

## SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201505B)

These questions are based on the full text of the guidelines, which may be found at <http://www.hpb.gov.sg/cpg-falls-prevention>.

	True	False
<b>Question 1.</b> Regarding incidence of falls and risk factors for falls:		
(a) Male older adults are at higher risk of falls compared to female older adults.	<input type="checkbox"/>	<input type="checkbox"/>
(b) A significant predictor of future falls risk is a history of a fall in the past one year.	<input type="checkbox"/>	<input type="checkbox"/>
(c) Neuromuscular conditions resulting in mobility impairment, gait deficit and balance deficit together with polypharmacy pre-disposes older adults to falls.	<input type="checkbox"/>	<input type="checkbox"/>
(d) As the number of risk factors increase, the risk for falls increases.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Question 2.</b> Regarding screening:		
(a) All older adults should be asked for a past history of falls.	<input type="checkbox"/>	<input type="checkbox"/>
(b) General practitioners or other healthcare professionals can utilise multi-factorial assessment tools to identify older adults who are at risk of falls.	<input type="checkbox"/>	<input type="checkbox"/>
(c) If gait and balance problems are observed, a comprehensive falls assessment is recommended.	<input type="checkbox"/>	<input type="checkbox"/>
(d) Functional Mobility Assessment tools look at strength, balance, gait and reaction time.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Question 3.</b> Regarding falls prevention interventions:		
(a) Exercises consisting of two or more aspects of strength, balance, flexibility or endurance are not effective in reducing the rate of falls in older adults.	<input type="checkbox"/>	<input type="checkbox"/>
(b) Home assessment and modification interventions conducted by occupational therapists are effective in reducing the rate of falls especially for those who have a high risk of falls, history of falls or those with visual impairments.	<input type="checkbox"/>	<input type="checkbox"/>
(c) Vitamin D deficiency is uncommon in Singapore due to the sunny weather.	<input type="checkbox"/>	<input type="checkbox"/>
(d) First eye cataract surgery can reduce the risks of falls and the rate of falls in older adults.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Question 4.</b> Regarding falls prevention interventions:		
(a) Providing basic information about the benefits of falls prevention can help older adults make informed choices about engaging in falls prevention interventions and improve adherence to these interventions.	<input type="checkbox"/>	<input type="checkbox"/>
(b) Multi-factorial interventions that target specific risk factors have been shown to be effective in preventing falls.	<input type="checkbox"/>	<input type="checkbox"/>
(c) Older adults with high risk of falls should receive interventions targeted at the individually identified risk factors.	<input type="checkbox"/>	<input type="checkbox"/>
(d) Active review and modification of medications associated with increased risks of falls is recommended as a form of falls prevention intervention.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Question 5.</b> Regarding consequences and cost of falls:		
(a) Besides the physiological trauma of a fall, psychological fear of falling is real and may lead to self-imposed mobility restriction.	<input type="checkbox"/>	<input type="checkbox"/>
(b) Head injury and fractures are major causes of morbidity and mortality following a fall.	<input type="checkbox"/>	<input type="checkbox"/>
(c) The most common fracture sites from falls include Colles' fracture of the wrist, fractures of upper and lower limbs and hip fractures.	<input type="checkbox"/>	<input type="checkbox"/>
(d) Hip fractures predominate in older adults between the ages of 65 and 75.	<input type="checkbox"/>	<input type="checkbox"/>

### Doctor's particulars:

Name in full : \_\_\_\_\_  
MCR number : \_\_\_\_\_ Specialty: \_\_\_\_\_  
Email address : \_\_\_\_\_

### SUBMISSION INSTRUCTIONS:

(1) Log on at the SMJ website: <http://www.sma.org.sg/publications/smjcurrentissue.aspx> and select the appropriate set of questions. (2) Provide your name, email address and MCR number. (3) Select your answers and click "Submit".

### RESULTS:

(1) Answers will be published in the SMJ July 2015 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 29 June 2015. (3) Passing mark is 60%. No mark will be deducted for incorrect answers. (4) The SMJ editorial office will submit the list of successful candidates to the Singapore Medical Council. (5) One CME point is awarded for successful candidates.

**Deadline for submission: (May 2015 SMJ 3B CME programme): 12 noon, 22 June 2015.**