



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY**

END OF TRIMESTER EXAMINATIONS JANUARY TO APRIL 2025

UNIT CODE: PHT 217

UNIT NAME: General Medicine (Main exam)

DATE: 10 APRIL 2025

TIME: 6PM-8PM

INSTRUCTIONS

1. All students will have two (2) hours to complete the examination
2. This is an online exam, Attempt all questions as per the instruction
3. It is the student's responsibility to report any page and number missing in this paper.
4. Check that the paper is complete
5. Total number of pages is 8 including the cover.
6. Read through the paper quickly before you start.
7. Upon finishing the exam paper, on submission, the message 'Your examination has been submitted' will appear.

TOTAL: _____/70

PERCENT: _____/100%

POINTS EARNED TOWARDS FINAL GRADE _____/70

SECTION A. Multiple choice questions. Answer all the Questions

30MARKS

1. What is the hallmark sign of adrenal crisis?
 - a) Hypotension and shock
 - b) Hyperglycemia
 - c) Hypertension
 - d) Bradycardia

2. A patient with Cushing's syndrome is likely to have:
 - a) Hypotension
 - b) Moon face and buffalo hump
 - c) Hyperpigmentation
 - d) Increased renin levels

3. Which enzyme is most commonly targeted by autoimmune adrenalitis in Addison's disease?
 - a) 17-alpha hydroxylase
 - b) 11-beta hydroxylase
 - c) 5-alpha reductase
 - d) 21-hydroxylase

4. Which of the following is a cause of secondary hypothyroidism?
 - A) Hashimoto's thyroiditis
 - B) Pituitary macroadenoma
 - C) Iodine deficiency
 - D) Graves' disease

5. Leptin, which regulates satiety, is produced by which of the following?
 - A) Hypothalamus
 - B) Liver
 - C) Adipose tissue
 - D) Pancreas

6. What hormonal disorder is commonly linked to obesity?
- A) Hyperthyroidism
 - B) Addison's disease
 - C) Cushing's syndrome
 - D) Diabetes insipidus
7. What is the primary cause of GERD?
- a) Lower esophageal sphincter dysfunction
 - b) Increased bile secretion
 - c) Excessive mucus production
 - d) H. Pylori infection
8. Barrett's esophagus is associated with an increased risk of:
- a) Squamous cell carcinoma
 - b) Adenocarcinoma
 - c) Lymphoma
 - d) Small cell carcinoma
9. The most serious sign of a perforated peptic ulcer is:
- a) Sharp, sudden epigastric pain
 - b) Constipation
 - c) Mild nausea
 - d) Increased appetite
10. What is the most common cause of acute pancreatitis?
- a) Alcohol abuse
 - b) Gallstones
 - c) Hyperlipidemia
 - d) Infection
11. Which of the following is a complication of severe acute pancreatitis?
- a) Peptic ulcer

