

## SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME (Code SMJ 201811A)

**Question 1.** Regarding the location of a flexion teardrop fracture (FTDF):

- (a) It is typically at the atlanto-axial joint.
- (b) It is most common in the cervical spine at the C5 level.
- (c) It is most common in the cervical spine at the C4 and C6 levels.
- (d) It involves the thoracolumbar spine.

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.** Regarding the characteristic mechanism of injury of an FTDF:

- (a) It is the result of a flexion-compression injury.
- (b) It is the result of a flexion-distraction injury.
- (c) It is caused by hyperextension of the spine.
- (d) It is a rotational injury of the spine.

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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**Question 3.** Regarding the classical imaging findings of an FTDF:

- (a) There is usually a vertebral body compression fracture.
- (b) There is anterolisthesis of consecutive vertebrae.
- (c) There is disruption of the anterior longitudinal ligament.
- (d) There is a Gibbus deformity of the thoracolumbar spine.

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**Question 4.** Regarding the best modality for delineation of spinal cord injury:

- (a) Plain radiography alone is sufficient.
- (b) Computed tomography provides the best soft tissue contrast.
- (c) Magnetic resonance imaging is the best imaging modality, as it allows for the assessment of the spinal cord and soft tissue injuries.
- (d) Ultrasonography allows for the assessment of superficial haematomas.

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**Question 5.** The following is the mainstay of treatment for FTDFs:

- (a) Physiotherapy only.
- (b) Physiotherapy and appropriate analgesia.
- (c) Prompt application of a thoracic halo vest only.
- (d) Surgical intervention.

<input type="checkbox"/>	<input type="checkbox"/>
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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 January 2019 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 3 January 2019. (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 (November 2018 SMJ 3B CME programme): 12 noon, 27 December 2018.**