This page is designed to test your understanding of the concepts covered in this issue and to give you an opportunity to reflect on what you have learnt. The multiple true/false questions were produced in collaboration with the International Council of Ophthalmology (ICO) and the Diagnose This quiz is provided courtesy of the Ophthalmic News and Education (ONE®) Network of the American Academy of Ophthalmology.

1. Think about undernutrition and vitamin A deficiency
   a. Both disease and infection contribute to undernutrition and stunting.
   b. The children who actually show the eye signs of vitamin A deficiency should be our main concern.
   c. Children with vitamin A deficiency may go blind, but are not at increased risk of death.
   d. Even if a family has enough vitamin A-rich foods, children may still be deficient.

2. Think about the sources of vitamin A
   a. Meat and liver are both good animal sources of vitamin A.
   b. Sunlight can destroy vitamin A.
   c. For children younger than 12 months, breast milk alone provides enough vitamin A.
   d. Adding fat to the diet aids absorption of vitamin A.

3. Think about the eye signs of vitamin A deficiency
   a. Children usually develop night blindness first and only later develop corneal ulcers.
   b. Children with Bitot’s spots are not necessarily vitamin A deficient.
   c. The eye signs of vitamin A deficiency are usually bilateral (in both eyes).
   d. Children with night blindness tend to become more active at night.

ANSWERS

Diagnose This quiz

A patient presents with a dilated pupil, depicted in the figure; 45 minutes after instillation of 1% pilocarpine, it remains unchanged. What is the most likely diagnosis?

- [ ] Tonic (Adie) pupil
- [ ] Pharmacologic dilation
- [ ] Horner syndrome
- [ ] Third cranial nerve palsy

ANSWER

A 1% pilocarpine test distinguishes all causes of pathologic pupillary dilation from pharmacologic dilation. Generally a pharmacologic dilation will not demonstrate denervation supersensitivity and constriction.

1. Think about undernutrition and vitamin A deficiency
   a. True
   b. False
   c. True
   d. True

2. Think about the sources of vitamin A
   a. False
   b. True
   c. False
   d. True

3. Think about the eye signs of vitamin A deficiency
   a. False
   b. True
   c. True
   d. False

Time to reflect

1. How relevant to your day-to-day work was the material covered in this issue of the Community Eye Health Journal?
   - Extremely relevant
   - Relevant
   - Neither relevant nor irrelevant
   - Irrelevant

2. How much of what you read in this issue was new to you?

3. As a result of reading this issue, will you be changing your practice/teaching/leadership/policies/management?
   - Yes
   - No

4. If ‘Yes’, give examples of planned changes in the space provided, or in your own continued professional development (CPD) diary.

Visit www.cehjournal.org to complete the questions on this page online.

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