

# CPD QUESTIONNAIRE

Earn 3 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. 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. If you have registered for a previous questionnaire, you'll need your HPCSA number and password to logon. 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.

The closing date for submission of this questionnaire is 30 September 2010.

## RESPIRATORY TRACT SYMPTOMS IN ENDURANCE ATHLETES

1. **True or false:** The incidence of upper respiratory tract symptoms (URTS) is increased in athletes after endurance events compared with sedentary controls  
a) True  
b) False
2. **True or false:** A direct link has been proved between changes in immune parameters in athletes and development of URTS.  
a) True  
b) False
3. **True or false:** Chronic allergic rhinitis may predispose to the development of URT infections.  
a) True  
b) False
4. **Choose ONE correct answer:** Which of the following symptoms or signs is a contraindication to exercise training in an athlete who presents with respiratory tract symptoms?  
a) Pyrexia  
b) Myalgia  
c) Chest pain  
d) All of the above (a to c)

## ALLERGIC RHINOCONJUNCTIVITIS IN ATHLETES

1. **True or false:** Allergic rhinoconjunctivitis is one of the most common allergic conditions in athletes.  
a) True  
b) False
2. **True or false:** Subtle symptoms of allergic rhinitis have no influence on athletic performance.  
a) True  
b) False
3. **True or false:** Allergen avoidance is the primary recommendation for athletes with allergic rhinoconjunctivitis.  
a) True  
b) False
4. **Choose ONE correct answer:** A Therapeutic Use Exemption (TUE) is required if an athlete is taking:  
a) Intranasal corticosteroids  
b) Second-generation antihistamines  
c) Systemic corticosteroids  
d) Leukotriene receptor antagonists.

## EXERCISE-INDUCED BRONCHONCONSTRICTION – CURRENT UPDATE AND IMPLICATIONS FOR TREATING ATHLETES

1. **True or false:** Up to 50% of athletes with no respiratory symptoms may have lung-function abnormalities.  
a) True  
b) False

2. **True or false:** Metacholine is an indirect test for asthma.  
a) True  
b) False
3. **True or false:** All patients with asthma should be treated with inhaled glucocorticosteroids.  
a) True  
b) False
4. **Choose ONE correct answer:** Short acting beta<sub>2</sub>-agonists:  
a) Have an onset of action similar to long-acting beta<sub>2</sub>-agonists  
b) Have a duration of action that may last for up to 12 hours  
c) Should be used daily for maximum therapeutic effect  
d) Should always be used before exercise  
e) Are all prohibited in sport and require either Therapeutic Use Exemptions (TUEs) or Declarations of Use (DoUs).

## ALLERGIC SKIN CONDITIONS IN ATHLETES

1. **Choose ONE correct answer** regarding physical/non-allergic urticaria in the athletic population:  
a) The prevalence of physical urticaria in the athletic population is similar to that of the general population.  
b) Cholinergic urticaria can result from exercise in the heat and is characterised by large wheals of approximately 10 mm in diameter.  
c) Cold urticaria can result from sudden reduction in temperature and can result in life-threatening loss of consciousness.  
d) Solar urticaria usually develops after more than 1 hour of exposure to sunlight.
2. **True or false:** Allergic urticaria is associated with a type 1 allergic reaction.  
a) True  
b) False
3. **True or false:** The diagnosis of allergic contact dermatitis (ACD) can be confirmed with a positive patch test of the causative agent, and irritant contact dermatitis (ICD) with a negative patch test.  
a) True  
b) False
4. **True or false:** The common jellyfish sting is also called 'seabather's eruption'.  
a) True  
b) False

## EXERCISE-INDUCED ANAPHYLAXIS

1. **True or false:** Exercise-induced anaphylaxis (EIA) is a syndrome in which patients experience the symptoms of anaphylaxis, which occur only after increased physical activity.  
a) True  
b) False
2. **True or false:** The mainstay of treatment for patients with EIA is the prevention of future episodes.  
a) True  
b) False
3. **True or false:** Diagnosis of EIA cannot be made on the basis of patient history only.  
a) True  
b) False
4. **Choose ONE correct answer:** How long do the symptoms of EIA typically last after the cessation of exercise?  
a) 10 minutes – 2 hours  
b) 20 – 60 minutes  
c) 90 minutes  
d) 30 minutes – 4 hours

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