

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202108C)

Question 1. Regarding ventilation for an adult cardiac arrest casualty:

- (a) If a rescuer is trained and willing to perform mouth-to-mouth (MTM) ventilation, the rescuer may proceed with MTM ventilation.
- (b) If a rescuer is unwilling to perform MTM ventilation, the rescuer should not proceed with chest compressions and should continue to wait for help to arrive.
- (c) The rescuer should provide two ventilations, one second per breath, with a tidal volume of 400–600 mL after every 30 chest compressions.
- (d) The rescuer performs rescue breathing approximately once every three seconds.

True False

-
-
-
-

Question 2. A 52-year-old woman was found unresponsive and not breathing in a ward.

- (a) The preferred site for pulse check is the carotid artery.
- (b) The depth of chest compression should be 4–6 cm.
- (c) The landmark for chest compressions is at the xiphoid process.
- (d) The compression rate is 100–120 per minute.

-
-
-
-

Question 3. You are eating in a restaurant where a man appears to be in distress and choking. What should you do to relieve the foreign body obstructing the airway?

- (a) Ask the casualty, "What did you eat?"
- (b) If the casualty is coughing effectively, encourage him to continue to cough until the foreign body is expelled.
- (c) If the casualty is unable to speak, breathe or cough, perform abdominal thrusts until the foreign body is expelled.
- (d) If the foreign body cannot be expelled and the casualty becomes unconscious, commence rescue breathing.

-
-
-
-

Question 4. You are performing one-rescuer cardiopulmonary resuscitation (CPR) and another rescuer has brought the automated external defibrillator (AED) to you. Is the following true or false?

- (a) The correct placement of the AED defibrillation pads on the casualty is one below the right clavicle and the other on the lateral side of the chest just below and to the left of the left nipple.
- (b) Make sure that no one is touching the casualty when delivering the shock.
- (c) The casualty lying on a very wet floor is not a contraindication for defibrillation.
- (d) Chest compression should be continued when the AED is analysing the casualty's heart rhythm.

-
-
-
-

Question 5. An unresponsive casualty with no breathing has been found. Chest compressions have commenced and AED defibrillation pads have been applied. Is the following true or false?

- (a) Place the casualty in the recovery position after the first shock.
- (b) When AED prompts 'No-shock advised', disconnect the AED and continue to monitor the casualty until handover to medical personnel.
- (c) When AED prompts 'No-shock advised', start chest compressions.
- (d) Start chest compressions after a shock has been delivered.

-
-
-
-

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 October 2021 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 29 October 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 August 2021 issue will be credited for the month of August 2021, even if the deadline is in October 2021).

Deadline for submission (August 2021 SMJ 3B CME programme): 12 noon, 22 October 2021.