

**Instruction:**

1. Please use pencil to shade the box for the best and correct answer (only one answer for each question).
2. Send back the answer sheet (see loose leaf page) to the Hong Kong College of Paediatricians. One point will be awarded to each article if  $\geq 3$  of the 5 answers are correct. The total score of the 4 articles will be 4 CME points.

**(A) Congenital Diaphragmatic Hernia, Survival Outcome Over the Years**

1. The pathophysiology of congenital diaphragmatic hernia includes a combination of the following except:
  - a. Lung hypoplasia
  - b. Lung immaturity
  - c. Persistent pulmonary hypertension of newborn
  - d. Hypovolaemia
  - e. Cardiac dysfunction
2. The main focus of management of congenital diaphragmatic hernia includes the following except:
  - a. Gentle ventilation
  - b. Haemodynamic monitoring
  - c. Treatment of pulmonary hypertension
  - d. Early surgery
  - e. Delayed surgery
3. Previous studies have shown that the following factors affect the survival outcome of congenital diaphragmatic hernia except:
  - a. Birth weight
  - b. Side of CDH
  - c. Liver herniation into chest
  - d. Associated anomalies
  - e. None of the above
4. Before the start of inhaled nitric oxide treatment for pulmonary hypertension in congenital diaphragmatic hernia, which of the following parameters is assessed to demonstrate the presence of significant pulmonary hypertension:
  - a. Pre- and post-ductal saturation difference of 10% or more
  - b. Oxygen index of 20 or more
  - c. Raised right ventricle pressure estimated by the degree of tricuspid regurgitation
  - d. (a) + (b) + (c)
  - e. None of the above

5. The use of inhaled nitric oxide improves the following except:
  - a. Methaemoglobinaemia
  - b. Ventilation-perfusion matching
  - c. Partial pressure of oxygen ( $\text{PaO}_2$ )
  - d. Fraction of inspired oxygen ( $\text{FiO}_2$ ) requirement
  - e. Oxygen index

**(B) The Effectiveness of School-based Interventions in Preventing Childhood Obesity and Depression in Turkey**

1. What chronic diseases can childhood obesity cause?
  - a. Diabetes
  - b. Hypertension
  - c. Cardiovascular Disease
  - d. Respiratory diseases
  - e. All of above
2. Which of the following does not cause obesity?
  - a. Unhealthy eating habits
  - b. Sedentary life
  - c. Genetic factors
  - d. Sport
  - e. Technology addiction
3. Which food is not among the healthy nutrients?
  - a. Fast food
  - b. Fruit
  - c. Milk
  - d. Oilseed
  - e. Vegetable
4. What causes depression in obese children?
  - a. Peer bullying
  - b. Stigma
  - c. School environment
  - d. Social media
  - e. All of above

5. Which of the following is not the effect of active video games on obese children?
  - a. Provide social support
  - b. Increase motivation
  - c. Family interaction
  - d. Daily calorie expenditure
  - e. Low self-esteem

**(C) Physical Activity, Sedentary Behaviour, and Sleep Habits in Kindergarten Children in Hong Kong**

1. What are the adverse outcomes of insufficient and low-quality sleep?
    - a. Higher risk of being overweight and higher body mass index
    - b. Poorer cognitive performance and emotional control
    - c. Higher risk of having attention deficit hyperactivity disorder
    - d. a and b
    - e. a, b, and c
  2. Which of the following suggestions is mentioned according to the World Health Organization (WHO) 24 hours movement guidelines for children under 5?
    - a. 3-5 years old children should spend at least 180 minutes on different forms of physical activity of any intensity throughout the day, with at least 60 minutes of which being moderate-to-vigorous physical activity
    - b. Sedentary time should not be longer than 60 minutes continuously
    - c. Good quality sleep, including naps, for 10-13 hours is proposed for this age group
    - d. Time spent daily on a screen should be less than 60 minutes
    - e. All of the above
  3. Which of the following subscale is NOT included in the Children's Sleeping Habits Questionnaire (CSHQ)?
    - a. Sleep duration
    - b. Sleep-disordered breathing
    - c. Sleep quality
    - d. Sleep onset delay
    - e. Daytime sleepiness
4. According to the study, which of the following is a true statement?
    - a. There is no significant difference in time spent in sedentary behaviour between boys and girls
    - b. Boys spent less time in moderate-to-vigorous physical activity than girls during the weekdays
    - c. Girls spent more time in moderate-to-vigorous physical activity than boys on the weekends
    - d. All of the above
    - e. None of the above
  5. Which of the following is related to the increased time spent in sedentary behaviour according to this study?
    - a. Parasomnias
    - b. Total CSHQ score
    - c. Bedtime resistance
    - d. Sleeping anxiety
    - e. Night wakings

**(D) Infantile Haemangioma and Optimum Dose of Propranolol Treatment: A Retrospective Tertiary Centre Study**

1. Which of the following is the mainstay treatment for infantile haemangioma?
  - a. Corticosteroids
  - b. Laser therapy
  - c. Interferon
  - d. Propranolol hydrochloride
  - e. Sirolimus
2. Which of the following is not an indication for systemic treatment in infantile haemangioma?
  - a. Life-threatening conditions
  - b. Ulcerated-infected lesions
  - c. A lesion >1 cm in the neck
  - d. Functional impairment
  - e. Disfigurement
3. Which of the following is the most expected side effect of propranolol hydrochloride?
  - a. Restlessness in sleep
  - b. Atrioventricular block
  - c. Hypotension
  - d. Hyperkalaemia
  - e. Bradycardiadia

4. What is not one of the main criteria of the haemangioma severity scale?
- Age
  - Size
  - Complications
  - Pain
  - Disfigurement
5. Which of the following is a conclusion of this study?
- The propranolol treatment is ineffective in infantile haemangioma
  - A propranolol dose of 2 mg/kg/day has the same efficacy as a dose of 3 mg/kg/day
  - A propranolol dose of 4 mg/kg/day is preferred instead of a dose of 2 mg/kg/day.
  - Sirolimus is an alternative to propranolol treatment
  - The propranolol treatment is risky in infantile haemangioma

***Answers of July issue 2023***

(A) 1. a; 2. e; 3. b; 4. d; 5. c

(B) 1. b; 2. b; 3. a; 4. e; 5. d

(C) 1. c; 2. e; 3. b; 4. e; 5. b

(D) 1. e; 2. c; 3. e; 4. a; 5. d