

## ASSESSMENT OF 30 MCQs

**FPSC NO : 7**  
**SUBMISSION DEADLINE : 31 MAR 2004**

## INSTRUCTIONS

- κ Attempt the following multiple choice questions.
- κ There is only one correct option for each question. Choose the most appropriate answer for each question and shade your choice on the given answer sheet using a 2B pencil.
- κ The answer sheet should be sent to the College of Family Physicians (Singapore) for marking.

1. Under the ISAP definition, which of the following is not a component in the definition of pain?
  - a. Unpleasant sensory experience
  - b. Unpleasant emotional experience
  - c. Association with actual tissue damage
  - d. Association with potential tissue damage
  - e. Association with chemical injury.
2. Which of the following statement about the perception of the unpleasantness of pain is INCORRECT?
  - a. Unpleasantness of pain is subjective
  - b. Endocrine changes may be associated with the unpleasantness of pain
  - c. The unpleasantness of pain may be subjective but it is clearly distinct from emotional states
  - d. The unpleasantness of pain is generally coupled to the intensity of the noxious stimuli
  - e. The unpleasantness of pain compels changes in behaviour.
3. Which of the following is NOT a feature of tension headache?
  - a. Mild to moderate severity
  - b. Tight, non-throbbing pain
  - c. Nausea
  - d. Duration of 12 hours
  - e. Bilateral in location.
4. Which of the following is NOT a feature of migraine?
  - a. Duration of half an hour
  - b. Moderate to Severe pain
  - c. Throbbing with pulse
  - d. Worse on exertion
  - e. Phonophobia.
5. Which of the following is NOT a feature of cluster headache?
  - a. Peri-orbital pain
  - b. Piercing in nature
  - c. Usually occur at night
  - d. Accompanied by tearing and nasal congestion
  - e. Occurs more in females.
6. A 24-year-old lady presents with episodes of unilateral headache. It sometimes occur on the left and sometimes on the right. Each episode last for a few hours. It is associated with nausea and vomiting. She self medicated with paracetamol which sometimes work and sometimes does not. On such occasions she would see a doctor and would be treated with NSAIDs with relief. She is having such headaches almost twice a week for the past 2 months. She is getting married soon and think that the increased attacks are due to stress. Which of the following change in the management plan would be most appropriate?
  - a. Increase the dose of NSAIDs
  - b. Combine NSAIDs with paracetamol
  - c. Start parenteral tryptans
  - d. Use ergotamine to abort attacks
  - e. Start her on daily atenolol.
7. A 34-year-old man has a series of sharp stabbing pain over the eye which is associated with lacrimation and blocked nose. Such attacks tend to occur near bedtime. Which of the following medication would be most appropriate?
  - a. Indomethacin
  - b. Paracetamol et Codeine
  - c. Diclofenac
  - d. Tramadol
  - e. Paroxetine.
8. A 63-year-old lady with non-insulin dependent diabetes for more than 20 years. Her diabetes is poorly controlled and she was found to have significant diabetic retinopathy during her recent ophthalmology assessment. She used to have pins and needles sensation in both her hands and feet that she ignores. Now she complains of burning sensation in her feet which is getting intolerable. It usually comes in the night and it affects her sleep. Which of the following medication would be most likely to be effective and appropriate?
  - a. Paracetamol
  - b. Gabapentin
  - c. Sumatriptan
  - d. Diclofenac
  - e. Diazepam.

