

## SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202105A)

	True	False
1. Persons with somatisation experience morbidity that is confined to physical symptoms due to underlying organic disease.	<input type="checkbox"/>	<input type="checkbox"/>
2. As part of patient education, it is important to highlight to persons with somatic symptom disorder (SSD) that physical and psychological symptoms often occur together.	<input type="checkbox"/>	<input type="checkbox"/>
3. Patients with SSD can be preoccupied with the possibility that their somatic symptoms may be due to a severe underlying physical illness.	<input type="checkbox"/>	<input type="checkbox"/>
4. Management of patients with SSD should focus on improving function rather than eradicating symptoms.	<input type="checkbox"/>	<input type="checkbox"/>
5. An important aspect of patient education for persons with SSD is to highlight the distinction between physical and psychological causes of the symptoms.	<input type="checkbox"/>	<input type="checkbox"/>
6. Extensive investigation of the patient's somatic symptoms with referral to multiple specialists despite a lack of clinical indication is a useful strategy in managing patients with multiple and persistent somatic complaints.	<input type="checkbox"/>	<input type="checkbox"/>
7. SSD is excluded if the patient fulfils the criteria for major depression or generalised anxiety disorder, as these conditions may account for the symptoms experienced.	<input type="checkbox"/>	<input type="checkbox"/>
8. After excluding serious organic illnesses, patients with SSD should be discharged from follow-up with instructions to return on an ad-hoc basis whenever symptoms become troublesome.	<input type="checkbox"/>	<input type="checkbox"/>
9. Persons with illness anxiety disorder may avoid seeing a doctor due to the fear of being diagnosed with a serious underlying illness.	<input type="checkbox"/>	<input type="checkbox"/>
10. Mindfulness-based therapy helps reduce preoccupation with symptoms in persons who present with somatisation.	<input type="checkbox"/>	<input type="checkbox"/>
11. Patients with SSD should not be referred to a specialist for the sole purpose of allaying the patient's anxiety.	<input type="checkbox"/>	<input type="checkbox"/>
12. The key to managing SSD is to focus on achieving symptomatic relief, rather than just coping with symptoms.	<input type="checkbox"/>	<input type="checkbox"/>
13. The diagnosis of SSD requires the presence of two or more somatic symptoms that are distressing or result in significant disruption to daily life.	<input type="checkbox"/>	<input type="checkbox"/>
14. SSD is excluded if the patient is found to have an underlying organic illness that can account for the symptoms experienced.	<input type="checkbox"/>	<input type="checkbox"/>
15. Early diagnosis and treatment of SSD may reduce the likelihood of the disease becoming chronic and resistant.	<input type="checkbox"/>	<input type="checkbox"/>
16. To diagnose SSD, at least one of the symptoms must be present continuously for at least six months.	<input type="checkbox"/>	<input type="checkbox"/>
17. In patients with SSD, development of a chronic illness course is more likely if they have a greater number of somatic symptoms.	<input type="checkbox"/>	<input type="checkbox"/>
18. Encouraging the patient to discuss their symptoms may perpetuate abnormal illness behaviour and should be avoided whenever possible.	<input type="checkbox"/>	<input type="checkbox"/>
19. A holistic treatment approach requires early identification of SSD and other concomitant organic or psychiatric disorders.	<input type="checkbox"/>	<input type="checkbox"/>
20. The first-line therapy for SSD is the early initiation of antidepressants such as selective serotonin reuptake inhibitors, to prevent chronicity.	<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 2021 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 21 July 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 May 2021 issue will be credited for the month of May 2021, even if the deadline is in July 2021).

**Deadline for submission (May 2021 SMJ 3B CME programme): 12 noon, 14 July 2021.**