

Family medicine



30/7/2025

# Q1...Family medicine introduction:

Mention four principles of family medicine:

- Holistic
- Comprehensive
- Collaborative
- Patient centered care

## Q2...COMPREHENSIVE GERIATRIC ASSESSMENT:

1)What's the name of this test?

-Mini-cog  
test

### Step 1: Three Word Registration

Look directly at person and say, "Please listen carefully. I am going to say three words that I want you to repeat back to me now and try to remember. The words are (select a list of words from the versions below). Please say them for me now." If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies.<sup>11</sup> For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter
Sunrise	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	Mountain

### Step 2: Clock Drawing

Say, "Next, I want you to draw a clock for me. First, put in all of the numbers where they go." When that is completed, say, "Now, set the hands to 10 past 11."

Use preprinted circle (see next page) for this exercise. Repeat instructions as needed as this is not a memory test. Move to Step 3 if the clock is not complete within three minutes.

### Step 3: Three Word Recall

Ask the person to recall the three words you stated in Step 1. Say, "What were the three words I asked you to remember?" Record the word list version number and the person's answers below.

Word List Version: \_\_\_\_\_ Person's Answers: \_\_\_\_\_

### Scoring

Word Recall: _____ (0-3 points)	1 point for each word spontaneously recalled without cueing.
Clock Draw: _____ (0 or 2 points)	Normal clock = 2 points. A normal clock has all numbers placed in the correct sequence and approximately correct position (e.g., 12, 3, 6 and 9 are in anchor positions) with no missing or duplicate numbers. <sup>18</sup> Hands are pointing to the 11 and 2 (1:10). Hand length is not scored. Inability or refusal to draw a clock (abnormal) = 0 points.
Total Score: _____ (0-5 points)	Total score = Word Recall score + Clock Draw score. A cut point of $\leq 3$ on the Mini-Cog <sup>®</sup> has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of $\leq 4$ is recommended as it may indicate a need for further evaluation of cognitive status.

2)mention 2 other screening test for geriatric?

- 1)fall risk...time up and go test
- 2)Functional assessment...kartz index

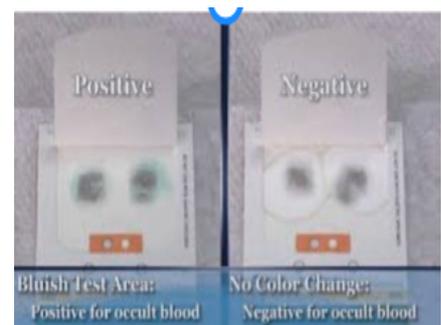
## Q3...Adult Health

1. What is the name of this test?

1)fecal occult gauc based test

2. If the test shows bluish discoloration, what is the next step?

-Do colonoscopy

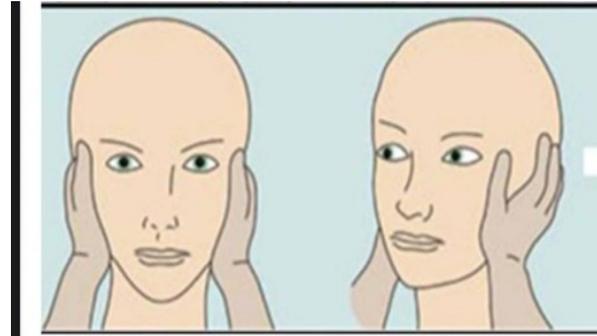


## Q4...Dizziness

\*A patient presents to your clinic with continuous vertigo. The test shown in the image was performed.

1. In addition to the test shown in the image, name two other clinical tests used to assess this condition.

- 1) asses nystagmus
- 2)The test of scew



2. If the test results are negative, what does that indicate?

-Central cause

## Q4...Diabetes Mellitus

A 45-year-old patient presents with persistently high blood glucose readings. His BMI is 32, and his ASCVD risk score is 20%.

1. What is the most appropriate antidiabetic medication for this patient?

-Sglt2 inhibitor  
or glp1 agonist



2. Name two screening tests that should be performed annually for this patient.

- 1)Urine albumin creatinine ratio
- 2)Eye exam

## Q5...Fatigue

A patient complains of inability to initiate physical activity for more than 6 months. He also reports unrefreshing sleep and generalized myalgia.

