

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201805A)

	True	False
1. Frail elderly all have functional disabilities.	<input type="checkbox"/>	<input type="checkbox"/>
2. Frailty is part of normal ageing.	<input type="checkbox"/>	<input type="checkbox"/>
3. It is possible to reverse frailty in the early stages.	<input type="checkbox"/>	<input type="checkbox"/>
4. An individual who has slow gait speed and fatigue but is otherwise independent in all activities is not at risk of becoming frail.	<input type="checkbox"/>	<input type="checkbox"/>
5. The FRAIL scale is the gold standard in assessing frailty.	<input type="checkbox"/>	<input type="checkbox"/>
6. Identification of malnutrition is not an important aspect of the management of frailty.	<input type="checkbox"/>	<input type="checkbox"/>
7. There can be underlying, reversible medical causes of frailty.	<input type="checkbox"/>	<input type="checkbox"/>
8. Frailty is defined as an individual having low reserves in only the physical domain.	<input type="checkbox"/>	<input type="checkbox"/>
9. Pre-frail seniors most often present to the healthcare setting when they have been hospitalised after a health crisis.	<input type="checkbox"/>	<input type="checkbox"/>
10. Health education alone is enough as an intervention for frailty management.	<input type="checkbox"/>	<input type="checkbox"/>
11. Treatment of vitamin D deficiency is effective as an intervention for frailty management.	<input type="checkbox"/>	<input type="checkbox"/>
12. A successful frailty intervention programme involves partnerships and coordination of both the healthcare and social sectors.	<input type="checkbox"/>	<input type="checkbox"/>
13. Screening for frailty is time-consuming and cannot possibly be completed in a busy primary care clinic.	<input type="checkbox"/>	<input type="checkbox"/>
14. According to a local prevalence study, the combined prevalence of pre-frailty and frailty in one local population is 20%.	<input type="checkbox"/>	<input type="checkbox"/>
15. An effective frailty intervention programme consists only of exercise prescription.	<input type="checkbox"/>	<input type="checkbox"/>
16. All frail patients need to be referred to a hospital setting to be further assessed.	<input type="checkbox"/>	<input type="checkbox"/>
17. Case management is an important aspect of frailty management in the community.	<input type="checkbox"/>	<input type="checkbox"/>
18. Primary care physicians can be equipped to initiate frailty interventions in the general practice clinic.	<input type="checkbox"/>	<input type="checkbox"/>
19. Multiple frailty tools exist for different populations and settings.	<input type="checkbox"/>	<input type="checkbox"/>
20. Community nurses are able to perform comprehensive geriatric assessments in the community setting.	<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 login 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 July 2018 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 5 July 2018. (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 2017 issue will be credited for the month of December 2017, even if the deadline is in January 2018).

Deadline for submission: (May 2018 SMJ 3B CME programme): 12 noon, 28 June 2018.