

CPD questionnaires must be completed online via www.cpdjournals.org.za. After submission you can check the answers and print your certificate. Questions may be answered up to 6 months after publication of each issue.

1. True (A) or false (B) – click on the correct answer:
A diver with chronic or acute otitis would be disqualified from diving.
2. True (A) or false (B) – click on the correct answer:
Middle-ear barotrauma is the most common medical complication in diving.
3. True (A) or false (B) – click on the correct answer:
In a study of recreational divers, 85% of the divers had a hearing test before they began scuba diving.
4. True (A) or false (B) – click on the correct answer:
27% of the divers who experienced a complication following a dive consulted with a general practitioner.
5. True (A) or false (B) – click on the correct answer:
Diving is a popular sport; however, there are audiological risks involved.
6. True (A) or false (B) – click on the correct answer:
Paget-Schroetter syndrome affects primarily young (15 - 30 years) otherwise healthy subjects who participate in repetitive upper limb activities.
7. True (A) or false (B) – click on the correct answer:
Paget-Schroetter syndrome affects more women than men.
8. True (A) or false (B) – click on the correct answer:
It may take up to 10 months for a person with Paget-Schroetter syndrome to resume sports participation.
9. True (A) or false (B) – click on the correct answer:
Concussion is always associated with damage to cerebral arteries and veins.
10. True (A) or false (B) – click on the correct answer:
Second-impact injury may occur if a player returns to play prematurely following a previous head injury.
11. True (A) or false (B) – click on the correct answer:
All 16 different classification systems which are used for assessing the severity of head injury have been validated.
12. True (A) or false (B) – click on the correct answer:
Cognitive (thinking) impairment is directly proportional to the period of unconsciousness.
13. True (A) or false (B) – click on the correct answer:
The International Rugby Board recommends that approved headgear reduces the severity of concussion.
14. True (A) or false (B) – click on the correct answer:
When a player has suspected concussion, the management for this injury takes priority over basic aspects of first aid involving cervical spine protection, airway, breathing and circulation evaluation and management.
15. True (A) or false (B) – click on the correct answer:
Whiplash-associated disorder is a complex clinical manifestation of neck pain, headaches, nonspecific neurological complaints, cognitive symptoms and emotional complaints.
16. True (A) or false (B) – click on the correct answer:
The most widespread treatment for whiplash-associated disorder by physiotherapists includes joint mobilisations, stretches and soft-tissue massage.
17. True (A) or false (B) – click on the correct answer:
A general description of the overtraining syndrome is 'prolonged maladaptation'.
18. True (A) or false (B) – click on the correct answer:
The main difference between the overtraining syndrome and non-functional overreaching is the severity of the symptoms.
19. True (A) or false (B) – click on the correct answer:
According to the results of the study of Meeusen *et al.*, changes in cortisol and growth hormone were more sensitive markers of overtraining syndrome than changes in ACTH or prolactin.
20. True (A) or false (B) – click on the correct answer:
Athletes with non-functional overtraining or the overtraining syndrome show a disturbed functioning of the hypothalamic-pituitary adrenal axis.

INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to www.cpdjournals.org.za to answer questions.

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