

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202104A)

	True	False
1. It is acceptable for a child to be overweight as they will outgrow their weight when they are older.	<input type="checkbox"/>	<input type="checkbox"/>
2. Obesity can impact children both physically and psychologically.	<input type="checkbox"/>	<input type="checkbox"/>
3. Obesity is solely due to genetics and is therefore not modifiable.	<input type="checkbox"/>	<input type="checkbox"/>
4. Type 2 diabetes mellitus only affects overweight individuals if they are adults.	<input type="checkbox"/>	<input type="checkbox"/>
5. All children who are at risk for obesity should be referred for specialist management.	<input type="checkbox"/>	<input type="checkbox"/>
6. The caregiver's description is a reliable way to assess a child's weight and height in place of clinical measurements.	<input type="checkbox"/>	<input type="checkbox"/>
7. Children above the age of two years should have their weight, height and body mass index (BMI) measured every 6–12 months.	<input type="checkbox"/>	<input type="checkbox"/>
8. A child with a BMI-for-age above the 90th percentile is considered overweight based on local reference growth charts.	<input type="checkbox"/>	<input type="checkbox"/>
9. Most cases of obesity in early childhood are due to endogenous causes.	<input type="checkbox"/>	<input type="checkbox"/>
10. One aim of management of obesity in early childhood is to reduce excessive energy intake and increase energy expenditure so as to achieve controlled weight loss.	<input type="checkbox"/>	<input type="checkbox"/>
11. Active unstructured play has multiple benefits for a child, such as motor skills development and increased energy expenditure.	<input type="checkbox"/>	<input type="checkbox"/>
12. Screen time should be limited to one hour per day of high-quality monitored content with educational value for children aged 18 months and above.	<input type="checkbox"/>	<input type="checkbox"/>
13. It is recommended that children above the age of 12 months switch to low-fat whole cow's milk to prevent the risk of early childhood obesity.	<input type="checkbox"/>	<input type="checkbox"/>
14. The benefits of breastfeeding are especially crucial in the first 6–8 weeks to boost the child's immunity.	<input type="checkbox"/>	<input type="checkbox"/>
15. After the first six months, the World Health Organization recommends complementary food with breastfeeding until the child is aged two years and older.	<input type="checkbox"/>	<input type="checkbox"/>
16. Natural fruit juices that are not artificially sweetened can be offered to children above 12 months as alternatives to fresh whole fruits.	<input type="checkbox"/>	<input type="checkbox"/>
17. Eating meals as a family is one of the recommendations for the prevention of early childhood obesity.	<input type="checkbox"/>	<input type="checkbox"/>
18. The first 1,000 days – the period from conception to two years of age – is a period when interventions can potentially affect an individual's risk for developing obesity in adulthood.	<input type="checkbox"/>	<input type="checkbox"/>
19. Aside from orthopaedic complications such as slipped capital femoral epiphysis, pes planus and Blount disease, early childhood obesity commonly predisposes one to stunted growth and short stature.	<input type="checkbox"/>	<input type="checkbox"/>
20. The primary physician should use a family-centred approach to manage early childhood obesity, rather than a patient-focused approach.	<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 June 2021 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 10 June 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 April 2021 issue will be credited for the month of April 2021, even if the deadline is in June 2021).

Deadline for submission (April 2021 SMJ 3B CME programme): 12 noon, 3 June 2021.