

Fat Pad Sign - *CORRECT ANSWERS* -radiographic finding that can indicate an underlying injury or fracture in the elbow joint, specifically around the olecranon process of the ulna bone.

McMurray Test - *CORRECT ANSWERS* -Palpable or auditory click while rotating and extending the knee

Gout - *CORRECT ANSWERS* -Acute joint pain with swelling, warmth, and erythema begins abruptly and involves a single joint. Normal uric acid levels are common during acute attack.

Gout Treatment - *CORRECT ANSWERS* -Acute Gout - Colchicine

Chronic Gout (2 or more attacks/year) - Allopurinol - decreases production of uric acid

GTPAI - *CORRECT ANSWERS* - Gravida - # of times a woman has been pregnant multiples = 1

Term - Number of children at >37 weeks

Preterm - Number of children at 20-37 weeks

Abortion - Abortions/Miscarriages

Living - living children, twins count individually

Fundal Height - *CORRECT ANSWERS* -Distance from the pubic bone to the top of the uterus in centimeters. After 24 weeks fundal height should equal the number of weeks the patient has been pregnant. i.e. 24cm = 24wks

Asthma - Severe Persistent - *CORRECT ANSWERS* - Continuous symptoms, frequent nocturnal symptoms, <60% FEV

Asthma Diagnostic - *CORRECT ANSWERS* - Spirometry, Pulmonary Function Tests (PFTs), Allergy Testing, Peak Flow

COPD - *CORRECT ANSWERS* - Progressive pathological changes to the airway and/or alveoli due to increased inflammatory response to pollutants or inhaled irritants

COPD Diagnostics - *CORRECT ANSWERS* - Gold Standard - Spirometry with bronchodilation.

Other criteria - Prolonged expiratory phase, wheezing with forced exhalation, barrel chest & tripod position in late phase.

Empyema - *CORRECT ANSWERS* - Presence of pus in the pleural space. Develops when pulmonary lymphatics become blocked leading to an outpouring of contaminated lymph fluid into the pleural space.

S&S - Cyanosis, pleural pain, fever, tachycardia

Pleural Effusion - *CORRECT ANSWERS* - Presence of fluid in the pleural space from blood or lymphatic vessels.

S&S - Dyspnea, atelectasis, pleural pain. Dullness on percussion, mediastinal shift.

Treatment of Mycoplasma Pneumoniae "Walking PNA" - *CORRECT ANSWERS* -
Infants - Amoxicillin

School age - Amoxicillin or Macrolide

Croup Treatment - *CORRECT ANSWERS* - Racemic Epinephrine, Corticosteroids, Cool-Mist Humidification

** DO NOT USE TONGUE DEPRESSORS, CAN CAUSE SPASM!!

Chlamydia - *CORRECT ANSWERS* - Most Common STI in US.

S&S - Genital Ulceration, Lymphadenopathy, Ocular Trachoma, Proctitis, Cervical Motion Tenderness, Asymptomatic. Can cause PID

Chlamydia Diagnostic & Treatment - *CORRECT ANSWERS* - Gold Standard - Nucleic Acid Amplification Test (NAAT) & Gen-Probe Assay

Tx: Azithromycin in pregnant patients, Amoxicillin if allergic.

Gonorrhea - *CORRECT ANSWERS* - Common with Chlamydia.

S&S - Purulent discharge, blood-tinged discharge, proctitis

Tx: Ceftriaxone 500mg IMx1, if Chlamydia also suspected give Doxycycline 100mg BIDx7 days

Bacterial Vaginosis - *CORRECT ANSWERS* - Not an STI. Common sexually active females.

S&S - Fishy smell, watery discharge, clue cells, increased alkalosis

Tx: metronidazole (Flagyl), Lactobacillus Probiotics

Genital Herpes - *CORRECT ANSWERS* - Herpes Simplex Virus Type 1 or 2, transmitted with direct contact with active lesions or with virus containing fluid.

Tx: Antivirals - Acyclovir, Valacyclovir, Famciclovir. Pt can be infectious while shedding virus.

Assessment of a 4yr old visual acuity results in 20/30 in L eye and 20/40 in R eye - *CORRECT ANSWERS* -Means vision is normal for his age. Children at 6 years can normally achieve 20/20 vision.

Medication given for Benign Paroxysmal Positional Vertigo - *CORRECT ANSWERS* -Meclizine (Antivert)

Pterygium - *CORRECT ANSWERS* -A growth of fleshy tissue on the conjunctiva that can extend onto the cornea.

- Sx include redness, irritation, and a gritty or foreign body sensation in the eye

Eye Emergencies - *CORRECT ANSWERS* -Papilledema, r/t Increased ICP, Swollen Optic Disc, and Engorged Tortuous Vein

Acute Closed Angle Glaucoma - Sudden onset severe eye pain and Rapid loss of vision

Foreign Object in Eye - *CORRECT ANSWERS* -Only attempt to remove with wet cotton swab and if not able send to ophthalmologist stat

Meniere's Disease - *CORRECT ANSWERS* -Vertigo, Tinnitus, and Pressure in the Right Ear

Hyperopia (Farsightedness) - *CORRECT ANSWERS* -Light that is focused behind the retina causes the visual disturbance

Gonorrhea & Chlamydia treatment - *CORRECT ANSWERS* -Doxycycline 100mg BIDx14 days & Ceftriaxone x1 IM

Migraine Treatment - *CORRECT ANSWERS* -Rescue: Triptans

Prophylactic: Beta Blockers, antidepressants, anticonvulsants (Topamax, Propranolol, Inderal)

Migraine Presentation - *CORRECT ANSWERS* -S&S: Unilateral 70% of time, Crescendo, Nausea/Vomiting, Photophobia, and Auras, Duration: 4-72hrs

Patient Appearance: Pt desires a cool, quiet, dark room

Cluster Headache Presentation - *CORRECT ANSWERS* -Always unilateral, begins around temple/eye, pain peaks within minutes; excruciating/explosive, rhinorrhea, tears, eye becomes red
ETOH can be a trigger

Tension Headache Presentation - *CORRECT ANSWERS* -Bilateral, pressure, tightness, band-like, waxes and wanes

Parkinson's Disease - *CORRECT ANSWERS* -Deficiency of Dopamine and destruction of cells in the substantia nigra

Parkinson's Disease Presentation - *CORRECT ANSWERS* -Bradykinesia, rigidity, resting tremor ("pill rolling"), postural instability