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Multiple-choice questions for general practitioner (GP) Doctor

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QUESTION 1

A 28 year-old woman has been on treatment for Rheumatoid arthritis for 3yrs. She has gradual loss of vision Her ocular pressure is normal. Red reflex is absent in both eyes.

What is the single most likely diagnosis?

- A. Hypermetropia
- B. Cataract
- C. Macular degeneration
- D. HTN retinopathy
- E. DM retinopathy

Correct Answer: B

QUESTION 2

A 45-year-old male, known case of Hypertension and type 2 diabetes on oral metformin 1000mg B FBS 110, and RBS 140, his HBA1C is more than 8%, what should be his HBA1C by American Diabetic guideline:

- A. Less than 7.5
- B. Less than 7.0
- C. Less than 5.5
- D. Less than 6.0

Correct Answer: D

QUESTION 3

A 74-year-old woman is referred to osteoporosis clinic for advice on management of osteoporosis. She has a history of hiatus hernia, hypertension, hypercholesterolemia, chronic kidney disease stage 4 and COPD. She has recently been found to have osteoporosis after a Colles' fracture. She is taking calcitriol, and other medication for her comorbidities.

Based on the information above, which would be the most appropriate agent for treatment of her osteoporosis?

- A. Denosumab
- B. Intravenous zoledronate
- C. Strontium ranelate D. Calcium and Vitamin D supplements

Correct Answer: A

QUESTION 4

Young sexually active girl has severe knee pain, swelling fever, warmth joint. What is the diagnosis?

- A. Osteoarthritis
- B. Rheumatoid Arthritis
- C. Septic arthritis

Correct Answer: B

QUESTION 5

A 10-year-old child has got progressive bilateral hearing loss. He has started to increase the TV volume. All other is normal.

What is the most likely diagnosis?

- A. Wax
- B. Bilateral OM with effusion
- C. Foreign body
- D. Meningitis due to meningococcus

Correct Answer: B

QUESTION 6

Drug of choice of generalized anxiety disorder is _____.

- A. Acetalopram
- B. Bupropion
- C. Buspirone
- D. beta blocker

Correct Answer: A

What is Citalopram an antidepressant in a group of drugs called selective serotonin reuptake inhibitors (SSRIs). Citalopram is used to treat depression. Treatment for Anxiety Disorders Many variables influence the selection of medication for individual patients. The following is general information regarding beginning treatment. Most common - sertraline (Zoloft), citalopram (Celexa), and escitalopram (Lexapro). These allow a low starting dose (12.5mg of Zoloft, 5mg of Celexa) and slow titration (anxiety patients are very vulnerable to initial activation and worsening of symptoms). Effective ranges: 50-200 mg of Zoloft, 20- 40 mg of Celexa, and 10-20 mg of Lexapro. We routinely utilize much higher doses than those previously listed to treat OCD. We rarely use benzodiazepines as first line drugs for these disorders and generally discourage as needed/rescue use. Benzodiazepines remain widely used drugs for panic and other anxiety disorders in both primary care and mental health settings. While they have clear value in some circumstances, we avoid them as first line treatments because they so powerfully reinforce the anxious patient's wish for a simple and quick way

to avoid the distressing experience of his or her anxiety. Overcoming this desire to flee distressing circumstances or feelings is the bedrock of CBT and is absolutely critical to successful long-term outcomes. Benzodiazepines often make these efforts more difficult.

QUESTION 7

A 5-year-old boy suddenly begins coughing while eating peanuts. He is choking and gagging. When he is brought to the emergency department, but he is awake and is able to give his name. On physical examination, his vital signs are stable.

On examination of the chest, inspiratory stridor and intercostal and suprasternal retractions are apparent.

Which of the following is the most appropriate initial step in management?

- A. Position patient and perform back blows
- B. Clear oropharynx with multiple blind sweeps with finger
- C. Stand behind patient and perform abdominal thrusts
- D. Allow patient to clear foreign object by spontaneous coughing
- E. Perform emergency tracheostomy and take to surgery.

