

## SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202011B)

### Question 1. Regarding fish bone ingestion:

- (a) Cultural and personal habits such as the use of chopsticks or deboning fish in the mouth are known risk factors for fish bone ingestion.
- (b) Fish bones are one of the most commonly ingested foreign bodies.
- (c) Fish bone ingestion is always symptomatic.
- (d) Most fish bones require surgical removal.

True      False

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### Question 2. Regarding imaging for fish bone ingestion:

- (a) Computed tomography (CT) has superior sensitivity compared to plain radiography.
- (b) Fish bone can present as linear calcification on plain radiography.
- (c) Contrast should be requested for CT when fish bone ingestion is suspected.
- (d) CT is superior to plain radiography in detecting complications associated with fish bone ingestion.

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### Question 3. Regarding fish bone ingestion in the upper gastrointestinal tract:

- (a) Fish bones are most commonly lodged in the oral cavity or pharynx.
- (b) Fish bones lodged in the oropharynx first require a careful clinical examination, followed by imaging.
- (c) Fish bones in the upper gastrointestinal tract should be left alone.
- (d) Options for removal of fish bone include direct laryngoscopy and oesophagogastroduodenoscopy.

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### Question 4. Regarding fish bone ingestion in the lower gastrointestinal tract

- (a) Such patients are often asymptomatic unless complications related to fish bone ingestion occur.
- (b) Radiography has good sensitivity in detecting fish bone in the lower gastrointestinal tract.
- (c) Fish bones can lodge in rare locations such as the appendix.
- (d) Fish bones in this location should be removed by endoscopy.

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### Question 5. Regarding complications related to fish bone ingestion:

- (a) Laparoscopy is a feasible option for retrieving fish bone that is causing perforation of hollow viscus in the stable patient.
- (b) Fish bone ingestion can result in liver abscess.
- (c) Fish bone causing hollow viscus perforation almost always requires surgery.
- (d) The objective of surgery for fish bone perforation of hollow viscus is to remove the foreign body and repair the site of perforation.

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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 January 2021 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 11 January 2021. (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 November 2020 issue will be credited for the month of November 2020, even if the deadline is in January 2021).

**Deadline for submission (November 2020 SMJ 3B CME programme): 12 noon, 4 January 2021.**