

## Examples of Paper One in Family Medicine

### **1. The information in an adult patient's medical record**

- A Should be discussed with the patient's family
- B Must never be released without the written consent of the patient
- C May be used for medical reports for insurance companies without consent
- D Can be used in medical audit if anonymous
- E Is the property of the doctor writing the record

**Answer: D**

### **2. A 47 –year- old woman comes in because her 42-year-old sister has just been diagnosed as having breast cancer. The clinician's first maneuver should be to:**

- A Have the patient prepared for breast examination
- B Reassure the patient that she has nothing to worry about
- C Obtain a full risk factor history
- D Get a family history of all cancers
- E Order mammogram.

**Answer:C**

### **3. A 6- year- old girl is brought to you by here mother who states that her daughter awoke with an earache. The patient resists attempts to engage her in conversation. All of the following issues are likely to be responsible for her reluctance to cooperate EXCEPT:**

- A Fear of strangers
- B Fear of painful procedure
- C Shy temperament
- D No prior limit setting by parents
- E Fear of separation

**Answer: E**

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**4. A 51-year-old woman with a long history of rheumatoid arthritis has normocytic-normochromic anemia. Her hemoglobin level is 9.8 g/dL with decreased serum iron, decreased total iron-binding capacity, and increased serum ferritin. What is the most appropriate treatment?**

- A Oral iron
- B Intramuscular iron dextran (Imferon)
- C Treatment of rheumatoid arthritis
- D Blood transfusion
- E Folic acid.

**Answer: C**

**5. Which one of the following is a characteristic of pubertal gynecomastia in males?**

- A Most cases are unilateral.
- B There is a preponderance of fatty tissue (lipomastia).
- C Ropy tissue is usually found at eccentric locations in the breast.
- D Resolution usually occurs within three years.
- E It is usually the first indication for pubertal change.

**Answer: D**

**6. You have recently made the diagnosis of Alzheimer's disease (primary degenerative dementia) in an elderly patient. Your advice to the family should include which one of the following ?**

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- A Plan surroundings for the patient that will allow frequent changes in room decoration and furniture placement
- B Avoid a repetitive schedule of daily activities
- C Avoid leaving children with the patient because of the risk of child molestation
- D Avoid interfering with the patient's autonomy through such actions as locking doors or taking away car keys
- E Post signs to indicate where household objects are located

**Answer: E**

**7. A high-school runner who is a type 1 insulin dependent diabetic calls you before a match because his glucose level is high. You confirm that it is 270 mg/ dl (15 mmol), You should:**

- A Tell him to go ahead and participate , as the exercise will lower his glucose level to a normal range.
- B Encourage him to take concentrated glucose, as his glucose level should be 300 mg / dl or more before a strenuous match.
- C Advise him that type 1 diabetes is a contraindication to running.
- D Check his urine for sugar, if positive, don't let him participate
- E Have his urine checked for ketones and, if positive, do not let him participate .

**Answer: E**

**8. A 32 year-old multipara with an intrauterine device (IUD) in place is hospitalized for treatment of acute pelvic inflammatory disease. The IUD should be removed:**

- A As soon as the diagnosis has been made.
- B As soon as antibiotics have been started.

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C As soon as adequate levels of antibiotics have been achieved.

D 24 hours after antibiotics have been initiated.

E Immediately after parenteral antibiotic injection.

**Answer: C**

**9. A 4-year-old boy is brought to the Emergency Department because of a high fever and inability to eat. He is noticeably drooling, has mild inspiratory stridor without cough, and resists the nurse's efforts to have him lie down. Which of the following statements is TRUE?**

A You should use a tongue blade to visualize and rule out a swollen Epiglottis.

B A lateral soft tissue x-ray of the neck should be arranged while making arrangements for airway management in the operating room.

C The most common cause of this condition is the respiratory syncytial virus.

D The disease is most often seasonal with the highest incidence in the winter months.

E All of the above.

**Answer: B**

**10. In which ocular condition does the patient perceive "flashing lights" (photopsia)?**

A Retinal tear.

B Retinal artery occlusion.

C Retinal vein occlusion.

D Iritis.

E Endophthalmitis.

**Answer: A**

**11. A proposed procedure should meet several criteria before use in primary or secondary screening activities. All of the following, are criterion for accepting a screening procedure in practice EXCEPT:**

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- A The disease or condition for which screening is conducted must have a significant impact on the quantity or quality of life.
- B If the procedure can detect the disorder before clinical manifestations develop, treatment in the asymptomatic state must yield better results than are possible after the disorder becomes apparent.
- C As long as a test is available, clinicians should apply the procedure regardless of the test's cost or morbidity.
- D Interventions for disorders identified at an early stage must demonstrate acceptable effectiveness, risk, patient acceptability, and cost.

**Answer: C**

**12. A 62-year-old female comes to your office complaining of a 7 Kg weight loss, anorexia, and vague abdominal discomfort. Physical examination reveals atrial fibrillation at a rate of 90, but is otherwise normal. Of the following, the most important test to order is:**

- A A urine culture.
- B A chest x-ray.
- C A serum thyroxin level.
- D Serum electrolytes.
- E A serum uric acid level.

