

Primary Health Care



Doctors of this course

Dr.Duaa Hiasat

Dr.Latifah Mere'i

BAU#1

1) Pt. brought to ER with multiple gun shots. Went through surgery and they remove his jejunum. After period he develop anemia rapidly. what is the most likely type of anemia he has developed?!

- Iron deficiency
- B12 deficiency
- **Folic acid deficiency***
- Anemia of chronic disease

(The pt. lost his jejunum → main place to absorb Folic acid)

Duodenum → Iron

Ileum → B12

2) Which of the following is correct about B12 deficiency?!

- Normal MMA and ↓ homocysteine
- ↓ MMA and ↓ homocysteine
- **↑MMA and ↑ homocysteine***
- ↑MMA and ↑ homocysteine

In folate only homocysteine increased. While B12 both ↑

3) In which of the following Hb1ac is acceptable?!

- Pregnancy
- hemolytic anemia
- Multiple blood losses
- **pt. with steroid***
- Hemoglobinopathies

- 4) Pt. developed rapid anemia and jaundice after malaria Tx. Most likely cause is?!
- Spherocytosis
 - IDA
 - **G6pd ***
 - Megaloblastic
- 5) What is the glycemic recommendation goal in a non-pregnant type 2 diabetic patient?!
- A1c <6.5%
 - **Pre-prandial glucose 130-80 mg/dL***
- 6) Which of the following causes bronchoconstriction in asthma?!
- **Atenolol***
 - Salbutamol
 - Salmeterol
 - Cocaine
- 7) Patient with headache that increases when bending forward, what's the most likely cause of headache / diagnosis?!
- **Chronic sinusitis***
 - SAH
 - Migraine
 - Tension
- 8) 65 y/o female pt. what is the best choice regarding Cervical Ca. screening?!
- Pap smear every 3 years
 - Pap smear + HPV test every 5 years
 - **No need***
- 9) Pt. with lower back pain and morning stiffness. What is the most likely Dx.?!
- **Ankylosing spondylitis**
- 10) Case of 49 female pt. with left chest pain that increase with breathing and localized crackles, pain associated with cough & fever. Most likely diagnose?!
- Pericarditis
 - Pneumothorax
 - **Pneumonia***
 - PE

11) Case of 38 y/o male that fall down from height. On presentation he had Radio.Femoral delay. On CXR there was Widen mediastinum. What is the most likely cause?!

- Traumatic Aortic rupture

Always in falling down pt. from height think about de-acceleration injury which may cause aortic dissection (Widen mediastinum on CXR)

12) Which of the following is Not in steps for smoking cessation?!

- Avoid alcohol and other triggers
- Lean on loved ones
- Find your reason
- Rest and take a break*
- Exercise

13) What is true about Subclinical hypothyroidism??

- Normal TSH.. low T4 & T3
- High TSH.. Low T4 & T3
- ↑TSH.. Normal T4 & T3*
- Low TSH.. Low T4 & T3

14) Which of the following isn't indication for referral of hyperthyroidism?!

- TSH less than 0.1*
- Cardiac disease
- Pregnancy
- Thyroid storm
- Surgical opinion

15) Not a cause for megaloblastic anemia?!

- Hypothyroidism*
- Carbimazole
- Primdone
- Methotrexate
- Sulfa drug

16) Asthmatic pt. using salbutamol and low dose dexamethasone, having nocturnal symptoms, what is the next step ?

- LABA

17) "P" in SPIKES stands for?!

- Perception*
- Perspective
- Private
- Proprioception

18) When to consider step down in treatment in Asthmatic pt.?!

- Using SABA once monthly for 3 months

19) Pt. with Hx. of severe headache for 3 days with nausea without vomiting increase with light. What is the most likely diagnose?!

- Migraine

20) Which of the following is correct statement?!

- After 24h of use of AB pt. become non-infectious

21) Pt. diagnosed with HTN. What is the Antihypertensive drug of choice if the pt. has migraine?!

- Beta blocker*
- ACE inhibitors
- Thiazide
- Spironolactone

22) Patient With more than 3 month With fruitiness productive Cough.. Have similar attack last year for 4 months. Your next procedure for Dx.?!

- Chest CT
- Spirometer*
- CBC
- ABG

23) Which of the following is correct about influenza?!

- Influenza vaccine given for pregnant intranasal and intramuscular
- Influenza vaccine not given before 2 yrs old
- Influenza vaccine Prevent complications by 90%
- Antivirals should be given within 48 hrs*
- Antivirals given only for immunocompromised
-

24) 6month pt. with drooling loss of voice fever 38.2 how to manage?

