

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201901A)

	True	False
1. Infantile colic is a benign, self-limiting condition.	<input type="checkbox"/>	<input type="checkbox"/>
2. Crying usually peaks at about 6–8 weeks of age and improves by 3–4 months of age.	<input type="checkbox"/>	<input type="checkbox"/>
3. Infants must fulfil all three of Wessel’s criteria for a diagnosis to be made.	<input type="checkbox"/>	<input type="checkbox"/>
4. Patients should be referred to paediatricians for early workup of infantile colic.	<input type="checkbox"/>	<input type="checkbox"/>
5. Imaging studies are required to exclude infantile colic.	<input type="checkbox"/>	<input type="checkbox"/>
6. The prevalence of colic is higher in male infants.	<input type="checkbox"/>	<input type="checkbox"/>
7. Infants who are bottle-fed are at higher risk of developing colic.	<input type="checkbox"/>	<input type="checkbox"/>
8. Parents of breastfed infants with colic should be encouraged to discontinue breastfeeding.	<input type="checkbox"/>	<input type="checkbox"/>
9. Red flags for colic include fever, abdominal distension, poor feeding and failure to thrive.	<input type="checkbox"/>	<input type="checkbox"/>
10. For infants with bloody stools, cow’s milk protein intolerance should be considered.	<input type="checkbox"/>	<input type="checkbox"/>
11. <i>Lactobacillus reuteri</i> can be given to breastfeeding infants for colic symptoms.	<input type="checkbox"/>	<input type="checkbox"/>
12. If cow’s milk intolerance is suspected, infants can be switched to a trial of soy-based formula.	<input type="checkbox"/>	<input type="checkbox"/>
13. Infants should be fed in an inclined position and burped often.	<input type="checkbox"/>	<input type="checkbox"/>
14. Herbal therapy is effective in alleviating symptoms of colic.	<input type="checkbox"/>	<input type="checkbox"/>
15. Infant massage can promote mother-baby bonding.	<input type="checkbox"/>	<input type="checkbox"/>
16. Oral simethicone is a readily available over-the-counter remedy for the treatment of colic and may be effective.	<input type="checkbox"/>	<input type="checkbox"/>
17. Elimination of allergens (e.g. cow’s milk, eggs, fish, peanuts, soy, tree nuts and wheat) from the diet of breastfeeding mothers may relieve colic symptoms.	<input type="checkbox"/>	<input type="checkbox"/>
18. Physicians should consider the impact and perceptions of caregivers when assessing colic.	<input type="checkbox"/>	<input type="checkbox"/>
19. Most cases of colic in infants have an identifiable cause.	<input type="checkbox"/>	<input type="checkbox"/>
20. Parental support and reassurance is the mainstay of therapy.	<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 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 login 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 March 2019 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 8 March 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 January 2019 issue will be credited for the month of December 2017, even if the deadline is in January 2018).

Deadline for submission (January 2019 SMJ 3B CME programme): 12 noon, 1 March 2019.