

ASSESSMENT OF 30 MCQs

FPSC No : 84
MCQS ON COVID-19: SINGAPORE EXPERIENCE
Submission DEADLINE: 20 October 2020, 12 NOON

INSTRUCTIONS

- To submit answers to the following multiple choice questions, you are required to log on to the College Online Portal (www.cfps2online.org)
- Attempt ALL the following multiple choice questions.
- There is only ONE correct answer for each question.
- The answers should be submitted to the College of Family Physicians Singapore via the College Online Portal before the submission deadline stated above.
- There will be NO further extension of the submission deadline

1. Which of the following is **INCORRECT** about the **COVID-19** contagion?
 - A. Causative agent is accurately identified.
 - B. A reliable diagnostic test is available.
 - C. The person-to-person transmission capability is known.
 - D. Social distancing is effective to reduce transmission.
 - E. A vaccine is now available.
2. With regard to having serious concerns of being infected themselves by the **COVID-19** contagion, what percentage of the 213 medical practitioners attending a “Building resilience” webinar had such a level of concern?
 - A. 44 percent.
 - B. 48 percent.
 - C. 54 percent.
 - D. 60 percent.
 - E. 70 percent.
3. With regard to having serious concerns of infecting family members with the **COVID-19** contagion, what percentage of the 213 medical practitioners attending a “Building resilience” Webinar had such a level of concern?
 - A. 70 percent.
 - B. 60 percent.
 - C. 54 percent.
 - D. 48 percent.
 - E. 44 percent.
4. With regard of complications of **COVID-19** infections, which of the population groups has the highest mortality risk?
 - A. Pregnant mothers.
 - B. Females.
 - C. Middle aged males.
 - D. Elderly males 60 years and older.
 - E. Children and infants.
5. A frontline doctor is infected with **COVID-19** while at work. What is the legal position of the infection?
 - A. Occupational and work-related injury.
 - B. Personal liability.
 - C. Personal negligence.
 - D. No fault compensation event.
 - E. Eligible for group insurance compensation.
6. When we find ourselves being somatically activated by fear
 - A. Interrupting the fearful thought is a useful first aid.
 - B. Disengaging from the situation is not consistent with professional behaviour.
 - C. It indicates that we have reached the untenable limits of our capacity.
 - D. We should target the storyline and get to the cause of the issue.
 - E. Finding ways to relax somatically may be more useful than telling yourself to relax.
7. Which of the following is **FALSE** with regard to turning towards our fear?
 - A. We need to bolster our courage and/or faith.
 - B. We also explore the boundaries of our comfort zones.
 - C. We may be required to learn skills to regulate our emotional responses.
 - D. It can help us learn about how we have defined our personal limitations.
 - E. It is useful to acknowledge any other accompanying psycho-emotional issue that comes with the fear.

8. Which of the following assertions about dealing with uncertainty is most useful?

- A. Uncertainty can always be handled if we are meticulous enough in considering the risks and probabilities of events.
- B. In dealing with a very uncertain environment, there is no point in setting any goals.
- C. Having an adaptive strategy to address the remainder issues of any outcome can help us to take risks at times of uncertainty.
- D. The distress and anxiety of uncertainty can best be managed by preventing and pre-empting any possible contingencies.
- E. A useful approach to obtain a favorable outcome at times of uncertainty is to maintain an unshakeable faith.

9. Due diligence includes:

- A. Maintaining an unquestioning conviction about the value of what we do.
- B. Verifying the validity of what we believe to be true.
- C. Persevering with positive thinking that things will work out somehow.
- D. Reminding ourselves of the need to have strong faith.
- E. Seeking specific information that provides validation and justification for our actions.

10. Which of the following statements about having a community-directed focus to guide our actions is FALSE?

- A. It means that we must always put the patients before the self.
- B. It may provide a more compelling and sustainable purpose for what we are doing.
- C. It can help to prevent isolation of care staff.
- D. It contrasts with actions that has a self-directed focus, even if the self-directed actions seem to offer apparent benefits to the community.
- E. By being a part of the active care community, the care worker also receives care and support when needed.

11. How long must you be online in order to qualify for one CME point?

- A. 12 minutes.
- B. 24 minutes.
- C. 36 minutes.
- D. 48 minutes.
- E. 60 minutes.

12. Which of the following is a valid reason for not being online long enough to qualify for one CME point?

- A. Did not receive email notification.
- B. Need to login to join the meeting.

- C. Technical issues.
- D. Weak WiFi signal.
- E. None of the above.

13. What does IPPT in the poem stand for?

- A. Impress, Progress, Persist, Tenaciousness.
- B. Individual, Physical, Proficiency, Test.
- C. Inoculate, Patients, Placate, Tenants.
- D. Interesting, Physician, Presentation, Time.
- E. Identity, Presence, Participation, Time.

