SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME
(Code SMJ 201901A)

1. Infantile colic is a benign, self-limiting condition.
2. Crying usually peaks at about 6–8 weeks of age and improves by 3–4 months of age.
3. Infants must fulfil all three of Wessel’s criteria for a diagnosis to be made.
4. Patients should be referred to paediatricians for early workup of infantile colic.
5. Imaging studies are required to exclude infantile colic.
6. The prevalence of colic is higher in male infants.
7. Infants who are bottle-fed are at higher risk of developing colic.
8. Parents of breastfed infants with colic should be encouraged to discontinue breastfeeding.
9. Red flags for colic include fever, abdominal distension, poor feeding and failure to thrive.
10. For infants with bloody stools, cow’s milk protein intolerance should be considered.
11. *Lactobacillus reuteri* can be given to breastfeeding infants for colic symptoms.
12. If cow’s milk intolerance is suspected, infants can be switched to a trial of soy-based formula.
13. Infants should be fed in an inclined position and burped often.
14. Herbal therapy is effective in alleviating symptoms of colic.
15. Infant massage can promote mother-baby bonding.
16. Oral simethicone is a readily available over-the-counter remedy for the treatment of colic and may be effective.
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.
18. Physicians should consider the impact and perceptions of caregivers when assessing colic.
19. Most cases of colic in infants have an identifiable cause.
20. Parental support and reassurance is the mainstay of therapy.

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).