

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202007A)

	True	False
1. Mental health and psychological support are often neglected or lacking during and after healthcare emergencies.	<input type="checkbox"/>	<input type="checkbox"/>
2. Better mental health is associated with positive outcomes such as improved health, productivity, relationships and social network.	<input type="checkbox"/>	<input type="checkbox"/>
3. In view of the widespread impact that healthcare emergencies exert on the population, it is not necessary to screen and look out for patients who may need psychosocial support.	<input type="checkbox"/>	<input type="checkbox"/>
4. People at risk of mental health problems during healthcare emergencies include those who have been affected by the disease, those whose basic needs or income have been affected, and those with a history of psychiatric disorders.	<input type="checkbox"/>	<input type="checkbox"/>
5. Psychological first aid cannot be performed by a trained individual from any walk of life.	<input type="checkbox"/>	<input type="checkbox"/>
6. We should only commence psychological first aid after ensuring the safety of both the first aider and the affected person, and after emergency or urgent needs have been attended to.	<input type="checkbox"/>	<input type="checkbox"/>
7. In psychological first aid, after listening to the person's needs and concerns, help them to feel calm and to problem solve, link them to information, resources and services, and help them to connect with loved ones and social support.	<input type="checkbox"/>	<input type="checkbox"/>
8. Identify the level of mental health need based on patients' risk factors and the extent of their psychological symptoms and dysfunction in order to manage them with the relevant level of support.	<input type="checkbox"/>	<input type="checkbox"/>
9. Existing support resources include family and friends, community leaders, schools, centres for the elderly and social workers.	<input type="checkbox"/>	<input type="checkbox"/>
10. There are online counselling helplines in Singapore.	<input type="checkbox"/>	<input type="checkbox"/>
11. Self-care and healthy coping strategies are not for everyone.	<input type="checkbox"/>	<input type="checkbox"/>
12. Unhealthy coping habits include spending too much time looking for information on the disease outbreak.	<input type="checkbox"/>	<input type="checkbox"/>
13. Five principles found to be helpful in psychosocial interventions are fostering a sense of safety, connectedness, calm, hope, and self and community empowerment.	<input type="checkbox"/>	<input type="checkbox"/>
14. We should be mindful of the culture of the person whom we are trying to help in our psychosocial intervention.	<input type="checkbox"/>	<input type="checkbox"/>
15. Before discharging patients, educate them on red flags that should prompt them to seek help or medical attention and how they may do so.	<input type="checkbox"/>	<input type="checkbox"/>
16. Review and monitor patients to ensure that your treatment and recommendations are working and to identify red flags or indications for further help.	<input type="checkbox"/>	<input type="checkbox"/>
17. We should not check on our patients whom we have referred for further management in the community or for further psychiatric management.	<input type="checkbox"/>	<input type="checkbox"/>
18. We should check in with ourselves or with family and friends regularly to ensure that we do not get overwhelmed.	<input type="checkbox"/>	<input type="checkbox"/>
19. The Public Health Preparedness Clinics scheme in Singapore does not provide protective equipment, medication and training for public health emergencies.	<input type="checkbox"/>	<input type="checkbox"/>
20. Staff should be reviewed regularly to identify risks and emerging issues and tweak supportive responses.	<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 September 2020 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 10 September 2020. (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 June 2020 issue will be credited for the month of June 2020, even if the deadline is in August 2020).

Deadline for submission (July 2020 SMJ 3B CME programme): 12 noon, 3 September 2020.