

## SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME

(Code SMJ 202106A)

|   | True                     | False                    |
|---|--------------------------|--------------------------|
| 1. Acute low back pain is defined as pain extending from the lowest rib to the buttocks.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Acute low back pain typically lasts for up to three months.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Common causes of low back pain include intervertebral disc pathologies, such as annular tears, disc herniations, degenerative disc diseases, facet joint osteoarthritis, degenerative spondylolisthesis and spinal stenosis. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Red flags in history taking for patients with low back pain include unexplained weight loss and a history of cancer.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. A history of use of immunosuppressive drugs may indicate a possible aetiology of infection in a patient with acute low back pain.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Pathologies in the L4–S1 nerve roots correspond to pain at the hips and thighs.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Prolonged sitting with poor ergonomics can lead to low back pain.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. The straight leg raise test can identify cervical nerve root tension.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. In a patient with lumbar discopathy, the 'bowstring' sign is elicited when bending the knee during the straight leg raise test exacerbates pain that radiates down the leg to the buttock.                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Motor deficits of an L4 nerve root pathology include the inability to flex the hip.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. The doctor must not solely rely on a checklist of red flags in the diagnosis and treatment of a patient with low back pain.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Imaging is indicated in patients whose back pain persists for more than six weeks.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Plain radiography is a useful screening tool for obvious pathologies.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. False-negative results of computed tomography and magnetic resonance imaging increase with age.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Lifting heavy objects with straightened knees reduces the risk of back injuries.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Prolonged bed rest is advised for all patients with acute low back pain.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Strong, high quality evidence shows that acupuncture, lumbar support, massage and chiropractic spinal manipulation are effective in producing long-term pain relief in patients with low back pain.                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Acetaminophen and nonsteroidal anti-inflammatory drugs are effective first-line therapies that provide short-term pain relief in patient with acute low back pain.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Opioids can have significant adverse effects such as drowsiness and dizziness.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Patients with pain that lasts for more than six weeks, causing significant functional impairment, should be referred to a spine surgeon.  | <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 2021 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 19 August 2021. (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 June 2021 issue will be credited for the month of June 2021, even if the deadline is in August 2021).

**Deadline for submission (June 2021 SMJ 3B CME programme): 12 noon, 12 August 2021.**