

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME (Code SMJ 202109B)

Question 1. Regarding apophyses:

- (a) They contribute to the shape and size of the bone but not its length.
- (b) They generally appear and fuse earlier in males.
- (c) Sedentary patients are at higher risk of developing apophyseal injury.
- (d) The iliac crest is the most common site of avulsion fracture.

True	False
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<input type="checkbox"/>	<input type="checkbox"/>
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Question 2. Regarding muscular attachments in the pelvis and proximal femur:

- (a) The iliopsoas attaches to the greater trochanter.
- (b) The rectus femoris attaches to the anterior superior iliac spine.
- (c) The abdominal wall muscles attach to the iliac crest.
- (d) The gluteus medius and minimus attach to the greater trochanter.

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Question 3. Regarding imaging for apophyseal injuries:

- (a) Magnetic resonance (MR) imaging or computed tomography (CT) is always required for further evaluation.
- (b) MR imaging is more sensitive than CT for detection of apophyseal injury.
- (c) MR imaging is able to depict the extent of apophyseal injury and associated soft tissue injury.
- (d) Skeletal scintigraphy is routinely performed for evaluation of apophyseal injury.

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Question 4. Regarding imaging for apophyseal injuries:

- (a) Appearances of chronic or healing apophyseal avulsion fractures may rarely mimic an aggressive lesion.
- (b) Radiographs may not demonstrate the injury in the younger paediatric population.
- (c) MR imaging findings include bone marrow oedema and oedema of the adjacent musculature on water-sensitive sequences.
- (d) Increased radiotracer uptake on scintigraphy is specific for apophyseal injury.

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Question 5. Regarding treatment options:

- (a) Surgical treatment is recommended for all patients.
- (b) Surgical treatment is favoured for larger fracture fragments and larger degrees of displacement.
- (c) Patients with greater physical demand may benefit more from surgery.
- (d) Chronic pain and alterations in gait are known sequelae if not treated appropriately.

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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 November 2021 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 30 November 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 September 2021 issue will be credited for the month of September 2021, even if the deadline is in November 2021).

Deadline for submission (September 2021 SMJ 3B CME programme): 12 noon, 23 November 2021.