

## SINGAPORE MEDICAL COUNCIL CATEGORY 3B CME PROGRAMME (Code SMJ 202205A)

	True	False
1. Low tissue oxygenation (tissue hypoxia) can occur even when the oxygen supply exceeds tissue demand.	<input type="checkbox"/>	<input type="checkbox"/>
2. Mean arterial pressure is defined as the average of the systolic blood pressure and the diastolic blood pressure.	<input type="checkbox"/>	<input type="checkbox"/>
3. Tissue oxygen supply is predominantly determined by blood pressure, haemoglobin concentration and arterial blood oxygen saturation.	<input type="checkbox"/>	<input type="checkbox"/>
4. Circulatory shock can occur in the absence of hypotension.	<input type="checkbox"/>	<input type="checkbox"/>
5. A capillary refill time of six seconds always indicates circulatory shock.	<input type="checkbox"/>	<input type="checkbox"/>
6. Skin mottling limited to the knee caps excludes circulatory shock.	<input type="checkbox"/>	<input type="checkbox"/>
7. In fluid-responsive patients, systolic blood pressure should increase by at least 10% following a fluid bolus.	<input type="checkbox"/>	<input type="checkbox"/>
8. A fluid challenge consists of 500 mL of crystalloid solution given over < 30 minutes.	<input type="checkbox"/>	<input type="checkbox"/>
9. Noradrenaline is a medication that can improve blood pressure.	<input type="checkbox"/>	<input type="checkbox"/>
10. Noradrenaline is a medication that must be given only via central lines.	<input type="checkbox"/>	<input type="checkbox"/>
11. In a patient with circulatory shock, a central venous oxygen saturation of 60% indicates inadequate oxygen supply to satisfy tissue demand.	<input type="checkbox"/>	<input type="checkbox"/>
12. In a patient with circulatory shock, a central venous oxygen saturation of 80% excludes the possibility of inadequate oxygen supply.	<input type="checkbox"/>	<input type="checkbox"/>
13. In a patient with septic shock, a central venous oxygen saturation of 70% indicates haemodynamic optimisation.	<input type="checkbox"/>	<input type="checkbox"/>
14. $CO_2$ gap is computed as $PaCO_2 - PcvCO_2$ , where $PaCO_2$ is arterial carbon dioxide partial pressure and $PcvCO_2$ is central venous carbon dioxide partial pressure.	<input type="checkbox"/>	<input type="checkbox"/>
15. A $CO_2$ gap of 8 mmHg indicates low cardiac output.	<input type="checkbox"/>	<input type="checkbox"/>
16. A $CO_2$ gap of 8 mmHg indicates anaemia.	<input type="checkbox"/>	<input type="checkbox"/>
17. In a patient with circulatory shock, the haemoglobin target should be at least 10 g/dL.	<input type="checkbox"/>	<input type="checkbox"/>
18. Ankle blood pressure may be used to detect hypotension.	<input type="checkbox"/>	<input type="checkbox"/>
19. An over-damped arterial line system will lead to falsely low mean arterial pressure.	<input type="checkbox"/>	<input type="checkbox"/>
20. An under-damped arterial line system will lead to falsely low diastolic blood pressure.	<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 July 2022 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 29 July 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 (May 2022 SMJ 3B CME programme): 12 noon, 22 July 2022.**