9. Which of the following statements about topical capsaicin is **INCORRECT**?
- The works by depleting substance P from the terminals of unmyelinated C fibres
  - It causes initial anaesthesia followed by a mild burning sensation
  - It is effective in relieving pain in diabetic neuropathy
  - It is effective in relieving pain in post herpetic neuralgia
  - It can cause erythema on the site of application.
10. Which of the following statements about the use of tricyclic antidepressants (TCA) in neuropathic pain is **INCORRECT**?
- The analgesic effect of TCA is dependent on their antidepressant effect
  - Amitriptyline is likely to be more effective than Desipramine because it inhibits both serotonin and noradrenaline reuptake
  - TCAs are effective in post-stroke pain
  - They should be used with caution in patients with prostatism
  - Their maximal therapeutic effect is usually reached after 1 to 2 weeks.
11. Which of the following is **LEAST** likely to be considered as the initial treatment for endometriosis presenting as chronic pelvic pain?
- Celecoxib
  - Mefenemic acid
  - Naprosyn
  - Danazol
  - Paracetamol et Codeine.
12. Which of the following statement about surgery for endometriosis is **INCORRECT**?
- Laparoscopic directed excision and ablation can be effective
  - When an endometrioma is encountered, cystectomy or fenestration with electrocoagulation to the cyst wall lining are good options
  - The effectiveness of adhesiolysis in pain relief is doubtful
  - Adjunctive medical therapy after conservative surgical treatment is ineffective and should not be offered
  - The role of laparoscopic uterosacral nerve ablation is controversial.
13. The following statements on total hysterectomy and bilateral salphingo-oophorectomy as a treatment option for endometriosis is correct **EXCEPT**:
- It should never be used as a treatment option under any circumstances
  - Its effect on fertility must be taken into consideration
  - Have been shown to relieve chronic pelvic pain caused by endometriosis
  - Will result in menopause
  - It is superior to hysterectomy with ovarian conservation.
14. When all treatments for chronic pelvic pain fail, one should consider the following options **EXCEPT**:
- Consider a multidisciplinary approach
  - Investigate for irritable bowel syndrome
  - Consider psychogenic pain as a possibility and stop further treatment
  - Refer to a psychiatrist
  - Refer to a physiotherapist.
15. Which of the following statements about cancer pain is **INCORRECT**?
- The incidence of pain in cancer patients decreases with increasing stage of the disease
  - Up to 81% of patients has pain in more than 2 sites
  - Unrelieved pain can lead to depression and suicide
  - Effective relief of cancer pain may not be achieved even when relatively simple means are available
  - Social interaction may be affected by cancer pain.
16. Which of the following in pain assessment is **LEAST** important?
- Ask about the presence of pain as a routine
  - Use patient self-report as the main source of assessment
  - Assess each pain individually and assign a likely cause to each
  - Ensure that the pain at the onset of the illness is accurately documented for comparison
  - Assess the pain at intervals after each intervention.
17. Which of the following statement about the cause of cancer pain is **INCORRECT**?
- Cancer pain is defined as pain that results directly from the effect of the tumour
  - Obstruction of a hollow organ by tumour can cause pain
  - Hypertrophic osteoarthropathy is an example of paraneoplastic pain syndrome
  - Fibrosis after head and neck irradiation treatment can be a source of pain
  - Painful peripheral neuropathy can be caused by chemotherapy.
18. Which of the following statement on cancer pain therapy is **INCORRECT**?
- Medication to relieve persistent pain should be administered round the clock with additional doses as needed
  - The choice of analgesic should start at the highest step of the WHO Analgesic Ladder for Cancer Pain Management and stepped downwards as the pain improves
  - Adjuvants are useful as they have an opioid-sparing effect.
  - Anticonvulsants can be used in neuropathic cancer pain
  - Nausea and constipation in patients on opioids should be treated expectantly.
19. A 79-year-old man with advanced cancer of the lungs with bone metastasis complains of moderately severe low back pain. Paracetamol at maximal dose failed to relieve the pain. He has a past history of gastrointestinal