- Call anesthetic*
- Call ENT surgeon
- IV fluids
- Start Antibiotics

In Epiglottitis always call anesthetic to intubate him.. don't even try by yourself to do any thing

25) Most common cause for Croup infection??

- H. Influenzae
- ParaInfluenza virus*
- Rhinoviruses
- Adenoviruses

26) Which of the following is most correct for Dyslipidemia Screening??

- More than 35 for men and 45 for women Without risk

27) Best Epidemiologic Study that reflects prevalent?!

- Cohort studies
- Cross-sectional surveys*
- Case-control studies
- Experimental

28) What of these studies takes a risk factor and goes to the results with it?!

- Cohort studies *
- Cross-sectional surveys
- Case-control studies
- Experimental

29) Which of the following is Experimental study?!

- Cohort studies
- Randomized controlled trial*
- Case-control studies
- Meta-analysis

30) What's true regarding Hypothetic deductive reasoning?!

- Educated guessing with maximum time and cost effective

31) Not true for diagnosing a non-pregnant diabetic pt.?!

- HbA1c > 6.5
- FBS > 126
- Postprandial > 200
- 2 hr OGTT 75 g
- **1 hr OGTT 50 g***

32) Pt. with MI on aspirin with normal cholesterol ,echo, ECG and BP , What is your next step in management?!

- Low cholesterol diet
- Statin
- **Statin + ACEI***
- Statin + Ca++ blocker

33) Which of The following components of difficult clinical encounter difficult according to situation not to the patient?!

- **Breaking bad news***
- Grieving patients
- Frequent Fliers

34) One of the following not Indication for prophylaxis treatment of migraine?!

- Frequency more than 2 attacks per month
- Duration more than 24 hrs.
- Abortive therapy fails or is overused.
- **Use of abortive medications more than once a week.***
- The attack affect pt's life style, with significant disability that lasts 3 or more days.

35) One of the following incorrect about DM?!

- TSH is indicated as primary test for DM pt.
- **Microvascular start before macrovascular in prediabetic***
- One third of DM pt. have retinopathy
- DM pt. increase risk for cvs 2-3 times

36) You found someone with severe bleeding first thing to do?!

- Call 911 only
- Keep the bleeding going to reduce risk of infection
- Use Tourniquet to stop blood flow at all
- **Direct pressure and elevated legs (if not broken) ***

37) Cost should be within the means and resources of the individual and the country. Is which one of basic requirements for sound PHC (the 8 A's and the 3 C's)?!

- Accessibility
- Acceptability
- **Affordability ***
- Assessability

38) Not part of Steps for Building Rapport?

- Interest & respect
- Support & care
- Confidence
- Building rapport with the family
- **Building intimate with the patient***

39) Which of the following is false about cluster headache?!

- **70% of pt. diagnosed before age of 20.**

40) GATHER is standing for?!

- **G - Greet, A - Ask, T - Tell, H - Help, E - Explain, R - Return**

41) Which of the following doesn't have to be in every consultation?!

- Welcoming the patient
- Identifying the reasons for pt.'s attendance
- Listening to the pt.
- **Referral***

42) Pt. experience microalbuminuria due diabetic nephropathy. What's your next step?!

- **Start ACEI**

43) Which of the following measurements can be used for HTN diagnosis from 1 occasion?!

- ≥ 140 mmhg systolic and/or ≥ 90 mmhg diastolic + target organ damage.
- **≥ 160 mmhg systolic and/or ≥ 100 mmhg diastolic + known target organ damage.***
- 170mmhg systolic and/or 100mmhg diastolic

44) Which of the following is not true regarding smoking cessation?!

- Bupropion is relatively contraindication depressant pt.
- Jordan is in 3rd place among smokers in middle east

45) Which of the following is the best screening test for colon Ca.

- Colonoscopy every 10 years*
- Sigmoidoscopy every 5 years
- Sigmoidoscopy with Occult blood every 5 years
- Occult blood every 3 years

46) a hypertensive patient after giving him antihypertensive drug his blood sugar become 14 mmol which drug you suspect was given for him?!

- nifedipine
- terazosin
- Bendroflumethiazide*
- furosemide

47) Male patient with superior abdominal bruit and diastolic component , what is the most likely diagnosis?!

- Renal artery stenosis*
- Hepatic artery stenosis
- Portal HTN
- Aortic valve stenosis

“Nothing will work unless you do ”

Collected by: Ahmad Al-Masri

Good Luck