

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201506B)

These questions are based on the full text of the guidelines which may be found at http://www.moh.gov.sg/content/moh_web/healthprofessionalsportal/doctors/guidelines/cpg_medical.html

Question 1. After diagnosis of an anxiety disorder in the outpatient setting, the following immediate steps should be instituted at the primary care level:

- (a) Reassurances and psycho-education about the nature and origin of anxiety.
- (b) Lifestyle changes, such as regular exercise.
- (c) Treat psychotic symptoms if present.
- (d) Refer to a psychiatrist.

True False

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Question 2. Psychiatric referral is appropriate when:

- (a) Risk of suicide is serious.
- (b) Anxiety disorder is first diagnosed.
- (c) Pharmacological treatment for anxiety disorder is needed.
- (d) Anxiety symptoms have stabilised.

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Question 3. For panic disorder:

- (a) Treatment response can be quantified and documented with the Panic Disorder Severity Scale (PDSS).
- (b) About two-thirds of patients with panic disorder suffer from agoraphobia.
- (c) Combination therapy is as efficacious as monotherapy.
- (d) Cognitive behaviour therapy is not useful.

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Question 4. For post-traumatic stress disorder:

- (a) Alprazolam and clonazepam have been found to be superior to placebo.
- (b) Amitriptyline may be considered as first-line treatment.
- (c) Risperidone and lamotrigine may be prescribed as adjunctive treatments.
- (d) Combination therapy is superior to trauma-focused cognitive behaviour therapy.

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Question 5. Evaluate the following statements:

- (a) Beta-blockers have been shown to be often useful in the treatment of social phobia.
- (b) Moclobemide should be used as first line treatment for social anxiety disorder.
- (c) Phobic symptoms respond best to exposure therapy to the feared situation or object.
- (d) Cognitive behaviour therapy components such as systematic desensitisation, imaginal exposure and in-vivo exposure are useful in the treatment of specific phobia.

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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 August 2015 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 31 July 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: (June 2015 SMJ 3B CME programme): 12 noon, 24 July 2015.