- bleeding when he was a young man for which he was hospitalized and given blood transfusion. He does not know what was the cause of the bleeding. Which of the following option is most appropriate?
- Start patient on morphine
  - Add anticonvulsant as an adjuvant
  - Start on NSAIDs together with H2 Antagonist
  - Start on a COX-2 inhibitor
  - Add codeine.
20. Which of the following statements about oral morphine is **INCORRECT**?
- Sustained release morphine tablets are given on a 12-hourly regime
  - When the mixture formulation is used by itself, it should be given on a 6 hourly regime
  - Sustained release morphine should be swallowed whole and not cut or pounded.
  - Patients on sustained release morphine tablet may be given additional morphine mixture if there are pain breakthroughs
  - When morphine mixture is used for breakthrough pain, the dosing interval may be increased up to 1 hour apart.
21. A 63-year-old lady with advanced cancer of the breast with secondaries to the liver has cancer pain that is well controlled on oral morphine. She now complains of sudden severe pain in the left shoulder that is not relieved by her usual morphine regime. Which of the following would be the most appropriate action?
- Increase the dose of morphine and review in a week's time
  - Add NSAID and titrate for pain relief
  - Ambulate the patient and add calcium supplement
  - Refer to the emergency department for an X-Ray
  - Immobilise the joint and increase the dose of morphine.
22. A 59-year-old patient with advanced cancer is on maximal dosage of morphine but is still complaining of pain almost daily. Which of the following conclusion would be most **UNLIKELY**?
- The dosing regime is suboptimal and may need to be adjusted
  - The complaint of pain may be an expression of emotional distress
  - Addition of adjuvants may be needed
  - A test of titration of 1 or 2 mg of intravenous morphine may be used to assess the situation
  - The patient is addicted to morphine.
23. Which of the following statements about cervical spondylosis is **INCORRECT**?
- It can cause radiculopathy
  - CT scan or MRI should be considered if the pain is severe and unremitting
  - The C7/T1 level is the most commonly affected
  - It can cause problems with walking
  - The condition can be aggravated after a whiplash injury.
24. A 43-year-old woman complains of pain and stiffness in the right shoulder for 1 month. There is no history of injury. On examination there is limitation of movement in all directions, especially in abduction and internal rotation. She asked you to explain her condition to her. Which of the following statements would be the **WRONG** thing to tell her?
- It is very likely that one of the ligaments in her shoulder is torn
  - Her condition may resolve very slowly over the period of months
  - In the next few months the pain will subside but the stiffness may increase
  - She has inflammation of the shoulder joint and capsule
  - XRay of the shoulder will not be necessary at this stage.
25. A 37-year-old construction worker complains of right shoulder pain for 3 weeks. He uses a sledgehammer in the course of his work. The pain is worse at night. The pain is also worsened when he moves his arm overhead. Clinically there is no weakness of shoulder movement. Which of the following is the most likely diagnosis?
- Frozen shoulder
  - Cervical spondylosis
  - Rotator cuff tear
  - Rotator cuff tendonitis
  - Adhesive capsulitis.
26. Which of the following statements about DeQuervains tenosynovitis is **INCORRECT**?
- There is inflammation of the abductor pollicis longus tendon
  - There is inflammation of the extensor pollicis brevis tendon
  - It is usually due to repetitive stress
  - Painful neuroma is a known complication of surgical treatment of this condition
  - Immobilization with a thumb spica will aggravate the condition and should not be used.
27. Which of the following statements about tennis elbow is **INCORRECT**?
- Local steroid injection should be avoided as it may aggravate the situation by causing tendon rupture
  - It is also known as epicondylitis
  - The pain is worsened by stretching the tendon attached to the epicondyles
  - Physical treatment with heat and ultrasound may be helpful
  - It is probably caused by microtears of the tendon attachment to the epicondyles.
28. A 54-year-old lady complains of pain and numbness in her right hand. This tends to occur in the night. It is relieved when she flicks her wrist repeatedly. Which of the following findings would you **NOT** expect to find?
- Numbness is increased when the wrist is forcefully flexed
  - Paresthesia in the fingers and palm are experienced when the palmar aspect of the wrist is tapped
  - Splinting the wrist in a neutral position at night aggravates the numbness
  - There may be difference in sensation between the ulnar and radial aspect of the ring finger
  - The numbness is experienced in the radial three and a half fingers.

29. Which of the following statements about plantar fasciitis is **INCORRECT**?

- a. It is the commonest cause of heel pain
- b. During examination, stretching the plantar ligament relieves the pain
- c. A good pair of shoes is part of the treatment
- d. During examination, pressure on the medial tubercle of the calcaneum causes pain
- e. Surgical treatment involves releasing the plantar ligament from the calcaneum and using a Z plasty to lengthen the plantar ligament.

30. Which of the following statements about trigger finger is **INCORRECT**?

- a. The condition is caused by inflammation of the tendon sheath of the flexor tendons of the fingers
- b. Treatment with local injection of steroids is very effective
- c. Digital nerve injury is a known complication of surgical treatment
- d. Surgical treatment involves releasing the A1 pulley with a horizontal slit
- e. The patient usually experience pain at the base of the involved finger around the region of the metatarsal-phalangeal joint.

**Distance Learning Module – Hyperlipidemia  
MCQ's Answers**

No.	Answer
1	E
2	A
3	D
4	D
5	C
6	C
7	A
8	C
9	A
10	D
11	E
12	E
13	B
14	D
15	C

No.	Answer
16	A
17	D
18	C
19	B
20	A
21	C
22	B
23	E
24	B
25	E
26	B
27	D
28	A
29	B
30	B