

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME (Code SMJ 201804A)

Question 1. Regarding patellar tendon-lateral femoral condyle friction syndrome (PT-LFCFS):

- a) It is one of the causes of anterior knee pain.
- b) It is an indicator of patellar maltracking and instability.
- c) It can cause patellar dislocation.
- d) It is due to impingement of the inferomedial aspect of the infrapatellar fat pad between the patella and the lateral femoral condyle.

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 following are imaging features that may be present in PT-LFCFS:

- a) Anterior bowing of the patellar tendon.
- b) Areas of T2-weighted low signal intensity within the infrapatellar fat pad.
- c) A tibial tubercle-trochlear groove distance of equal to or greater than 20 mm.
- d) Oedema of the patellar tendon.

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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Question 3. Concerning the diagnosis of PT-LFCFS:

- a) Superolateral fat pad oedema is a specific finding on magnetic resonance imaging.
- b) Imaging is often unnecessary to make the diagnosis.
- c) Surgery is recommended as the first line of treatment.
- d) It is associated with patella alta.

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Question 4. The following are differentials for cystic lesions of the infrapatellar fat pad:

- a) Synovial sarcoma.
- b) Haemangioma.
- c) Ganglion cyst.
- d) Infrapatellar bursitis.

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Question 5. Concerning the infrapatellar fat pad:

- a) It is an extracapsular and intrasynovial structure.
- b) It receives innervation from branches of the femoral, common peroneal and saphenous nerves.
- c) It is attached to the anterior horns of the medial and lateral menisci.
- d) It serves to increase the surface area of the synovium and facilitates the distribution of lubricant in the joint.

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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 do not know your password, please click on 'Forgot your password?'). (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 June 2018 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 7 June 2018. (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. (6) SMC credits CME points according to the month of publication of the CME article (i.e. points awarded for a quiz published in the December 2017 issue will be credited for the month of December 2017, even if the deadline is in January 2018).

Deadline for submission: (April 2018 SMJ 3B CME programme): 12 noon, 31 May 2018.