

Structured Board Review 1412 Questions –Procedures 11-15; Non-Specific 6-19; Prac.Syst. 1-6

Procedures

11. Which one of the following statements regarding perioperative myocardial infarctions (MIs) is true?
- A. The peak incidence occurs on the first postoperative day.
 - B. Monitored patients typically display bradycardia before the infarction.
 - C. Monitored patients typically display ST-segment elevation before the infarction.
 - D. The mortality rate is 90%.
 - E. Silent MIs may be detected by measuring troponin levels daily for the first few days postoperatively, continuous electrocardiogram (ECG) monitoring, and performing daily 12-lead ECGs.
12. You are part of a team assessing a patient who requires emergency surgery. Based on the American College of Cardiology/American Heart Association guidelines, you should:
- A. Proceed directly to surgery without further cardiac diagnostic studies.
 - B. Perform cardiac enzymes tests and a lipid panel.
 - C. Perform a Cardiolute stress test.
 - D. Perform an echocardiogram.
13. Assuming no contraindications, use of which one of the following should be considered in the patient with poor functional capacity who is scheduled to undergo an intermediate-risk procedure?
- A. Calcium channel blocker.
 - B. Alpha blocker.
 - C. Beta blocker.
 - D. Diuretic.
 - E. Angiotensin-converting enzyme inhibitor.
14. A 74-year-old patient who smokes cigarettes is admitted to the hospital for abdominal aortic aneurysm resection. He was not successful in his attempts to decrease or stop smoking preoperatively. While he is hospitalized, you should prescribe which one of the following?
- A. Bupropion.
 - B. Varenicline.

- C. Clonidine.
- D. Nicotine replacement products.
- E. None of the above; none of these products is indicated during the postoperative period.

15. A 37-year-old patient who weighs 210 kg (463 lb) is scheduled to undergo Roux-en-Y gastric bypass. She has a history of atrial fibrillation and takes warfarin. Preoperatively, use of warfarin should be discontinued and bridge therapy initiated with which one of the following drugs?

- A. Low-molecular-weight heparin.
- B. Unfractionated heparin.
- C. Lepirudin.
- D. Argatroban.

Non-Specific

6. You are managing a patient with somatization disorder who is concerned about one of her many symptoms. You do not think concurrent depression or anxiety is present. You should urge consultation with another family physician or psychiatrist.

- A. True.
- B. False.

7. You are managing a patient with somatization disorder who is concerned about one of her many symptoms. You do not think concurrent depression or anxiety is present. You should prescribe low-dose trazodone.

- A. True.
- B. False.

8. A 27-year-old patient presents with symptoms consistent with irritable bowel syndrome. He meets the Rome III criteria. You should order:

- A. Colonoscopy.
- B. Barium enema.
- C. Flexible sigmoidoscopy.
- D. Serum chemistry test.
- E. Abdominal computed tomography.

9. You wish to prescribe alosetron for a patient with diarrhea-predominant irritable bowel syndrome. Which of the following statements is true?

- A. Alosetron is no more effective than placebo.
- B. Lubiprostone is more effective than alosetron.
- C. Physicians wishing to prescribe alosetron should enroll in the pharmaceutical company's prescribing program for this drug.
- D. This is an off-label use of alosetron.
- E. The major risk is intussusception.

10. You are treating a patient with chronic headache. Which of the following treatment strategies is most successful in reducing headache burden?

- A. Acupuncture.
- B. Nonsteroidal anti-inflammatory drugs.
- C. Regular exercise and relaxation.
- D. Selective serotonin reuptake inhibitors.
- E. Botulinum toxin injections.

11. You are considering asking a patient with insomnia to complete a standardized sleep diary. Which one of the following statements is true?

- A. Bed partner recall is more consistent and objective than a sleep diary.
- B. Sleep diaries can be used to document insomnia and monitor the effect of interventions.
- C. Sleep diaries only provide information on total sleep time and the number of awakenings.
- D. The patient should be instructed to keep the diary for at least 6 to 8 weeks.
- E. Daytime sleepiness does not need to be noted.

12. You suspect restless legs syndrome in a patient with insomnia. Which one of the following tests should be ordered?

- A. Serum ferritin.
- B. Fasting insulin.
- C. Serum fasting blood glucose.
- D. Serum potassium.

