

An ethical conundrum: off-label prescribing of diabetes medications

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1. The ethical principle of non-maleficence is best described as:

- ☐ **A** Respect for patient's choices
- ☐ **B** Acting in the patient's best interests
- ☐ **C** Do no harm
- ☐ **D** Distribute care evenly

2. The ethical principle concerning respect for a patient's choices is:

- ☐ **A** Autonomy
- ☐ **B** Beneficence
- ☐ **C** Non-maleficence
- ☐ **D** Justice

3. When considering off-label drug use, the ethical principles that the prescribing physician must seek to balance are:

- ☐ A Autonomy and justice
- ☐ B Autonomy and beneficence
- ☐ C Beneficence and non-maleficence
- ☐ D Beneficence and justice

4. When allocating scarce health resources when no equivalent alternative resource is available, the primary decision-making criterion should be:

- ☐ **A** Patient autonomy, irrespective of registered therapeutic indications
- ☐ **B** Clinical evidence of a superior therapeutic effect in that particular patient
- ☐ **C** Whether the patient can fund the cost of the intervention
- ☐ **D** Giving priority to the youngest

5. When allocating scarce health resources, appropriate decision-making is grounded in the ethical principles of:

- ☐ A Distributive justice and utility
- ☐ B Distributive justice and autonomy
- ☐ C Autonomy and beneficence
- ☐ D Utility and beneficence

6. The most recent ADA/EASD consensus report emphasises the importance of a holistic, person-centred approach to the management of T2DM:

- ☐ **A** True ☐ **B** False

7. In South Africa, semaglutide 0.25mg, 0.5mg and 1.0mg is registered for the use of weight loss in patients with a BMI >25kg/m²:

- ☐ **A** True ☐ **B** False

8. In the context of the high-risk T2DM patient, the ethical principle that is most compromised by indiscriminate off-label prescribing of low-dose semaglutide is:

- ☐ A Autonomy
- ☐ B Beneficence
- ☐ C Non-maleficence
- ☐ D Justice

9. Which of the following pharmacotherapies is not currently registered in South Africa for the treatment of obesity?

- ☐ A Liraglutide
- ☐ B Semaglutide
- ☐ C Phentermine
- ☐ D Bupropion/naltrexone

10. Holistic care for the treatment of overweight/obesity in patients who do not have diabetes includes an evaluation of:

- ☐ **A** Psychological and behavioural patterns
- ☐ **B** Diet and levels of physical activity
- ☐ **C** Cultural context
- ☐ **D** All of the above