

PLAB TRAINER (SWAMY) LTD

RHEUMATOLOGY

1. A patient with many years of mono-articular attacks of joint pain presents with swelling in the ear pinna. What is the most appropriate diagnosis?

- ☒ A. Gout
 - B. Osteoarthritis
 - C. Rheumatoid Arthritis
 - D. Septic arthritis
 - E. Pseudogout
- Handwritten notes:* precipitation factors Podagra association - sometimes Coronary - HTN = Metatarsophalangeal joint of the big toe

2. A condition which effects men more than women, which starts with inflammatory joint symptoms in the late teens or early twenties. There is a gradual improvement inflammatory symptoms in later life, choose the SINGLE most likely condition.

- A. Gout
- B. Osteoarthritis of the hip
- ☒ C. Ankylosing spondylitis
- D. Rheumatoid arthritis
- E. Prolapsed intervertebral disc

3. A progressive symmetrical, inflammatory arthritis with a relapsing and remitting course over several years resulting in significant destruction of several joints, choose the SINGLE most likely condition.

- A. Gout
- B. Osteoarthritis of the hip
- C. Ankylosing spondylitis
- ☒ D. Rheumatoid arthritis
- E. Prolapsed intervertebral disc

4. An acute presentation of back pain radiating down the leg with resolution in the majority of cases over a six week period. It may recover even without, choose the SINGLE most likely condition treatment.

- A. Gout
- B. Osteoarthritis of the hip
- C. Ankylosing spondylitis
- D. Rheumatoid arthritis
- ☒ E. Prolapsed intervertebral disc

5. Intermittent acute attacks of a severe asymmetrical arthritis over a period of several years with symptom free intervals. Choose the SINGLE most likely condition

- ☒ A. Gout
- B. Osteoarthritis of the hip
- C. Ankylosing spondylitis
- D. Rheumatoid arthritis
- E. Prolapsed intervertebral disc

6. An 85 year old man has a 10 year history of left knee pain and swelling. The knee is swollen and the skin is of normal temperature, choose the SINGLE most likely underlying condition.

- A. Chondromalacia patellae
- ☒ B. Degenerative osteoarthritis
- C. Enteropathic-arthritis
- D. Inflammatory osteoarthritis
- E. Sarcoid arthritis

7. A 29 year old woman has painful swelling of her fingers, she has pitted fingernails and skin rashes. Choose the SINGLE most likely underlying condition.

- ☒ A. Psoriatic arthritis (even without the skin features)
- B. Rheumatoid arthritis
- C. Sarcoid arthritis
- D. Systemic lupus erythematosus
- E. Pseudogout

8. A 20 year old woman on steroids has suddenly developed an acute hot swollen knee. Choose the SINGLE most likely underlying condition.

- ☒ A. Septic arthritis
- B. Pseudogout
- C. Systemic lupus erythematosus
- D. Psoriatic arthritis
- E. Whipple's disease

9. A 27 year old woman presents with symmetrical small joint arthritis and generalized oedema six week postpartum dipstick shows significant proteinuria Psoriatic arthritis. Choose the SINGLE most likely underlying condition.

- A. Rheumatoid arthritis
- B. Sarcoid arthritis
- ☒ C. Systemic lupus erythematosus
- D. Pseudogout
- E. Whipple's disease

immune
F M
9:1
f ♂

complex deposition in kidney

10. A 78 year old man with lumbar back pain is shown to have a normal x-ray apart from an enlarged L2 vertebra and a high alkaline phosphates, choose the SINGLE most likely diagnosis.

- A. Ankylosing spondylitis
- B. Myeloma
- C. Paget's disease
- D. Vertebral collapse - osteoporosis
- E. Vertebral tuberculosis
- ☒ F. Metastasis

11. A young man has developed low back pain which is worse at night has morning stiffness. The only finding on his lumbar spine x-ray is loss of lumbar lordosis. His erythrocyte - sedimentation rate (ESR) is 79 mm/hour, choose the SINGLE most likely diagnosis.

- ☒ A. Ankylosing spondylitis (*pain at night*)
- B. Myeloma
- C. Paget's disease
- D. Vertebral collapse - osteoporosis
- E. Vertebral tuberculosis
- F. Metastasis

12. A middle aged man with a high alcohol intake has a short history of acute upper abdominal pain, radiating through to the back, choose the SINGLE most likely diagnosis.

- ☒ A. Pancreatitis
- B. Prolapsed intervertebral disc
- C. Renal colic
- D. Myeloma
- E. Aortic dissection

13. A thin, wasted 30 year old student has thoracic back pain and low grade Fever with a paravertebral shadow on plain x-ray. Choose the SINGLE most likely diagnosis.

- A. Ankylosing spondylitis
- B. Myeloma
- C. Paget's disease
- D. Vertebral collapse - osteoporosis
- ☒ E. Vertebral tuberculosis
- F. Metastasis

X 14. A pale, anaemic ill - looking, 60 year old man has widespread back pain, proteinuria, raised plasma creatinine and normal prostatic specific antigen. Choose the SINGLE most likely diagnosis.

- A. Renal colic
- ☒ B. Myeloma
- C. Paget's disease
- D. Vertebral collapse - osteoporosis
- E. Metastasis

15. A 13 year old girl presents with pallor, nose bleeding and a painful swollen right elbow and left knee, choose the SINGLE most appropriate initial diagnostic test.

