criteria were used for the selection of subjects in this study:
   [a] 25 - 44 years of age
   [b] pre-menopausal
   [c] post-pubertal
   [d] all of the abovementioned

2. It is well described that micronutrient deficiencies may exist in the presence of an adequate supply of macronutrients.
   [a] True  
   [b] False

3. Indicate which dietary method was used in this study to determine micronutrient intake:
   [a] a 24-hour recall
   [b] 7-day food diary
   [c] quantitative food frequency questionnaire
   [d] quantitative food frequency questionnaire and food diary

4. Thirty-eight per cent of younger women included in the study were HIV infected.
   [a] True  
   [b] False

5. The median intake of vitamin C in the total sample exceeded the RDA of 75 mg/day.
   [a] True  
   [b] False

6. Indicate the percentage of younger HIV-infected women who consumed ≤ 67% of the Adequate Intake (AI) for calcium.
   [a] 59.4   
   [b] 48.5
   [c] 51.9   
   [d] 49.7

7. In this study younger HIV-infected women consumed significantly more vitamin B₁₂ than non-infected younger women.
   [a] True  
   [b] False

8. Low intakes of selenium may be associated with increased mortality in HIV/AIDS patients.
   [a] True  
   [b] False

9. Micronutrient intake is important for optimal immune functioning in:
   [a] HIV-infected individuals
   [b] HIV-non-infected individuals
   [c] Both of the abovementioned groups

10. Even a mild deficiency of one single nutrient can affect the immune system negatively.
    [a] True  
    [b] False

11. It is generally accepted that there is a definite association between folate and HIV-related outcomes.
    [a] True  
    [b] False

12. Optimal health and survival in HIV-infected individuals may be supported by:
    [a] a well-balanced eating plan
    [b] micronutrient supplementation
    [c] both of the abovementioned

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Cut along the dotted lines and send to: SAJCN CPD activity No. 45, c/o Department of Human Nutrition, PO Box 19063, Tygerberg, 7505 to reach the office not later than 20 July 2007

HPCSA number: DT |__|__|__|__|__|__|__|
Surname as registered with HPCSA: _________________________________________________________________ Initials: ______________
Postal address: _______________________________________________________________________________________________________
________________________________________________________________________________________________Code: _______________
E-mail address: _______________________________________________________________________________________________________
Full member of:   ADSA: |__| yes  |__| no            NSSA: |__| yes  |__| no                     SASPEN: |__| yes  |__| no

“Micronutrient intake of HIV-infected women (25 - 44 years) living in Mangaung, South Africa”
Z Hattingh, C Walsh, FJ Veldman, CJ Bester (DT/A01/P00008/2007/00004)
Please colour the appropriate block for each question (e.g. if the answer to question 1 is a: 1) a [ ] b [ ]

1) a [ ] b [ ] c [ ] d [ ]
4) a [ ] b [ ]
7) a [ ] b [ ]
10) a [ ] b [ ]
2) a [ ] b [ ]
5) a [ ] b [ ]
8) a [ ] b [ ]
11) a [ ] b [ ]
3) a [ ] b [ ] c [ ] d [ ]
6) a [ ] b [ ] c [ ] d [ ]
9) a [ ] b [ ] c [ ]