

## SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202202A)

	True	False
1. The World Health Organization recommends that mothers continue breastfeeding until the infant is one year old.	<input type="checkbox"/>	<input type="checkbox"/>
2. Breastfed infants have higher risk of sudden infant death syndrome.	<input type="checkbox"/>	<input type="checkbox"/>
3. Breastfeeding mothers have reduced risk of breast and ovarian cancer as well as metabolic diseases.	<input type="checkbox"/>	<input type="checkbox"/>
4. According to local epidemiology data, most mothers in Singapore continue to breastfeed their infants six months after delivery.	<input type="checkbox"/>	<input type="checkbox"/>
5. The Baby-Friendly Hospital Initiative is a global effort by UNICEF and the World Health Organization to implement practices that protect, promote and support breastfeeding.	<input type="checkbox"/>	<input type="checkbox"/>
6. Actual insufficient milk supply, painful nipples or breasts, and difficulty latching are the most common reasons that lead to cessation of breastfeeding.	<input type="checkbox"/>	<input type="checkbox"/>
7. A fussy infant, breasts feeling 'less full' or 'empty', or low yield on pumping indicates insufficient breast milk supply.	<input type="checkbox"/>	<input type="checkbox"/>
8. Formula milk is the 'go-to' option when supplementation of breastfeeding is indicated.	<input type="checkbox"/>	<input type="checkbox"/>
9. Delayed lactogenesis is more common in women with risk factors such as multiple births, obesity, diabetes mellitus and polycystic ovarian syndrome, and those who had a prolonged second stage of labour or Caesarean sections.	<input type="checkbox"/>	<input type="checkbox"/>
10. Poor latch often causes nipple pain and increases breastfeeding complications such as blocked milk ducts, engorgement, mastitis and abscesses.	<input type="checkbox"/>	<input type="checkbox"/>
11. Frenotomy may be indicated if ankyloglossia is found to interfere with the effectiveness of breastfeeding.	<input type="checkbox"/>	<input type="checkbox"/>
12. Patients with breast abscess should be referred to breast surgeons for further management such as needle aspiration or incision and drainage.	<input type="checkbox"/>	<input type="checkbox"/>
13. Nifedipine can be used to treat vasospasms that cause nipple or breast pain that is associated with discolouration of nipples.	<input type="checkbox"/>	<input type="checkbox"/>
14. Mothers with Hepatitis B infection should not breastfeed their infants.	<input type="checkbox"/>	<input type="checkbox"/>
15. Mothers should hold off breastfeeding temporarily when they are acutely sick, especially when taking medications, to minimise harm to their infants.	<input type="checkbox"/>	<input type="checkbox"/>
16. Breast milk, which is easy to digest and contains protective antibodies, is the best feed when an infant falls sick.	<input type="checkbox"/>	<input type="checkbox"/>
17. Regular and frequent expression of breast milk is the key to maintaining breast milk supply when the mother returns to work.	<input type="checkbox"/>	<input type="checkbox"/>
18. Breastfeeding mothers who have chronic illnesses and who are on chronic illness medications can breastfeed their infants most of the time.	<input type="checkbox"/>	<input type="checkbox"/>
19. The infant should be separated from a mother who has confirmed or suspected COVID-19, to minimise the risk of postnatal transmission.	<input type="checkbox"/>	<input type="checkbox"/>
20. As research on COVID-19 vaccines did not include women who were breastfeeding, it is not advisable for breastfeeding mothers to receive COVID-19 vaccination.	<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 2022 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 29 April 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 (February 2022 SMJ 3B CME programme): 12 noon, 22 April 2022.**