

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 ≥ 3 of the 5 answers are correct. The total score of the 4 articles will be 4 CME points.

(A) Incidence and Disease Course of Isolated Ventricular Septal Defects Presenting in Infancy in Hong Kong

1. Which of the following is the most common congenital heart lesion in newborns?
 - a. Coarctation of aorta
 - b. Patent ductus arteriosus
 - c. Ventricular septal defect
 - d. Atrial septal defect
 - e. Tetralogy of Fallot
2. What is the incidence of isolated ventricular septal defect (VSD) in Hong Kong?
 - a. 2.3 per 1000 live births
 - b. 4.97 per 1000 live births
 - c. 10.45 per 1000 live births
 - d. 16.7 per 1000 live births
 - e. 53.2 per 1000 live births
3. Which of the following is the correct sequence for VSDs prevalence identified in this study?
 - I. Perimembranous VSD
 - II. Muscular VSD
 - III. Subarterial VSD
 - a. II > I > III
 - b. I > II > III
 - c. II > III > I
 - d. I > III > II
 - e. III > I > II
4. Which of the following defect is more common among Asians?
 - I. Perimembranous VSD
 - II. Muscular VSD
 - III. Subarterial VSD
 - a. I
 - b. II
 - c. III
 - d. I and II
 - e. II and III

5. Which of the following is NOT a risk factors for VSD persistence?
 - a. Larger defect size
 - b. Subarterial location
 - c. Heart failure requiring medical treatment
 - d. Number of defect
 - e. Male sex

(B) Depressive Symptoms in Children with Diabetes Mellitus and Their Associating Factors: An Observational Study in a Single Centre in Hong Kong

1. Which instrument was used in this study to assess depressive symptoms in paediatric diabetes patients?
 - a. Patient Health Questionnaire-9 (PHQ-9)
 - b. Centre for Epidemiologic Studies Depression Scale (CES-D)
 - c. Beck Depression Inventory (BDI)
 - d. Children's Depression Inventory (CDI)
 - e. Hamilton Depression Rating Scale (HAM-D)
2. A paediatric diabetes clinic is planning to implement routine mental health screening. Based on the methodology of this study, which of the following is the most appropriate approach
 - a. Screen only patients with poor glycaemic control
 - b. Screen all patients aged ≥ 10 years using a validated questionnaire annually
 - c. Screen only those with known psychiatric history
 - d. Use clinician judgement without formal tools
 - e. Screen only during hospital admissions
3. According to the study, which family-related factor was most strongly associated with depressive symptoms in paediatric diabetes patients?
 - a. Sibling rivalry
 - b. Parental overprotection
 - c. Low socioeconomic status
 - d. Parent-child relationship problems
 - e. Grandparent caregiving

4. Which factor was found to be protective against the development of depressive symptoms in PDM patients?
 - a. Higher HbA1c level
 - b. Increased number of hospital admissions
 - c. Use of continuous glucose monitoring system (CGMS)
 - d. Presence of diabetic complications
 - e. Known behavioural problems
5. Why is regular screening for depressive symptoms in paediatric diabetes patients particularly important?
 - a. Depression is rare but easily overlooked.
 - b. Depressive symptoms can worsen glycaemic control and increase diabetic complications if left unrecognised.
 - c. It primarily identifies patients with behavioural issues.
 - d. Screening helps differentiate type 1 from type 2 diabetes.
 - e. It reduces the need for insulin therapy.
3. Which of the following represents a disadvantage of robotic surgical systems in paediatric Meckel's diverticulum resection?
 - a. Higher postoperative complication rates
 - b. Significantly prolonged operating time
 - c. Lower requirements for preoperative diagnosis
 - d. Inability to perform intracorporeal anastomosis
 - e. Lack of force feedback potentially increasing tissue injury risk
4. What is the typical initial exploratory approach for children with suspected Meckel's diverticulum when preoperative diagnosis is challenging?
 - a. Direct progression to robot-assisted laparoscopic surgery
 - b. Initial open exploratory laparotomy
 - c. Conventional laparoscopy through an umbilical mini-incision
 - d. Reliance on CT angiography for definitive diagnosis
 - e. Performing technetium-99m scintigraphy

(C) Feasibility of Robot-Assisted Wedge Resection for Children with Meckel's Diverticulum

1. Which of the following most accurately describes Meckel's diverticulum in children?
 - a. It is a rare congenital malformation of the oesophagus
 - b. All affected patients present with obvious clinical symptoms
 - c. It is an ileal diverticulum resulting from incomplete obliteration of the vitelline duct
 - d. Pancreatic tissue is the most common ectopic tissue found
 - e. Diagnosis relies primarily on clinical presentation without requiring ancillary investigations
2. What is the recognised main technical advantage of robotic surgical systems compared to conventional laparoscopic surgery?
 - a. Significantly reduced procedure costs
 - b. Provision of three-dimensional visualisation and enhanced operational stability
 - c. More sophisticated force feedback systems
 - d. Smaller instrument size, particularly suitable for neonates
 - e. No requirement for pneumoperitoneum establishment

5. Which of the following is NOT considered a future direction for robotic surgery technology?
 - a. Further cost reduction through expanded applications
 - b. Laying the foundation for artificial intelligence-operated surgery
 - c. Providing a technical platform for telesurgery
 - d. Complete replacement of all conventional laparoscopic procedures
 - e. Exploring application possibilities for new diseases or surgical techniques

(D) Implementation of Sialorrhoea Improvement Program to Improve Drooling Problem in Children

1. Which of the following(s) is/are complications of drooling?
 - a. Recurrent aspiration pneumonia
 - b. Dehydration
 - c. Skin irritation
 - d. Social embarrassment
 - e. All of the above

2. Which of the following is an objective score for anterior drooling?
 - a. 10-minutes Drooling Quotient (DQ10)
 - b. Visual analogue scale (VAS)
 - c. Drooling severity (DS)
 - d. Drooling frequency (DF)
 - e. Episode of chest infection
3. Beyond what age is drooling considered pathological?
 - a. 18 months old
 - b. 2 years old
 - c. 3 years old
 - d. 4 years old
 - e. 5 years old
4. What is the treatment option of drooling?
 - a. Anti-cholinergic medication
 - b. Botulinum toxin injection
 - c. Surgery
 - d. Oromotor and postural control training
 - e. All of the above
5. What is the primary mechanism by which transdermal scopolamine treats drooling?
 - a. Increases saliva production
 - b. Stimulates swallowing reflex
 - c. Blocks parasympathetic innervation of the salivary gland
 - d. Enhances muscular control of the lips
 - e. Facilitates self-management techniques

Answers of January issue 2026

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

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

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

(D) 1. c; 2. c; 3. b; 4. b; 5. c