

## Structured Board Review Answers 1402

### Gastrointestinal

1. The correct answer is B. The 2 principal diagnostic tests for hepatitis C virus (HCV), which also are used to determine the need for treatment, are anti-HCV antibody tests and molecular tests for HCV RNA (viral load).
2. The correct answer is B. Adverse effects occur in almost all patients who are treated with peginterferon alfa-2a plus ribavirin, with 10% to 14% of patients in some trials discontinuing therapy because of adverse effects. The most common of these adverse effects are flu-like symptoms, such as fatigue, headache, and fever, which are experienced by more than 50% of patients.
3. The correct answer is A. A patient who is positive for hepatitis B surface antigen who also has positive total antibodies to hepatitis B core antigen, negative immunoglobulin M antibodies to hepatitis B core antigen, and negative antibodies to the hepatitis B surface antigen has chronic infection.
4. The correct answer is C. The American Association for the Study of Liver Diseases recommendations state that patients with chronic hepatitis C virus infection who lack antibodies to hepatitis A or hepatitis B virus (HBV) should be immunized to prevent these infections. General measures for patients with chronic HBV infection include avoiding exposure to alcohol and hepatotoxic drugs. Patients should also be tested and treated for other etiologies of liver disease. They should receive hepatitis A immunization if not already immune.
5. The correct answer is B. Screening for hepatocellular carcinoma (HCC) is recommended at 6- to 12-month intervals for all hepatitis B virus carriers who are at high risk for this malignancy. Patients with HCV and cirrhosis are at increased risk for hepatocellular carcinoma (HCC) and should undergo ultrasound screening for HCC at 6- to 12- month intervals.

### Children

37. The correct answer is C. Several risk factors that predispose children to functional abdominal pain have been identified. These include social factors, such as living in a single-parent household or in areas with lower levels of social support, lower socioeconomic status, or immigrant status.
38. The correct answer is E. Oral ulcers are a red flag sign/symptom in the evaluation of chronic abdominal pain.
39. The correct answer is A. In a child whose symptoms meet the Rome III criteria for a functional disorder, no diagnostic testing is necessary.
40. The correct answer is B. Given high rates of psychologic comorbidity, strong consideration should be given to psychologic evaluation and treatment of children with functional abdominal pain (FAP), particularly when reassurance, lifestyle modification, and symptomatic treatment have not been effective. Psychotherapeutic intervention may benefit children with FAP even in the absence of psychologic conditions. Cognitive-behavioral therapy has been shown to be beneficial in many studies.
41. The correct answer is C. Tetralogy of Fallot is the most common cyanotic congenital heart disease identified in newborns in the first week after birth.

### Musculoskeletal

21. The correct answer is C. Physical examination findings associated with plantar fasciitis include similar pain produced with active and passive dorsiflexion of the talocrural joint; palpation of the insertion of the proximal plantar fascia; tarsal tunnel syndrome test, ankle passively, maximally everted and dorsiflexed while the metatarsophalangeal joints are maximally dorsiflexed and held in this position for 5 to 10 seconds; and Windlass test (bowstring effect).

22. The correct answer is E. For plantar fasciitis treatment, expert opinion recommends weight loss, replacement of worn or poor-fitting footwear, and limitation of prolonged standing and repetitive impact.
23. The correct answer is D. Among all adults with plantar fasciitis, custom foot orthoses might not improve foot pain more than prefabricated orthoses (after 1 year), routine plantar stretching or night splints alone (after 6 to 8 weeks), or physical therapy or stretching (after 2 weeks). A randomized controlled trial that compared the low-cost foam (ethylene vinyl acetate [EVA]) prefabricated orthoses versus customized foot orthoses found that low-cost prefabricated and customized foot orthoses had similar efficacy in treating uncomplicated plantar fasciitis after 8 weeks.
24. The correct answer is B. A 2009 meta-analysis found that custom orthoses compared with no shoe insert improved both pain and function between the treatment period of 6 and 12 weeks, compared with treatment of less than 6 weeks.
25. The correct answer is C. Low-energy forms of the therapy can be performed in the ambulatory setting without local anesthesia, because the mechanism of action is acoustic waves that dissipate mechanical energy and act to stimulate soft-tissue healing and inhibit pain receptors.
26. The correct answer is A. Improperly fitting shoes are a major cause of corns and calluses, and low-heeled shoes with a soft, wide toe box are recommended.
27. The correct answer is D. Calluses under the metatarsal heads should be treated conservatively because the callus may transfer to an adjacent metatarsal head after metatarsal osteotomy.
28. The correct answer is B. Paring the hyperkeratotic debris of a plantar wart reveals thrombosed capillaries (seeds).
29. The correct answer is A. Topical salicylic acid should be used as the initial treatment for plantar warts.

## Adults

71. The correct answer is D. The most likely etiology of traveler's diarrhea is enterotoxigenic *Escherichia coli*.
72. The correct answer is A. Antibiotics for traveler's diarrhea include ciprofloxacin 250 to 500 mg 2 times/day for 1 to 3 days or another fluoroquinolone in an appropriate dosage.
73. The correct answer is B. Typical symptoms of ciguatera poisoning include acute nausea, vomiting, diarrhea, and abdominal pain 1 to 3 hours after consuming contaminated fish.
74. The correct answer is A. For adults and children 12 years and older, a single dose of doxycycline, 200 mg or 4 mg/kg, is effective in preventing Lyme disease found in Russia, Europe, and Southeast Asia.
75. The correct answer is E. Photosensitivity is an adverse event of several drugs, including doxycycline, fluoroquinolones, chloroquine, acetazolamide (Diamox), and diphenhydramine.
76. The correct answer is D. In chloroquine-sensitive areas, a 3-day course of chloroquine treatment is recommended for stand-by emergency treatment.

77. The correct answer is D. The incidence of acute mountain sickness is 25% to 50% in individuals traveling higher than 4,000 m (13,124 ft).
78. The correct answer is B. Fever is an urgent sign in the returned traveler because it can be the first indication of a potentially fatal condition.
79. The correct answer is B. In patients who have experienced a previous infection with a different serotype of dengue fever, the new episode can cause an exaggerated immune response with hemorrhagic fever or shock. Because the initial phases of dengue fever can be asymptomatic, especially in children, the onset of hemorrhage or shock onset on approximately day 5 to 7 of a reinfection can be unexpected and catastrophic.
80. The correct answer is A. Cutaneous larva migrans is caused by the hookworm larvae *Ancylostoma braziliense*, which usually is acquired by walking barefoot on a beach contaminated with cat or dog feces.
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