

SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 201808A)

	True	False
1. Medication overuse headache is largely unrecognised in Singapore.	<input type="checkbox"/>	<input type="checkbox"/>
2. Preventive medication is often prescribed for chronic headaches in Singapore.	<input type="checkbox"/>	<input type="checkbox"/>
3. Secondary headaches are rare and account for 1% of all headaches.	<input type="checkbox"/>	<input type="checkbox"/>
4. A new-onset headache is a cause for concern in a 56-year-old woman, as it may indicate serious secondary causes.	<input type="checkbox"/>	<input type="checkbox"/>
5. The three items in ID Migraine include nausea, disabling headache and phonophobia.	<input type="checkbox"/>	<input type="checkbox"/>
6. Most migraines have an associated aura.	<input type="checkbox"/>	<input type="checkbox"/>
7. A migraine cannot be bilateral.	<input type="checkbox"/>	<input type="checkbox"/>
8. Headaches can be due to psychosocial factors.	<input type="checkbox"/>	<input type="checkbox"/>
9. Panadeine (paracetamol and codeine) is recommended for headaches.	<input type="checkbox"/>	<input type="checkbox"/>
10. If a patient does not respond to paracetamol and nonsteroidal anti-inflammatory drugs, tramadol should be prescribed.	<input type="checkbox"/>	<input type="checkbox"/>
11. Once started on preventive therapy, a patient has to be on lifelong medication.	<input type="checkbox"/>	<input type="checkbox"/>
12. Preventive therapy takes 1.5–2 months to take effect.	<input type="checkbox"/>	<input type="checkbox"/>
13. Patients with medication overuse headache often have an underlying migraine or tension-type headache.	<input type="checkbox"/>	<input type="checkbox"/>
14. Treatment of medication overuse headache involves withdrawal of the offending medications.	<input type="checkbox"/>	<input type="checkbox"/>
15. Excessive caffeine can precipitate headache.	<input type="checkbox"/>	<input type="checkbox"/>
16. Fundoscopy to look for papilloedema is not important in the examination of patient presenting with headache.	<input type="checkbox"/>	<input type="checkbox"/>
17. Patients with cluster headaches should be referred to a neurologist.	<input type="checkbox"/>	<input type="checkbox"/>
18. Patients with migraines are often unable to carry out activities of daily living during attacks.	<input type="checkbox"/>	<input type="checkbox"/>
19. Headache is not a common presentation of somatoform symptoms.	<input type="checkbox"/>	<input type="checkbox"/>
20. Headache can be managed well in primary care.	<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 October 2018 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 12 October 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 (August 2018 SMJ 3B CME programme): 12 noon, 5 October 2018.