

Structured Board Review Answers 1405

Hematology

12. The correct answer is B. One study found that rituximab resistance occurred in 50% of patients with recurrent CD20-positive follicular lymphomas, and 60% of those previously treated with rituximab did not benefit from retreatment.
13. The correct answer is D. In patients with Burkitt non-Hodgkin lymphoma (NHL) or lymphoblastic NHL, risk of central nervous system (CNS) involvement has been shown to be up to 25%. Prophylaxis is routinely recommended for these patients. Presence of high-grade lymphomas that involve the bone marrow, skeleton, testicles, breasts, orbits, and paranasal sinuses also warrants consideration of CNS prophylaxis. Patients with aggressive NHL with at least 4 of the 5 risk factors for CNS involvement qualify for prophylaxis.
14. The correct answer is A. Use of highly active antiretroviral therapy with or after chemotherapy in patients with HIV infection and non-Hodgkin lymphoma has led to rates of remission and survival similar to those among patients without HIV infection.
15. The correct answer is A. The role of the family physician in the follow-up of patients treated for non-Hodgkin lymphoma includes monitoring for recurrence, monitoring for secondary malignancies, and helping to manage the other consequences of treatment.
16. The correct answer is B. Myelodysplastic syndrome is a family of hematogenous conditions characterized by peripheral blood cytopenias, hypercellular dysplastic-appearing bone marrow, and progression to acute myelogenous leukemia.

Gastrointestinal

17. The correct answer is B. Gallstone treatment often involves bile acid therapy (ursodeoxycholic acid) to dissolve stones. This is an appropriate therapy for patients who are not candidates for surgery, and for those with mild symptoms. Approximately 50% of patients treated with bile acid therapy experience symptomatic stone recurrence within 5 years after treatment discontinuation.
18. The correct answer is A. Antibiotics often are administered to patients with acute cholecystitis, but the condition is an inflammatory process and infection might or might not be present. Current guidelines from the Infectious Diseases Society of America state that antimicrobial therapy should be provided if infection is suspected on the basis of clinical findings.
19. The correct answer is E. Abdominal ultrasound can suggest the diagnosis of common bile duct stones, particularly if the ducts are dilated. But, a negative ultrasound result does not rule out common bile duct stones. Therefore, when the diagnosis is uncertain after abdominal ultrasound, consider additional studies to confirm the diagnosis. Confirmation can be obtained using endoscopic ultrasound, magnetic resonance cholangiopancreatography, or endoscopic cholangiopancreatography. All have similar sensitivity (80% to 100%) and specificity (90% to 100%).
20. The correct answer is A. Cholangitis responds to gastrointestinal rest, intravenous fluids, and broad-spectrum antibiotics a majority of the time. For patients who do not improve over 24 hours, urgent biliary decompression is required.
21. The correct answer is B. The patient's response to antireflux treatment (omeprazole 40 to 80 mg/day for 14 days) is the test of choice in patients with esophageal or extraesophageal symptoms of gastroesophageal reflux disease and no features suggesting complications.

Children

52. The correct answer is D. Risk factors for hypertension include premature birth, congenital heart disease, renal disease, transplantation, history of malignancy, systemic illness, and treatment with drugs known to increase blood pressure.

53. The correct answer is C. The exceptions to the use of percentile values in evaluating body mass index (BMI) in children are children younger than 2 years (no normative values for BMI exist) and older children who are considered obese when the BMI is 30 kg/m² or greater.
54. The correct answer is E. Many medical conditions and factors are associated with lipoprotein level abnormalities and cardiovascular disease. These include diabetes; solid organ transplantation (mainly due to immunosuppressive therapy); human immunodeficiency virus infection (mainly due to protease inhibitor therapy); systemic lupus erythematosus; and chronic renal disease, including nephrotic syndrome.
55. The correct answer is B. Currently, lovastatin, simvastatin, pravastatin, and atorvastatin are approved by the Food and Drug Administration for use in children to manage hyperlipidemia. Indications for specific drugs and ages vary.
56. The correct answer is A. The American Diabetes Association, the North American Association for the Study of Obesity, and the American Society for Clinical Nutrition currently recommend a calorie-restricted, low-fat diet.

Musculoskeletal

47. The correct answer is B. Risser sign shows the amount of ossification of the iliac crest, which begins anterolaterally and progresses posteromedially with maturity.
48. The correct answer is E. The Cobb angle (*Figure 5*) is used to quantify the degree of scoliosis curvature.
49. The correct answer is B. Nighttime braces (eg, Charleston bending brace, Providence) provide a maximal side-bending corrective force, are worn 8 to 10 hours/night, and can be considered in skeletally immature patients with single major curves of 25° to 35° with an apex below T8.
50. The correct answer is C. Spinal cord monitoring and motor-evoked potentials accompanying spinal instrumentation have decreased the rate of intraoperative neurologic injury.
51. The correct answer is A. The initial recommended treatment for proximal humeral physeal stress injury is to rest the involved arm from all throwing activities until the symptoms resolve, which on average is reported to take 3 months.
52. The correct answer is C. The majority of athletes diagnosed with Little Leaguer's shoulder are able to return to competitive overhead athletics.
53. The correct answer is A. Baseball pitching is the most common; thus, medial epicondyle apophysitis often is called Little Leaguer's elbow.
54. The correct answer is B. Because Osgood-Schlatter disease is self-limited, sports participation should be allowed as tolerated. The disease typically has a waxing and waning course and during times of increased pain, the athlete might need to reduce his or her participation level, minimize offending activities, and maximize pain-free cross-training activities.
55. The correct answer is E. An athlete who experiences spondylolysis typically is ages 10 to 15 years and presents with insidious onset of low back pain occurring during hyperextension. Radicular or neurologic symptoms typically are absent.
56. The correct answer is A. Oligoarticular juvenile idiopathic arthritis carries a high risk of chronic uveitis.