

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202102A)

	True	False
1. Features of alcohol use disorder include developing increasing tolerance and withdrawal symptoms from alcohol.	<input type="checkbox"/>	<input type="checkbox"/>
2. Worldwide, one standard drink is equivalent to 10 g of pure alcohol.	<input type="checkbox"/>	<input type="checkbox"/>
3. In Singapore, one standard drink is equivalent to a 330-mL can of beer.	<input type="checkbox"/>	<input type="checkbox"/>
4. The maximum recommended alcohol intake in Singapore is two standard drinks per day for men and one standard drink per day for women.	<input type="checkbox"/>	<input type="checkbox"/>
5. Drinking three or more standard drinks in one night constitutes binge drinking.	<input type="checkbox"/>	<input type="checkbox"/>
6. A 42-mL shot of 30% alcohol-by-volume vodka is approximately equal to one standard drink.	<input type="checkbox"/>	<input type="checkbox"/>
7. In Singapore, 4.1% suffer from alcohol abuse at some point in their lives.	<input type="checkbox"/>	<input type="checkbox"/>
8. Alcohol use disorder can surface during chronic disease management consultations, in the form of deranged liver function tests, hypertriglyceridaemia, gout flares and hypertension.	<input type="checkbox"/>	<input type="checkbox"/>
9. The Single Alcohol Screening Question is a quick and useful tool to detect unhealthy alcohol use.	<input type="checkbox"/>	<input type="checkbox"/>
10. The CAGE questionnaire gives physicians adequate information to assess the severity of alcohol use.	<input type="checkbox"/>	<input type="checkbox"/>
11. History-taking and examination in patients with alcohol use disorder involve assessing for withdrawal, tolerance, functional limitation, and medical and psychiatric complications of alcohol use.	<input type="checkbox"/>	<input type="checkbox"/>
12. Investigations such as full blood count, liver function tests and electrocardiography are required to make the diagnosis of alcohol use disorder.	<input type="checkbox"/>	<input type="checkbox"/>
13. If the patient is keen to quit drinking, motivational interviewing techniques can be applied for brief intervention.	<input type="checkbox"/>	<input type="checkbox"/>
14. Persons below the legal breath alcohol limits can still be convicted for drink-driving if they cannot control their vehicle.	<input type="checkbox"/>	<input type="checkbox"/>
15. Alcohol can still be purchased from retail outlets at 11 pm as long as you do not drink it in public.	<input type="checkbox"/>	<input type="checkbox"/>
16. Alcohol can be consumed within the Liquor Control Zones on Sunday evenings.	<input type="checkbox"/>	<input type="checkbox"/>
17. Alcohol use disorder cannot be managed in primary care.	<input type="checkbox"/>	<input type="checkbox"/>
18. Patients with concurrent psychiatric comorbidities, history of recurrent failed detoxification attempts or delirium tremens should be referred to specialist clinics.	<input type="checkbox"/>	<input type="checkbox"/>
19. After consuming alcohol, patients who are at risk to themselves or others can be referred to the emergency department for safety.	<input type="checkbox"/>	<input type="checkbox"/>
20. Alcoholics Anonymous and WE CARE are community resources for patients who are keen to seek help for their alcohol use.	<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 April 2021 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 10 April 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 February 2021 issue will be credited for the month of February 2021, even if the deadline is in April 2021).

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