**Answer: C**

**13. Regarding effective listening, which of the following statements is true:**

- A There is no difference between active listening and passive listening.
- B Effective listening is a skill that requires the physician to understand and empathize with the patient.
- C Eye-to eye contact is not a significant factor in establishing effective listening patterns.

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- D Whether a physician sits or stands beside a patient when listening and discussing a patient's problem doesn't make a great deal of difference.
- E Listening, as a skill, can and should often be left to other health care professionals.

**Answer: B**

**14. Which one of the following drugs binds bile acids in the intestine and thus preventing their return to the liver via the enterohepatic circulation:**

- A Gemfibrozil.
- B Nicotinic acid (niacin).
- C Probucol.
- D Cholestyramine.
- E Lovastatin.

**Answer: D**

**15. What is the role of Propionibacterium acnes in the formation of acne?**

- A Infection of hair follicle with pustule formation
- B Bacterial stimulation of excess sebum formation
- C Bacterial breakdown of sebum, which stimulates inflammation
- D Bacterial stimulation of inflammatory enzyme systems in the skin
- E Leakage of bacteria to subcutaneous sites, resulting in low-grade cellulitis

**Answer: C**

**16. A 25-year-old male comes to the Emergency Department with the sudden onset of moderate**

**to severe right-sided chest pain and mild dyspnea. A chest x-ray shows a loss of markings along the right lung margins, involving about 10% to 15% of the lung space. There is no shift of the mediastinum and the vital signs are normal. The best initial treatment would be:**

- A Strict bed rest.
- B Oxygen supplementation and close observation.
- C Decompression of the chest by insertion of a large-bore intravenous catheter into the right second intercostal space at the midclavicular line.
- D Immediate chest tube insertion to a water seal.
- E Thoracotomy for wedge resection of pulmonary blebs.

**Answer: B**

**17. To determine an odds ratio one would have to perform which of the following studies:**

- A A cross sectional/prevalence study.
- B A randomized controlled trial.
- C A cohort study.
- D A case study.
- E A case control study.

**Answer: E**

**18. Radiographic features of osteoarthritis of the knee include which of the following:**

- A Marginal erosions.
- B Juxta-articular osteopenia ( demineralization).
- C Loss of articular cartilage with narrowing of the radiologic joint space.
- D Osteonecrosis ( vascular necrosis).
- E High riding patella ( patella alta).

**Answer: C**

**19. In phenylketonuria**

- A Inheritance is autosomal dominant.
- B There is increased conversion of tyrosine to phenylalanine.
- C Severe mental retardation occurs in the absence of treatment .
- D Treatment may safely be stopped when the child has reached the age of 3.
- E Screening at the age of one month is necessary since the condition is not detectable until sufficient phenylalanine has accumulated.

**Answer: C**

**20. In Deafness all the following are correct EXCEPT:**

- A If the tuning fork is better heard on the mastoid process than the external auditory meatus, this is diagnostic of middle-ear disease
- B Absence of loudness recruitment excludes end-organ disease
- C Presence of severe distortion suggests middle-ear disease
- D Auditory fatigue is suggestive of a lesion of the auditory nerve
- E Meniere's disease deafness usually becomes worse before an attack of vertigo

**Answer: C**

**21. How is the term psychosis best defined?**

- A Behaviour marked by a break from reality
- B Behaviour marked by a fixed belief not in keeping with current life situation or circumstance

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- C Behaviour not in keeping with the current environment in which the individual finds himself or herself
- D Behaviour marked by the sight of objects that are not present
- E Behaviour marked by the hearing of sounds that are not present

**Answer: A**

**22. A 30 year old man experienced sudden painful swelling in his left calf. He had been playing golf the previous day. On examination there was obvious swelling and tenderness in the left calf with a positive Homan's sign. The patient was not febrile and had good peripheral pulses. A DVT was excluded by Doppler ultrasound . The most likely diagnosis is:**

- A Chronic posterior compartment syndrome
- B Rupture popliteal cyst
- C Tumor in gastrocnemius
- D Tear of gastrocnemius
- E Acute haemorrhage into posterior compartment

**Answer: B**

**23. Which of the following mechanisms is involved in the PPD skin reaction**

- A Activation of complement followed by recruitment of polymorph leucocytes (PMNS) to the site of reaction.
- B Stimulation of T lymphocytes and the recruitment and activation of macrophage.

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- C Degranulation of mast cells following the engagement of IgE on their surface.
- D Killing of macrophages containing Mycobacterium tuberculosis by cytotoxic T lymphocytes.
- E Recruitment of polymorphio leucocytes (PMNS) and macrophages to the site of reaction following activation of clotting and complement cascades.

**Answer: B**

### **24. With urinary tract infection in children of both sex, all of the following are true EXCEPT:**

- A All patients require radiological or isotope investigation of kidenys
- B Repeated infections causes severe symptoms
- C Fever indicate pyelonephritis as opposed to lower UTI
- D Frequency and dysuria indicates low-grade infection when bacterial counts do not achieve 10<sup>5</sup>/ml
- E Infection may be diagnosed in the absence of puria and proteinuria

**Answer: D**