

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201707A)

Question 1. When performing cardiopulmonary resuscitation (CPR) on an adult, the heel of the hand should be placed:

- (a) On the centre of the sternum.
- (b) On the lower half of the sternum.
- (c) Just above the xiphoid process.
- (d) Over the left anterior chest wall.

True False

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Question 2. The optimal rate of chest compressions for adult CPR is:

- (a) 80–100 per minute.
- (b) 60 per minute.
- (c) 100–120 per minute.
- (d) 30 per minute for two minutes.

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Question 3. The recommended depth of chest compressions for adult CPR in Singapore is:

- (a) 3.0–4.0 cm.
- (b) 4.0–6.0 cm.
- (c) > 6.0 cm.
- (d) Dependent on the size of the adult.

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Question 4. Chest compressions during CPR should be done with the rescuer counting loudly as follows:

- (a) 1&2&3&4&5&, 1&2&3&4&10&, 1&2&3&4&15, 1&2&3&4&20, 1&2&3&4&25, 1&2&3&4&30.
- (b) One one-thousand, two one-thousand, three one-thousand, and so on until thirty one-thousand.
- (c) 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, and so on until 30.
- (d) 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 & 9 & 10 & 11 & 12 & 13 & 14 & 15 & 16, and so on until 30.

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Question 5. The following statement(s) regarding two-rescuer adult CPR is/are true:

- (a) If two trained rescuers are available, one rescuer should perform 30:2 chest compressions for two minutes, while the other rescuer should call 995 for dispatcher-assisted instructions.
- (b) If two trained rescuers are performing CPR on a casualty, one rescuer should perform 30 chest compressions and then hand over to the other rescuer for the other 30 compressions.
- (c) If two trained rescuers are performing CPR on a casualty, one rescuer should perform 30:2 CPR and hand over to the other rescuer when he feels tired.
- (d) If two trained rescuers are performing CPR on a casualty, one rescuer can focus on chest compressions and the other can focus on mouth-to-mouth breathing or bag-valve-mask ventilation, and they can switch roles, if needed.

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Doctor's particulars:

Name in full: _____ MCR no.: _____
 Specialty: _____ Email: _____

SUBMISSION INSTRUCTIONS:

Visit the SMJ website: <http://www.smj.org.sg/current-issue> and select the appropriate quiz. You will be redirected to the SMA login page.

For SMA member: (1) Log in with your username and password (if you have not activated your membership account, please email membership@sma.org.sg). (2) Select your answers for each quiz and click 'Submit'.

For non-SMA member: (1) Create an SMJ CME account, or log in with your SMJ CME username and password (for returning users). (2) Make payment of SGD 21.40 (inclusive of 7% GST) via PayPal to access this month's quizzes. (3) Select your answers for each quiz and click 'Submit'.

RESULTS:

(1) Answers will be published online in the SMJ September 2017 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 14 September 2017. (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: (July 2017 SMJ 3B CME programme): 12 noon, 7 September 2017.