Correct Answer: D

Since the patient can cough and breathe, he should be allowed to clear the foreign object spontaneously, if possible. In the management of foreign object obstruction, if the patient can cough and breathe, it is best to initially observe and allow spontaneous resolution, since intervention may actually be damaging.

QUESTION 8

Which of the following is the main difference between saphenous vein grafts and internal mammary artery grafts?

- A. There is less need for aspirin and metoprolol with internal mammary artery grafts.
- B. Internal mammary artery grafts remain open for 10 years.
- C. Heparin is necessary for vein grafts.
- D. Warfarin is necessary with saphenous vein grafts.

Correct Answer: B

The main difference between saphenous vein grafts and internal mammary artery grafts is that vein grafts start to become occluded after 5 years but internal mammary artery grafts are often patent at 10 years. There is no difference in the need for medications.

QUESTION 9

Chronic pancreatitis, investigation of choice?

- A. ERCP
- B. MRCP
- C. MRI
- D. CECT

Correct Answer: A

QUESTION 10

A 65-year-old lady who is on thiazide suffers from falls in the morning. What is the cause for her symptoms?

- A. Epilepsy
- B. Orthostatic hypotension
- C. TIA

Correct Answer: C

Thiazide diuretic is associated with orthostatic hypotension.

QUESTION 11

A 26-year-old political refugee has sought asylum in the UK and complains of poor concentration. He keeps his family whom he saw killed in a political coup. He is unable to sleep and feels hopeless about his survival. But he is afraid to go out.

What is the most likely diagnosis?

- A. PTSD
- B. Acute stress disorder
- C. OCD
- D. Social phobia
- E. GAD

Correct Answer: A

PTSD. Keep getting thoughts of his family disaster, insomnia, to avoid similar circumstances he is out these are suggestive of PTSD.

QUESTION 12

A 33 year old man has a temp-38.5C, cough and chest pain on the right side on inspiration. He also has puru.

What is the most likely organism to cause pneumonia in this patient?

- A. PCP cold agglutinins
- B. AFB
- C. Gram -ve diplococci
- D. Gram +ve diplococci
- E. Coagulase +ve cocci

Correct Answer: C

It is a case of community acquired pneumonia caused by streptococcus pneumonia.

QUESTION 13

60 years old patient has only HTN best drug to start with:

- A. Diuretics
- B. ACEI
- C. ARB
- D. Beta blocker E-Alpha blocker

Correct Answer: A

Antihypertensive therapy has been shown to reduce morbidity and mortality in older patients with elevated systolic or diastolic blood pressures. This benefit appears to persist in patients older than 80 years, but less than one third of older patients have adequate blood pressure control. Systolic blood pressure is the most important predictor of cardiovascular disease. Blood pressure measurement in older persons should include an evaluation for orthostatic hypotension. Low-dose thiazide diuretics remain first-line therapy for older patients. Beta blockers, angiotensin-converting enzyme inhibitors, angiotensin-receptor blockers, and calcium channel blockers are second-line medications that should be selected based on comorbidities and risk factors.

Reference: <http://www.aafp.org/afp/2005/0201/p469.html>

QUESTION 14

A 65-year-old man presents with significant weight loss and complains of cough, SOB and chest pain. Exam constricted, drooping of left eyelid.

What is the most likely diagnosis?

- A. Thoracic outlet syndrome
- B. Cervical rib

- C. Bronchogenic carcinoma
- D. Pancoast tumor
- E. Pneumonia

Correct Answer: D

Pancoast tumor. Pancoast tumour is the apical lung cancer that is associated with destructive lesion thoracic inlet and involvement of the brachial plexus and cervical sympathetic nerves (the stellate ganglion) ie horner's syndrome.

QUESTION 15

Victim of RTA came with multiple injuries to abdomen, chest and limbs. BP is 80/ 50. upper limb has upper third near amputation that bleeds profusely, what is your first thing to do:

- A. Tourniquet the limb to stop the bleeding
- B. Check the airway and breathing
- C. Five IV fluid
- D. Call orthopedic

Correct Answer: B

As rule ABC also in description near amputation so difficult to make tourniquet enough which stops bleeding.

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