

# CPD QUESTIONNAIRE

Earn 2 CPD points after you have read the journal by completing the following questionnaire online on the ALLSA website at [www.allergysa.org/cpd](http://www.allergysa.org/cpd) or follow the links from the home page [www.allergysa.org](http://www.allergysa.org). To earn points, you will need to register and fill in personal details (make sure you have your HPCSA number handy and decide on a password beforehand). Once you have registered, you can answer the questionnaire.

Please note that there is only one correct answer per question, and you will have only one opportunity to submit the questionnaire, so please check answers carefully. You will be able to change answers if you click the wrong one by mistake, but once you click 'Submit Answers' the test will be submitted and marked.

Points will be submitted electronically to the HPCSA.

The closing date for submission of this questionnaire is 31 May 2006.

## IS ALLERGY TESTING COST-EFFECTIVE?

- True or false?** Allergy testing in infancy is inaccurate and should be deferred until at least the age of 3 years or older.
  - True
  - False
- True or false?** The presence of IgE antibodies greater than 3.5 kU/l for both Phadiatop and fx5 measured in combination in 4-year-old children indicates a 97.4% predictive likelihood of a suspected allergic disease (asthma, rhinitis, eczema or food allergy).
  - True
  - False
- True or false?** In children, a specific IgE level to peanut which is 14 kU/l or greater has a 100% predictive value for diagnosing peanut allergy.
  - True
  - False
- Choose ONE correct answer:** The fx5 food allergy screen (Phadia) consists of the following food allergens:
  - Cow's milk, hen's egg, wheat flour, soy protein, codfish and peanut
  - Soya milk, hen's egg, corn flour, lentil bean, codfish and peanut
  - Cow's milk, hen's egg, wheat flour, tomato, codfish and peanut
  - Soya milk, hen's egg, corn flour, tomato, dogfish and peanut
  - Cow's milk, strawberry, wheat flour, soya bean, codfish and lentil.

## CLINICAL INDICATIONS AND INTERPRETATION OF THE CAST

- Choose ONE correct answer:** The CAST determines:
  - Leukotriene release
  - Leukotriene and histamine release
  - Tryptase release
  - Catecholamine release
- Choose ONE correct answer:** The CAST is ideally suited to testing:
  - Bee venom hypersensitivity
  - Inhalant allergies
  - Allergy to food preservatives
  - Milk intolerance
- Choose ONE correct answer:** The following is required for CASTs:
  - Fresh serum
  - Fresh EDTA whole blood
  - Heparinised whole blood
  - Clotted blood

## SPECIALISED *IN VITRO* DIAGNOSTIC METHODS IN THE EVALUATION OF HYPERSENSITIVITY – AN OVERVIEW

- Choose ONE answer:** During the allergic reaction new and pre-formed mediators are released from cells, such as mast cells and eosinophils. Choose the INCORRECT one:
  - Tryptase
  - Histamine
  - IgE antibody
  - Eosinophil cationic protein
- True or false?** During an immune response to a foreign antigen, antibodies are produced as part of the body's defence mechanism. The IgG antibody response can be quantified using the ImmunoCAP, however it is only validated for some allergens.
  - True
  - False

## POSITION STATEMENT: SKIN-PRICK TESTING

- True or false?** A wheal of 5 mm to hen's egg skin-prick test has a 100% positive predictive value for egg allergy at age 7 years.
  - True
  - False
- True or false?** Allergen skin-prick testing (SPT) is a much safer procedure than intradermal (ID) skin testing.
  - True
  - False
- Choose ONE incorrect statement.** Skin-prick testing should not be performed when:
  - There is a history of anaphylaxis to test solution.
  - The child is under one year of age.
  - Patient is currently on antihistamine medication.
  - Extensive eczema is present at test site.
  - Dermatographism is present.
- Choose ONE incorrect statement:**
  - Skin testing may be performed on the volar aspect of the forearm.
  - The lancet should have a 5 mm tip and blunted shoulder.
  - The allergens should be placed 2-3 cm apart.
  - The wheal reaction must be measured after 15-20 minutes.
  - Allergens should be stored between 2 and 8°C.

## COMPLEMENTARY AND ALTERNATIVE ALLERGY TESTS

- Choose ONE answer** that is not an example of a complementary and alternative medicine (CAM) allergy test:
  - Electrodermal (VEGA) test
  - Applied kinesiology
  - CAST
  - Auriculocardiac test
  - Hair analysis
- Choose ONE correct answer:** Applied kinesiology testing involves:
  - Skin electromagnetic measures
  - Testing muscle strength
  - Specific IgE antibodies
  - Specific IgG antibodies
  - Applying fresh allergen to the skin.
- True or false?** The VEGA test measures electromagnetic conduction at various acupuncture points to detect food allergies and intolerances.
  - True
  - False

## ABC OF ALLERGOLOGY

- True or false?** Obesity, fibromyalgia, anxiety and hypoglycaemia may have an underlying allergic cause.
  - True
  - False
- True or false?** Delayed hypersensitivity reactions are related to specific IgE antibodies causing mast cell degranulation.
  - True
  - False

## ALLERGIES IN THE WORKPLACE

- Choose ONE correct answer:** Work-related asthma symptoms are commonly reported among workers in the fish processing industry involved in all, EXCEPT ONE of the following activities:
  - degutting of fish
  - boiler room (coal dust)
  - fishmeal milling and bagging
  - fish filleting
- Choose ONE correct answer:** The common causes of dermatitis among workers in the fish processing industry are the following, EXCEPT ONE of the following:
  - water
  - fish and fish products (fish juice, slime/mucin, skin, fillet, gut)
  - additives (e.g. garlic, onion, spices)
  - glues and inks used for can labelling