Probiotics – focus on women and children

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1. Community-acquired bacterial UTIs affect what percentage of women during their lifetime?

☐ **A** 50% ☐ **B** 60% ☐ **C** 75%

2. In a highly symptomatic woman, a diagnosis of a bacterial UTI can be ruled out with a negative urine dipstick result.

☐ **A** True ☐ **B** False

3. UTIs are classified as recurrent if there is a frequency of:

☐ **A** At least three UTIs/year ☐ **B** Two UTIs in the last six months ☐ **C** A and B

4. Major international guidelines recommend short-term oral antibiotics for the treatment of uncomplicated UTIs.

☐ **A** True ☐ **B** False

5. A 2013 Gauteng study of community-acquired UTIs showed high antimicrobial susceptibility for:

☐ **A** Fosfomycin, nitrofurantoin and cefuroxime ☐ **B** Trimethoprim/sulfamethoxazole

6. Which recommended antimicrobial agent is used as a single 3g dose for the treatment of uncomplicated cystitis in women?

☐ **A** Fosfomycin trometamol ☐ **B** Nitrofurantoin microcrystal ☐ **C** Pivmecillinam

7. European guidelines suggest that which species, used as an oral probiotic, may be useful in reducing symptoms and recurrence of UTIs?

☐ **A** *Bifidobacterium* spp. ☐ **B** *Lactobacillus* spp. ☐ **C** A and B

8. Which of the postnatal factors listed are known to affect the gut microbiota of infants?

☐ **A** Breast-feeding
☐ **B** Infant milk formulas
☐ **C** Exposure to different foods
☐ **D** Treatment of illnesses with antibiotics and other medications
☐ **E** All of the above
☐ **F** A, C and D

9. A beneficial *Lactobacillus*-rich infant gut microbiome is more commonly seen with:

☐ **A** Caesarean section delivery ☐ **B** Vaginal delivery

10. A South African study has shown the safety of early exposure to *B. lactis*-supplemented formula in immunologically at-risk infants.

☐ **A** True ☐ **B** False

11. Which statement is false?

☐ **A** AOM is the the most common reason for prescribing antibiotics in childhood ☐ **B** AOM is the most frequently occurring childhood disease

12. Evidence-based benefits of which probiotics show a reduction in episodes of AOM?

☐ **A** *Lactobacillus*-containing ☐ **B** *Streptococcus*-containing ☐ **C** A and B

13. Fewer antibiotics are prescribed for any infection in probiotic-treated children.

☐ **A** True ☐ **B** False

14. Which statement is false? For prevention of paediatric antibiotic-associated diarrhoea:

☐ **A** Lower-dose probiotic formulations are as effective as high-dose formulations ☐ **B** The NNT to prevent one case of diarrhoea is 20

15. When giving probiotics with antibiotics for treatment of *C. difficile*-associated diarrhoea, which of the side effects listed below are common?

☐ **A** Abdominal cramping
☐ **B** Nausea
☐ **C** Fever
☐ **D** Taste disturbance
☐ **E** All of the above
☐ **F** A, B and D

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