List three basic investigations you would order for this patient.

- TSH
- cbc
- ck-mb



## Q6...upper respiratory tract infection

Based on the image:

1. What is the name of the sign shown?

-Thumbprint sign

2. What condition does it indicate?

-Epiglottitis



## Q7...dyslipidemia

A 45-year-old patient has an LDL level of less than 165 mg/dL and an ASCVD risk score of 10%.

1. How should this patient be managed?

- lifestyle modification
- moderate intensity statin

2. When should this patient be referred to secondary care?

- suspected familial hypercholesterolemia
- Intolerance to statin
- Tg > 885
- Cholesterol > 290



## Q8...Hypertension

A patient presents with blood pressure readings of 160/90 mmHg.

1. What is the best drug combination for this patient that is also cardioprotective?

- 1) Ccb and ACE inh or ACE inh and thiazide

2. During physical examination, what findings would suggest secondary hypertension?

- palpitation
- Snoring
- Sign of thyroid disease
- Delay pulse



# Q9...Osteoporosis

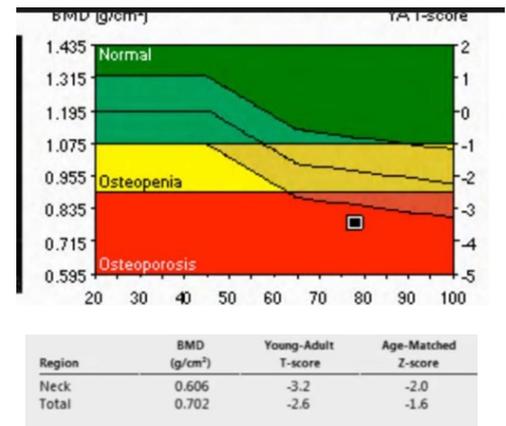
Based on the image:

1. What is the diagnosis?

-Osteoporosis

2. What is the first-line treatment for this condition?

-bisphosphonate



# Q10...Headache

A patient presents with a bilateral headache, described as a feeling of pressure, lasting for more than 15 days.

1. What is the diagnosis?

-Chronic tension headache

2. What is the treatment for this condition?

Chronic treatment:

-TCA

-Occipital nerve block



## Q11...Chest pain

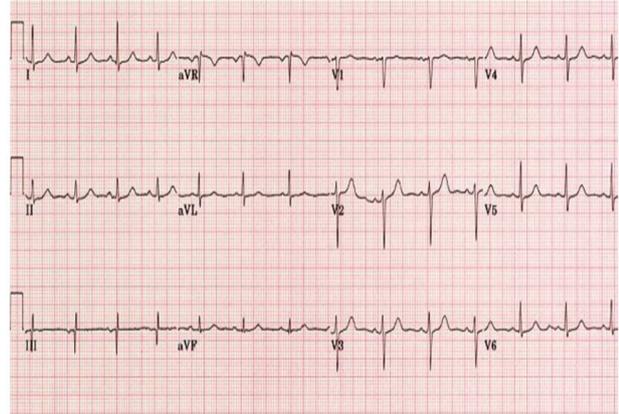
A 40-year-old man was watching television when he suddenly experienced chest pain for more than 30 minutes that did not improve with nitroglycerin

1. Describe the expected ECG findings.

-Normal ecg

2. What is the most likely diagnosis?

-Unstable angina



## Q12...Dyspepsia

A patient presents with epigastric pain, postprandial fullness, neck pain, left shoulder tingling, and anemia. He is currently taking iron supplements and medication for his neck pain.



What is the most likely diagnosis and one contributing factor?

- \*Drug induced dyspepsia
- \*Due to 1)iron in anemic pt  
And 2)NSAID for his neck pain

## Q13...Abdominal pain

A patient presents with epigastric abdominal pain and nausea.

List the top 4 differential diagnoses for this presentation.

- Pancreatitis
- Gerd
- Stomach ulcer
- Biliary disease