

You can obtain 3 CEU's for reading the article "COMPLETE-NESS OF THE ROAD-TO-HEALTH CARD AND FACTORS AFFECTING KNOWLEDGE AND PRACTICES OF GROWTH MONITORING AND PROMOTION IN CAREGIVERS OF YOUNG CHILDREN IN KWAZULU-NATAL" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00008/2023/00005)

HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za>.
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Activity 172

1. In South Africa (SA), an upper-middle-income country, ... is the most common form of malnutrition, with more than 20% of children affected.
 - a. Stunting
 - b. Wasting
 - c. Obesity
2. True or False: The nutrition transition is characterised by the coexistence of undernutrition, overweight and obesity amongst different communities.
 - a. True
 - b. False
3. Which of the following is an important element of the nutrition strategy of UNICEF?
 - a. Deworming
 - b. Growth Monitoring and Promotion (GMP)
 - c. Regular nutrition screening
4. The authors of the SANHANES-1 made the following strong recommendations to improve child nutrition:
 - a. To focus GMP activities on the first 1 000 days of a child's life.
 - b. Early diagnosis of stunting by regular, accurate measurement of height/length.
 - c. All of the above.
5. According to research studies done on GMP in SA, some of the problems and challenges faced at the PHC level include:
 - a. Staff absenteeism.
 - b. Incomplete Road-to-Health Card (RTHC) and incorrect interpretation of growth charts.
 - c. Poor social circumstances.
6. The study results showed that only ... RTHC were complete.
 - a. 7.6%
 - b. 6%
 - c. 8%
7. Most caregivers in the study indicated that the reason they take a child to a clinic generally is for:
 - a. Immunisation
 - b. Ill health
 - c. Growth Monitoring
8. ... of caregivers were taught how to interpret the plotted weight.
 - a. 42%
 - b. 11%
 - c. 4.7%
9. About ... of caregivers had very good overall knowledge of information on the RTHC. However, only ... correctly interpreted all four growth charts.
 - a. 10%, 80%
 - b. 75%, 11%
 - c. 73%, 9.9%
10. Why is poor plotting of length measurements particularly concerning?
 - a. RTHC will not be complete.
 - b. Because stunting has been highlighted as a problem globally and locally.
 - c. Proper nutritional diagnosis will not be possible.
11. True or False: Most children in this study received the necessary interventions based on their needs.
 - a. True
 - b. False
12. A review by Ashworth et al. reported the following recommendation:
 - a. Focusing on the first 12– 8 months.
 - b. That GM be stopped at 12 months for children with less or equal to one episode of faltering in the first year. Instead, the time gained by not monitoring older children should be used to provide better nutrition counselling services.
 - c. Both a and b
13. True or false: In the study, the graph reflecting underweight had the most correct interpretations, with 59% of caregivers interpreting it correctly. This outcome may suggest that caregivers can identify this feature and therefore seek help.
 - a. True
 - b. False
14. Some of the recommendations from this study include:
 - a. Interviewing health professionals, teaching health workers and caregivers regarding the importance and benefits of GMP, ensuring that facilities are well resourced with staff and equipment.
 - b. Involvement of community leaders.
 - c. Investigating socio-economic factors.
15. One of the limitations of this study was:
 - a. Limited funding.
 - b. Because these children were ill enough to require referral, their caregivers may have received more education than the average caregiver attending a clinic. As such, their knowledge might not be reflective of all caregivers in the area.
 - c. Potential bias.