

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201902B)

Question 1. Regarding anterior cruciate ligament (ACL) graft types:

- (a) Allografts are the gold standard.
- (b) Patellar tendon grafts are stronger than hamstring tendon grafts.
- (c) Hamstring grafts have more graft site complications.
- (d) Patellar tendon grafts are less likely to re-tear.

True False

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Question 2. Regarding graft placement:

- (a) The femoral tunnel should be anterior to the lateral intercondylar ridge.
- (b) The intercondylar ridge can be seen during surgery.
- (c) The tibial tunnel should be placed along the posterior aspect of the tibial footprint.
- (d) Impingement may occur if the tibial tunnel is too anterior.

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Question 3. Regarding graft disruption:

- (a) The anteromedial bundle is more commonly torn.
- (b) Intermediate signal in the ACL graft can be seen in intact grafts one year after surgery.
- (c) The best clue for partial re-tear of grafts is fibre discontinuity.
- (d) It can present with similar MR signs to disruption of the native ACL.

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Question 4. With regard to arthrofibrosis:

- (a) There are three forms.
- (b) The localised form is more common.
- (c) The localised form (i.e. cyclops lesion) is usually posterior to the distal ACL attachment.
- (d) It is usually seen as low to intermediate signal on T1- and T2-weighted MR imaging.

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Question 5. With regard to ACL graft complications:

- (a) Ganglions can present as a palpable mass.
- (b) Intercondylar roof impingement usually affects the posterior fibres of the graft first.
- (c) Osseous spurs usually cause instability.
- (d) Graft tear may occur if the tibial tunnel is too anterior.

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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 April 2019 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 15 April 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: (February 2019 SMJ 3B CME programme): 12 noon, 7 April 2019.