- E. Serum calcium.
13. Complex sleep-related behavior, such as *sleep eating*, is most likely to occur in a patient treated with which one of the following drugs?
- A. Eszopiclone.
- B. Amitriptyline.
- C. Diphenhydramine.
- D. Melatonin.
- E. Valerian root (*Valeriana officinalis*).
14. A patient new to your practice asks you to refill a prescription for ramelteon. Which one of the following statements is true?
- A. There is a high risk of rebound and adverse effects.
- B. Laboratory measures of sleep latency have not been found to improve with use of ramelteon.
- C. Patients report consistent benefit of ramelteon.
- D. It is the only hypnotic drug not controlled as a Schedule IV substance by the Drug Enforcement Administration.
- E. Anticholinergic effects are common.
15. A patient with obstructive sleep apnea adheres poorly to treatment with positive airway pressure (PAP). To reduce the sensation of pressure during exhalation, you should consider which one of the following?
- A. Biphasec PAP.
- B. Use of a nasal pillow.
- C. Ramp.
- D. Warming and/or humidification of air.
- E. Use of nasal steroids.
16. You diagnose obstructive sleep apnea in a patient with a body mass index of 35 kg/m². Which one of the following is recommended as the primary treatment?
- A. Uvulopalatoplasty.

- B. Positive airway pressure.
- C. Oxygen therapy.
- D. Protriptyline.
- E. Oral appliances fitted to move the mandible forward.

17. A patient with restless legs syndrome cannot tolerate the first management strategy selected, use of a dopamine agonist, because of nausea and extreme sedation. Which one of the following should you prescribe next?

- A. Carbamazepine.
- B. Gabapentin.
- C. Oxycodone.
- D. Imipramine.
- E. Clonazepam.

18. Which one of the following should you recommend to help a patient better adjust to nocturnal work?

- A. Sleeping in a partially lit room.
- B. Use of low-intensity lighting during work hours.
- C. Use of goggles to reduce light exposure during the day.
- D. Timing bright light therapy to an hour before likely body temperature nadir.

19. Parents of a 4-year-old child report ongoing bedtime resistance and nighttime waking. You should recommend:

- A. Use of a prescription drug.
- B. Use of a nonprescription drug.
- C. Increased activity before bedtime to tire the child.
- D. Approximating bedtime to sleep onset time, plus a calming, pleasant routine leading up to bedtime.
- E. Referral to a sleep disorders clinic for children.

Practice Systems

1. The National Quality Forum developed ambulatory measures for assessing quality in practice. From these, a recommended starter set has been developed by a consortium that includes the American Academy of Family Physicians. Counseling patients regarding safe alcohol use (less than one drink per day for women and less than two drinks per day for men) is part of this starter set.

A. True.

B. False.
2. The National Quality Forum developed ambulatory measures for assessing quality in practice. From these, a recommended starter set has been developed by a consortium that includes the American Academy of Family Physicians. The percentage of D(Rh)-negative unsensitized patients who received anti-D immune globulin at 26 to 30 weeks' gestation is part of this starter set.

A. True.

B. False.
3. The National Quality Forum developed ambulatory measures for assessing quality in practice. From these, a recommended starter set has been developed by a consortium that includes the American Academy of Family Physicians. The percentage of adults who were diagnosed with a new episode of depression and treated with an antidepressant drug and continued taking that drug for at least 1 year is part of this starter set.

A. True.

B. False.
4. The National Quality Forum developed ambulatory measures for assessing quality in practice. From these, a recommended starter set has been developed by a consortium that includes the American Academy of Family Physicians. The percentage of smokers who received advice to quit smoking is part of this starter set.

A. True.

B. False.
5. The National Quality Forum developed ambulatory measures for assessing quality in practice. From these, a recommended starter set has been developed by a consortium that includes the American Academy of Family Physicians. Percentage of patients who had either a double-contrast barium enema or flexible sigmoidoscopy in the 9 years prior to the measurement year is part of this starter set.

A. True.

B. False.
6. The National Quality Forum developed ambulatory measures for assessing quality in practice. From these, a recommended starter set has been developed by a consortium that includes the American Academy of Family Physicians. The number of patients diagnosed with upper respiratory tract infection not given an antibiotic within 3 days of diagnosis is part of this starter set.

A. True.

B. False.