

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201607A)

	True	False
Question 1. The following statement(s) is/are true:		
(a) Ischaemic heart disease was the third leading cause of death in Singapore in 2014.	<input type="checkbox"/>	<input type="checkbox"/>
(b) The treadmill electrocardiogram (ECG) stress test is only used for diagnosis of obstructive coronary artery disease.	<input type="checkbox"/>	<input type="checkbox"/>
(c) An increase in blood pressure and decrease in heart rate is the body's normal physiological response to exercise.	<input type="checkbox"/>	<input type="checkbox"/>
(d) The target maximal heart rate is dependent on the individual's age.	<input type="checkbox"/>	<input type="checkbox"/>
Question 2. According to the American Heart Association's recommendation, the treadmill ECG stress test is an appropriate test for the following patient(s):		
(a) A 30-year-old woman with pleuritic chest pain.	<input type="checkbox"/>	<input type="checkbox"/>
(b) A 40-year-old man with angina pectoris.	<input type="checkbox"/>	<input type="checkbox"/>
(c) An asymptomatic 55-year-old woman.	<input type="checkbox"/>	<input type="checkbox"/>
(d) A 62-year-old man with atypical chest pain.	<input type="checkbox"/>	<input type="checkbox"/>
Question 3. The treadmill ECG stress test is contraindicated in:		
(a) Severe aortic stenosis.	<input type="checkbox"/>	<input type="checkbox"/>
(b) Severe mitral regurgitation.	<input type="checkbox"/>	<input type="checkbox"/>
(c) Atrial fibrillation with rapid ventricular rate.	<input type="checkbox"/>	<input type="checkbox"/>
(d) Chronic heart failure.	<input type="checkbox"/>	<input type="checkbox"/>
Question 4. The treadmill ECG stress test must be terminated in the following situation(s):		
(a) 1-mm ST-depression in the inferior leads.	<input type="checkbox"/>	<input type="checkbox"/>
(b) A drop in systolic blood pressure of more than 10 mmHg despite an increased workload.	<input type="checkbox"/>	<input type="checkbox"/>
(c) The development of complete heart block during the test.	<input type="checkbox"/>	<input type="checkbox"/>
(d) The development of mild chest discomfort during the test.	<input type="checkbox"/>	<input type="checkbox"/>
Question 5. In a subject with normal baseline ECG, the treadmill ECG stress test is considered electrically positive in the following:		
(a) ECG showing 0.5-mm up-sloping ST-segment depression at peak heart rate with absence of symptoms.	<input type="checkbox"/>	<input type="checkbox"/>
(b) ECG showing 2-mm ST-segment elevation at 70% of target heart rate.	<input type="checkbox"/>	<input type="checkbox"/>
(c) ECG showing 1-mm up-sloping ST-segment depression at J point at 86% of the target heart rate.	<input type="checkbox"/>	<input type="checkbox"/>
(d) ECG showing 1-mm down-sloping ST-segment depression at 80 ms after the J point at 85% of the target heart rate.	<input type="checkbox"/>	<input type="checkbox"/>

Doctor's particulars:

Name in full : _____
MCR number : _____ Specialty: _____
Email address : _____

SUBMISSION INSTRUCTIONS:

(1) Visit the SMJ website: <http://www.smj.org.sg/current-issue> and select the appropriate set of questions. (2) Provide your name, email address and MCR number. (3) Select your answers and click "Submit".

RESULTS:

(1) Answers will be published online in the SMJ September 2016 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 2 September 2016. (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.

Deadline for submission: (July 2016 SMJ 3B CME programme): 12 noon, 26 August 2016.