b) Pancreatic pseudocyst

c) Barrett's esophagus

d) Esophageal varices

12. Which hepatitis virus is a DNA virus?

a) Hepatitis B

b) Hepatitis A

c) Hepatitis C

d) Hepatitis E

13. The most common cause of fat malabsorption is:

a) Peptic ulcer disease

b) GERD

c) Viral hepatitis

d) Chronic pancreatitis

14. A deficiency of vitamin B12 leads to:

a) Microcytic anemia

b) Pernicious anemia

c) Rickets

d) Hypercalcemia

15. Celiac disease is associated with sensitivity to:

a) Dairy

b) Gluten

c) Fructose

d) Casein

16. Which type of inflammatory bowel disease (IBD) commonly affects the ileum?

A. Ulcerative colitis

B. Celiac disease

C. Crohn's disease

D. Peptic ulcer disease

17. The presence of non-caseating granulomas is diagnostic of:

a) Ulcerative colitis

b) GERD

c) Crohn's disease

d) Pericarditis

18. Which of the following is the most common cause of acute infective endocarditis?

a) Streptococcus viridans

b) Escherichia coli

c) Staphylococcus aureus

d) Pseudomonas aeruginosa

19. Which heart valve is most commonly affected in infective endocarditis in IV drug users?

a) Aortic valve

b) Mitral valve

c) Tricuspid valve

d) Pulmonary valve

20. What is the most common viral cause of acute pericarditis?

a) Epstein-Barr virus

b) Coxsackie virus

c) Hepatitis C virus

d) Varicella-zoster virus

21. Which of the following is a classic sign of cardiac tamponade?

a) Beck's triad

b) Janeway lesions

c) Grey-Turner's sign

d) Cullen's sign

22. A classic ocular finding in Wilson's disease is:

a) Cherry-red spot

b) Kayser-Fleischer rings

c) Cotton wool spots

d) Bitot's spots

23. Which of the following hepatitis viruses does NOT have a chronic phase of infection?

A) Hepatitis A

B) Hepatitis B

C) Hepatitis C

D) Hepatitis D

24. The most common predisposing factor for infective endocarditis is:

A. Hypertension

B. GERD

C. Diabetes mellitus

D. Valvular heart disease

25. Which of the following is a major criterion in Duke's criteria for infective endocarditis?

A. Fever $>38^{\circ}\text{C}$

B. Janeway lesions

C. Positive blood cultures

D. Anemia

26. Which of the following is the most serious complication of pericarditis?

A. Pulmonary embolism

B. Cardiac tamponade

C. Infective endocarditis

D. Myocardial infarction

27. Diabetes mellitus increases the risk of which of the following cardiovascular conditions?

A) Atrial fibrillation

B) Atherosclerosis

C) Pericarditis

D) Endocarditis

28. The HbA1c level used to diagnose diabetes mellitus is:

A) $\geq 5.5\%$

B) $\geq 6.0\%$

C) $\geq 6.5\%$

D) $\geq 7.0\%$

29. Which symptom is most commonly associated with iron deficiency anemia

A. a) Peripheral neuropathy

B. b) Pica and phagophagia

C. c) Jaundice

D. d) Lymphadenopathy

30. A patient reports frequent headaches, difficulty sleeping, and loss of interests in activities. Which screening tool is most appropriate?

A. PHQ-7

B. PHQ-9

C. GAD-7

D. CAGE

SECTION B. Short Structured Question. Answer all the question (20 MARKS)

1. How can physical therapy help patients with hemophilia (3marks)
2. What's the difference between infective endocarditis and rheumatic heart disease (3marks)
3. In a patient with DKA, what is the significance of Kussmaul respiration/breathing? (3marks)
4. Mention 3 signs and symptoms a patient in icteric phase of viral hepatitis will present with (3 Marks)

5. Mention the 3 mechanisms responsible for acute rheumatic fever development (3 marks)
6. What are the causes of lower GI bleed (3 marks)
7. Risk factors for protein energy malnutrition (2 marks)

SECTION C. Long Essay Questions. Answer all the questions (20 MARKS)

1. A client/ patient presents to you with complaints of an unexplained weight loss, insomnia, diarrhea, anxiety, tremors. On examination he has fever, tachycardia, increased blood pressure, exophthalmosis, pretibial myxedema and a goiter.
 - a. What is your probable diagnosis hyperthyroidism
 - b. What's the most probable cause of your diagnosis, justify!
 - c. How would you confirm your diagnosis.
 - d. Mention 2 complications that can arise from having this disease
2. A 35-year-old female presents with easy bruising, recurrent infections, and fatigue. She was recently treated with chloramphenicol for a bacterial infection. Laboratory tests reveal pancytopenia (low RBCs, WBCs, and platelets) and a hypocellular bone marrow on biopsy
 - a. What is the most likely diagnosis?
 - b. Describe the pathophysiology of aplastic anemia.
 - c. What are the common causes of aplastic anemia?
 - d. How would you confirm the diagnosis?