

Wound Healing

Southern Africa

CPD Questionnaire: Wound Healing Vol 14 No 1

Please select only one answer for each question. For every five questions, one must achieve a minimum of four correct answers to obtain one CPD point. You can only obtain a maximum of three points for each CPD article.

The wounded forefoot – an evolutionary perspective

1. One of the first hominins to have a human-like footprint 3.2 million years ago was:	8. Hyperpronation of the foot is common in modern humans:
a <i>Ardipithecus ramidus</i>	a True
b <i>Australopithecus africanus</i>	b False
c <i>Australopithecus afarensis</i>	
d <i>Australopithecus sediba</i>	
2. The human foot evolved from a mobile structure to one adapted to a stiff push off:	9. Hyperpronation may most commonly result in callus (hyperkeratosis) in the following areas:
a True	a Under the first metatarsal only
b False	b Under the first, second and fifth metatarsal heads
3. Which of the following statements is correct in terms of the evolution of bipedalism:	c Under all the metatarsal heads
a The advanced brain evolved first, then the bipedal foot	d Under the fourth metatarsal head only
b The bipedal foot evolved first, then the advanced brain	
c Both the bipedal foot and advanced brain evolved together	
d Bipedalism did not evolve at all, but was present from the beginning	
4. Who were the surgeons who took an interest in the evolution of the human foot in the early 20th century, in order to gain a better understanding of foot function and dysfunction?	10. Diabetes, coupled with foot dysfunction is serious as it results in:
a Thomas Huxley and F Wood Jones	a Dry skin
b Dudley Morton and F Wood Jones	b Kaposi sarcoma
c Raymond Dart and Robert Broom	c Callus that may result in ulcer formation
d None of the above	d Seed corns
5. What is the key to human bipedal locomotion?	11. What is a common atavistic feature found in modern human feet?
a Relative stiffness of the foot	a A small first inter-metatarsal angle coupled with bunions
b Relative mobility of the foot	b An increased first inter-metatarsal angle coupled with bunions
c An arched foot	c An increased first inter-metatarsal angle and an abducent big toe
d Both a and c	d Atavistic features are not found in modern human feet
6. Atavism is thought to play a role in some foot disorders. What does this mean?	12. The short first metatarsal is thought to be:
a Evolutionary reversals	a Normal in modern humans
b Effects of lifestyle on foot function	b Of no clinical significance
c A tendency to revert to something ancient or ancestral	c A risk factor for diabetic ulceration
d All of the above	d Associated with endurance running
7. In normal foot function, what does the medial longitudinal arch help to achieve?	13. Callus has been identified as a risk factor leading to severe diabetic foot ulcer:
a Convert the foot into a stiff lever on propulsion	a It should be left alone as it is normal, but weight-bearing should be redistributed
b Convert the foot into a mobile adaptor on propulsion	b Its formation should be prevented or, when present, be removed
c Act as a mobile adaptor on foot flat (midstance) part of the gait cycle	c It should be left alone and soft footwear prescribed
d Both a and c	d Only a risk in habitually unshod people
	14. Non-insulin dependent (type-2) diabetes is very common in small scale hunter-gatherer populations:
	a True
	b False
	15. For the first time in human history, we are faced with:
	a A significant pandemic (COVID-19)
	b Non-communicable diseases have become the leading cause of global mortality
	c Footwear is the scourge of modern living
	d Both a and b

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