

## SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202206A)

	True	False
1. It is normal for adolescents to go on a diet and lose weight.	<input type="checkbox"/>	<input type="checkbox"/>
2. Eating disorders can occur in patients with any body mass index.	<input type="checkbox"/>	<input type="checkbox"/>
3. Overweight adolescents with eating disorders are not at risk of medical complications resulting from rapid weight loss.	<input type="checkbox"/>	<input type="checkbox"/>
4. Females have a higher risk of developing eating disorders.	<input type="checkbox"/>	<input type="checkbox"/>
5. Early intervention for eating disorders is associated with higher rates of recovery.	<input type="checkbox"/>	<input type="checkbox"/>
6. Hypothermia is not a known complication of eating disorders.	<input type="checkbox"/>	<input type="checkbox"/>
7. Eating disorder has one of the highest mortality rates of any psychiatric disorder.	<input type="checkbox"/>	<input type="checkbox"/>
8. Adolescents with eating disorders can deny having any body image or weight concerns.	<input type="checkbox"/>	<input type="checkbox"/>
9. Many patients with eating disorders may present with non-specific symptoms such as lethargy, abdominal bloating, early satiety, headaches and dizziness.	<input type="checkbox"/>	<input type="checkbox"/>
10. Sexual abuse is not a risk factor for the development of an eating disorder.	<input type="checkbox"/>	<input type="checkbox"/>
11. Bradycardia of less than 50 beats per minute is a sign of medical instability requiring admission.	<input type="checkbox"/>	<input type="checkbox"/>
12. Every organ system can potentially be affected by malnutrition and weight loss.	<input type="checkbox"/>	<input type="checkbox"/>
13. Family-based therapy (FBT) is the first-line treatment approach used in most tertiary care centres for anorexia nervosa.	<input type="checkbox"/>	<input type="checkbox"/>
14. Hyperkalaemia is a common complication of purging.	<input type="checkbox"/>	<input type="checkbox"/>
15. Infertility is a long-term complication of eating disorders.	<input type="checkbox"/>	<input type="checkbox"/>
16. Patients treated with FBT had faster and improved rates of weight restoration compared to patients treated without FBT.	<input type="checkbox"/>	<input type="checkbox"/>
17. Early detection and intervention can improve the prognosis of eating disorders.	<input type="checkbox"/>	<input type="checkbox"/>
18. All patients presenting with anorexia nervosa will have secondary amenorrhoea.	<input type="checkbox"/>	<input type="checkbox"/>
19. Having a close relative with an eating disorder has been found to be associated with a higher risk of developing an eating disorder.	<input type="checkbox"/>	<input type="checkbox"/>
20. Management of an eating disorder requires a multidisciplinary team that specialises in eating disorders.	<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 August 2022 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 31 August 2022. (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 December 2021 issue will be credited for the month of December 2021, even if the deadline is in February 2022).

**Deadline for submission (June 2022 SMJ 3B CME programme): 12 noon, 24 August 2022.**