14. What could the positive Influenza-B test indicate?

- A. Infected with Influenza-B, not infected with COVID-19.
- B. False positive for Influenza-B, possibly infected with COVID-19.
- C. Infected with Influenza-B, concurrently infected with COVID-19.
- D. False positive for Influenza-B, not infected with COVID-19.
- E. All of the above.

15. In the author's perception of meaning of the bonsais' composition, the following is correct:

- A. "The Three Fishermen" begs the question of virtue, wealth or pleasure.
- B. "One Finger" begs the question of solitude versus loneliness.
- C. "Wu Song" begs the question of what overcomes fear.
- D. "Father and Daughter" begs the question of the prize being worth the price.
- E. All of the above.

16. What is the author really worried about?

- A. Wearing the mask against government's advisory.
- B. Looking out of place in the panel.
- C. Using the wearing of the mask as an illustrative device falling flat.
- D. Spread of infection to the panel of speakers.
- E. None of the above.

17. The size of an outbreak will shrink with time when

- A. R_t is more than 1.
- B. R_t is more than R_o .
- C. R_t is less than R_o .
- D. R_t is less than 1.
- E. Case fatality rate is less than 2%.

18. If the R_o of COVID-19 is 2.0, which is the following will raise the R_t to above 2?

- A. Social distancing.
- B. Wearing of face shields and masks.

- C. Washing hands with soap frequently.
- D. Going to crowded places.
- E. All of the above.

19. Asymptomatic or pre-asymptomatic transmission of a communicable disease is likely to occur when

- A. The serial interval is about the same or shorter than the mean incubation period.
- B. The serial interval is longer than the mean incubation period.
- C. The serial interval is larger than the effective reproductive ratio (R_t).
- D. The serial interval is smaller than the effective reproductive ratio (R_t).
- E. None of the above.

20. Which of the following does NOT directly have an exponential effect on the cluster size in a communicable disease outbreak?

- A. Serial interval.
- B. Case fatality rate.
- C. Diagnostic test sensitivity.
- D. Reproductive ratio (R_0).
- E. Quarantine measures.

21. Which of the following are the objectives of our disease control efforts for COVID-19 pandemic?

- A. To reduce the number of infected cases.
- B. To keep the number of COVID-19 deaths and case fatality rates as low as possible.
- C. To prevent our hospital system from being overwhelmed by too many COVID-19 patients.
- D. To preserve ICU and ventilator capacity in our hospital system so that seriously ill COVID-19 patients can get the care they need.
- E. All of the above.

22. Isolation and loneliness are associated with an increased risk of

- A. Hypertension.
- B. Cognitive decline.
- C. Death.
- D. Ischemic Heart Disease.
- E. All of the above.

23. Professional Isolation can result from

- A. Lack of collegial networks and organisational support.
- B. Poor layout of practices.
- C. Lack of meaningful connections.
- D. Non-attendance of Continuing Medical Education.
- E. Lack of family and social support.

24. Burnout is characterised by:

- A. Depersonalisation, Loss of sense of achievement and Emotional exhaustion.
- B. Depersonalisation, Loss of sense of achievement and Depression.
- C. Depersonalisation, Loss of sense of achievement and Stress.
- D. Depersonalisation, Depression and Stress.
- E. Loss of sense of achievement, Depression and Emotional Exhaustion.

25. Regarding the management of burnout, which of the following is not recommended?

- A. Mindfulness exercises.
- B. "Just getting on with the job".
- C. Involving the employing institution.
- D. Meditation.
- E. Building resilience.

26. Which of the following statements about mindfulness-based psychotherapy is most true?

- A. Mindfulness exploits automatically occurring mental habits.
- B. Mindfulness actively follows up on and works with internal mental commentary.
- C. Mindfulness promotes an accepting attitude towards all experiences.
- D. Mindfulness introduces a form of mental conditioning.
- E. Mindfulness places high importance on the concept of distraction in the therapeutic relationship.

27. With regard to the difference between duties and responsibilities of a doctor, which of the following is considered a duty?

- A. Gives the correct information to his patients.
- B. Does not transmit the contagion to his patients.
- C. Builds resilience to fear to the contagion.
- D. Screens out fake news.
- E. Provides competent care.

28. With regards to helping the patient allay anxiety, which of the following is LEAST effective?

- A. Recommends regular exercise and balanced diet.
- B. Teach the patient relaxation techniques.
- C. Suggests the patient takes part in activities that she/he is good at.
- D. Explains what is COVID-19 anxiety.
- E. Suggests the patient keeps in contact with friends and relatives.

29. With regard to burnout in doctors due to COVID-19, which of the following is the MOST likely predisposing factor?

- A. Pandemic becomes prolonged.
- B. Rising death rate from the contagion.
- C. Resurgence of infection rate.
- D. Feeling of restriction from the lockdown.
- E. Feeling of isolation from the lockdown.

30. With regard to the circuit breaker being in place to reduce person to person transmission of the COVID-19, which of the following is the most likely mental health consequence?

- A. Mania.
- B. Depression.
- C. Hallucinations.
- D. Delusions.
- E. Anxiety.