

Structured Board Review Answers 1401

Adults

61. The correct answer is E. Pretravel consultation with a physician can significantly reduce the risk of illness. A British study showed a 40% reduction in illness in tourists who had consulted family physicians before departure.
62. The correct answer is A. Travel-related risks associated with scuba diving include decompression sickness and injuries from sea life.
63. The correct answer is D. The insect repellent picaridin (7% to 20%) is effective for 3 to 10 hours and is comparable to *N,N*-diethyl-3-methylbenzamide (DEET).
64. The correct answer is C. Influenza is the most commonly acquired vaccine-preventable disease in travelers.
65. The correct answer is C. The combination atovaquone-proguanil (Malarone) is effective as malaria prophylaxis worldwide.
66. The correct answer is B. The salicylate moiety of bismuth subsalicylate is absorbed and should not be used to prevent travel-related diarrhea when acetylsalicylic acid (aspirin) is contraindicated (ie, in children, pregnancy, those at risk of bleeding, individuals already taking aspirin or doxycycline for malaria prophylaxis).
67. The correct answer is A. The antimalarial drug chloroquine is safe in pregnancy and is the treatment of choice in chloroquine-sensitive areas.
68. The correct answer is C. Travel across five or fewer time zones should not require an insulin adjustment.
69. The correct answer is D. In-flight medical oxygen is advisable for individuals with symptomatic heart failure or a resting PaO₂ of less than 70 mm Hg.
70. The correct answer is E. Freshly applied casts for fractures should be bivalved before long flights.

Cardio

30. The correct answer is B. A drug-drug interaction exists between proton-pump inhibitors and clopidogrel. Several observational studies have shown an increased rate of stent occlusion when these drugs are used together.
31. The correct answer is B. Heart failure or cardiogenic shock is a high-risk presentation that warrants urgent revascularization for patients with non-ST-segment elevation myocardial infarction.
32. The correct answer is C. Use of invasive therapy in patients with acute coronary syndrome and chronic kidney disease has been shown to decrease the need for rehospitalization without an adverse effect on mortality rate.

Children

31. The correct answer is C. In children younger than 4 years, 1 month of symptoms is sufficient to meet the criteria.
32. The correct answer is B. Fever is a red flag sign/symptom in the evaluation of constipation.
33. The correct answer is A. Testing of the anal reflex, sometimes called anal wink, is part of the neuromuscular evaluation, which includes examination for focal weakness or abnormalities of muscle bulk or tone.
34. The correct answer is D. Constipation can be difficult to manage and may take several months of ongoing treatment to resolve symptoms and prevent recurrence. Sorbitol-containing juices, such as prune or pear, may be useful, although specific evidence of effectiveness from clinical trials is lacking.
35. The correct answer is B. Lactulose may cause increased abdominal discomfort due to fermentation by intestinal bacteria.
36. The correct answer is D. Pain that improves with defecation is diagnostic of irritable bowel syndrome, according to the Rome III criteria.

Musculoskeletal

14. The correct answer is D. In the past 5 years, induction and maintenance treatment with mycophenolate mofetil has emerged as an often-preferred treatment for lupus nephritis, and cyclophosphamide is less often used.
15. The correct answer is C. The tumor necrosis factor inhibitors have revolutionized treatment of rheumatoid arthritis. However, their use has been somewhat avoided in patients with systemic lupus erythematosus because these drugs often increase autoantibody production and have been associated with rare risks of symptomatic autoimmune and lupus-like syndromes.
16. The correct answer is C. A durometer, which measures elastic properties of materials, can be used to obtain a more objective measurement of skin elasticity in patients with scleroderma.
17. The correct answer is C. Presence of a single engorged capillary in a patient with Raynaud phenomenon should warrant a more intensive investigation for scleroderma.
18. The correct answer is B. Pulmonary disease has become the most significant cause of mortality in patients with scleroderma, both from pulmonary fibrosis and pulmonary hypertension.
19. The correct answer is C. In patients with scleroderma, inflammatory episodes can be managed with steroid burst and taper dosages. However, steroid use can increase the risk of renal failure, often with marked hypertension.
20. The correct answer is B. Raynaud phenomenon can be idiopathic or associated with several autoimmune diseases and is almost always present in patients with scleroderma. The first-line choice is a calcium channel blocker, usually extended-release nifedipine or amlodipine.

Skin

6. The correct answer is B. Ankle-brachial index measurement is useful in screening for peripheral artery disease. Toe-brachial index measurement might be useful since digital arteries typically do not become calcified in patients with diabetes.
7. The correct answer is B. In the University of Texas system of diabetes-related foot ulcer classification, stage addresses infection and ischemia.
8. The correct answer is A. For diabetes-related foot ulcer treatment, the strongest evidence of effectiveness is for total contact casting.
9. The correct answer is C. At the time of initiation of antibiotics, a deep tissue culture sample should be obtained from the base of the debrided wound.
10. The correct answer is A. In addition to initial x-rays, magnetic resonance imaging study is considered the modality of choice in assessing for osteomyelitis underlying diabetes-related foot ulcers.