

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME (Code SMJ 201905B)

Question 1. Regarding plantar fibromatosis:

- (a) It is more common in male patients.
- (b) It is not seen in children.
- (c) It is related to Dupuytren's contracture and Peyronie's disease.
- (d) Diabetes mellitus is a risk factor.

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. Typical presenting features of plantar fibromatosis include:

- (a) Plantar contractures.
- (b) Bilateral plantar lumps.
- (c) Solitary plantar nodule.
- (d) Chronic discharging sinus at the plantar aspect of the foot.

- | | |
|--------------------------|--------------------------|
| <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 following is the best imaging modality for diagnosis of plantar fibromatosis:

- (a) Plain radiography.
- (b) Computed tomography.
- (c) Magnetic resonance imaging.
- (d) Positron-emission tomography-computed tomography.

- | | |
|--------------------------|--------------------------|
| <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. The following is a diagnostic finding for plantar fibromas on ultrasonography:

- (a) Fusiform hypoechoic nodules within the plantar aponeurosis at the mid-foot region.
- (b) Rounded hypoechoic nodule in the intermetatarsal space.
- (c) A uniform band of echogenic fibres within a hypoechoic background matrix.
- (d) Plantar fibromas may show increased vascularity on colour Doppler imaging.

- | | |
|--------------------------|--------------------------|
| <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. Magnetic resonance imaging has the following advantage(s) over ultrasonography in the evaluation of plantar fibromas:

- (a) It allows the operator to immediately correlate radiological findings with clinical symptoms.
- (b) It allows visualisation of the fibrillar architecture of the normal plantar aponeurosis.
- (c) Compared to ultrasonography, smaller lesions are less likely to be missed.
- (d) It is excellent at demonstrating the extent of invasion into deeper structures.

- | | |
|--------------------------|--------------------------|
| <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 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 July 2019 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 10 July 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 (May 2019 SMJ 3B CME programme): 12 noon, 3 July 2019.