- A. Joint aspiration for calcium
- B. Viral Titers
- C. Joint X-ray
- ☒ D. Full blood count
- E. Joint aspiration and microbiology

16. A 60 year old woman with a 30 year history of rheumatoid arthritis presents with a pyrexia of 39°C and a hot swollen, painful right wrist. Choose the SINGLE most appropriate initial diagnostic test.

- A. Joint aspiration for calcium
- B. Viral Titers
- C. Joint X-ray
- D. Full blood count
- ☒ E. Joint aspiration and microbiology

→ Fracture are very

17. A 60 year old man with a high alcohol intake presents with swelling, pain and heat in the right knee and swelling of the proximal interphalangeal finger joints. Choose the SINGLE most appropriate initial diagnostic test.

gout (heat)

- A. Serum uric acid
- B. DNA antibodies
- C. Chlamydial immunoglobulin A (IgA)
- D. Rheumatoid factor
- E. Full blood count

18. A 30 year old woman presents with swelling of the small joints of the hands and wrists with morning stiffness. Examination shows synovial swelling. Choose the SINGLE most appropriate initial diagnostic test.

RA

- A. Serum uric acid
- B. DNA antibodies
- C. Chlamydial immunoglobulin A (IgA)
- D. Rheumatoid factor
- E. Full blood count

19. A 20 year old sexually active woman presents with dysuria, conjunctivitis and a swollen, painful right knee. Choose the SINGLE most appropriate initial diagnostic test

Reiter's
- urethritis
- conjunctivitis
- Arthritis - lower limbs

- A. Serum uric acid
- B. DNA antibodies
- C. Chlamydial immunoglobulin A (IgA)
- D. Rheumatoid factor
- E. Full blood count

20. A 50 year old man has hypertension and a 10 year history of occasional acute severe pain and swelling in the left knee. Aspirate shows cloudy synovial fluid. Choose the SINGLE most likely underlying condition

(clinical pic?) no association.

- A. Pseudogout
- B. Psoriatic arthritis
- C. Gout
- D. Sjogren's syndrome
- E. Rheumatoid arthritis

21. A 27 year old single man has a short history of acute symmetrical swelling of both knees and ankles. He has recently been on holiday in India his erythrocyte sedimentation rate (ESR) is 69mm/hr. Choose the SINGLE most likely underlying condition.

(lower limbs)

- A. Reiter's syndrome
- B. Sarcoid arthritis
- C. Sjogren's syndrome
- D. Whipple's disease
- E. Psoriatic arthritis

22. A 35 year old woman has longstanding depression and symmetrical polyarthritis. She also complains of recurrent purple spots on her legs. Her ESR is 79 mm/hr and Schirmer test is positive. Choose the SINGLE most likely underlying condition.

Schirmer's
Test

- A. Reiter's syndrome
- B. Sarcoid arthritis
- ☒ C. Sjogren's syndrome
- D. Whipple's disease
- E. Psoriatic arthritis

23. A thin 15 year old girl has a longstanding-history of intermittent bloody diarrhea and a painful swollen left knee. Choose the SINGLE most likely underlying condition.

- A. Reiter's syndrome
- B. Rheumatoid arthritis
- C. Sarcoid arthritis
- ☒ D. Enteropathic arthropathy
- E. Inflammatory osteoarthritis

UC (Ulcerative colitis)

24. A 75 year old diabetic woman has developed acute severe pain and swelling of the left wrist after two days in hospital with a urinary tract infection. Choose the SINGLE most likely underlying condition

- ☒ A. Septic arthritis
- B. Sjogren's syndrome
- C. Reiter's syndrome
- D. Psoriatic arthritis
- E. Whipple's disease

25. A 38 year old man experienced a sudden onset of low back pain radiating down the right leg to the foot. His reflexes were normal, but he had foot drop. An x-ray showed disc space narrowing at the L4/5 level. Six weeks later his foot drop has not resolved. Choose the Single most appropriate diagnostic intervention.

- ☒ A. Magnetic resonance imaging (MRI)
- B. Electromyography (EMG)
- C. Bone biopsy
- D. Plain x-ray of spine
- E. Dual energy x-ray absorptiometry

(Proapsed resolved in 6 weeks)
↑
X Ray is enough to make dx

26. A 20 year old man experiences a gradual onset of low back pain and stiffness. It is worse at night. There is obvious reduced mobility of the lower spine. Erythrocyte sedimentation rate (ESR) is 28 mm/hour and an x-ray finding is compatible with sacroilitis, choose the Single most appropriate diagnostic intervention.

- A. Tuberculin test
- ☒ B. No further investigation
- C. Serum urea and electrolytes
- D. Magnetic resonance imaging (MRI)
- E. Plain x-ray of spine

27. A 70year old woman with multiple dorsal spine metastases from breast cancer becomes increasingly confused and unwell, choose the Single most appropriate diagnostic intervention.

Look for osteolytic or osteoblastic metastases.

- A. Electromyography (EMG)
- B. Serum calcium concentration
- C. Erythrocyte sedimentation rate
- D. Serum paraprotein electrophoresis
- E. Serum phosphate concentration

28. A 78 year old woman in a nursing home has developed acute dorsal back pain after slipping from the commode, choose the Single most appropriate diagnostic intervention.

- A. Serum calcium concentration
- B. Erythrocyte sedimentation rate
- C. Serum paraprotein electrophoresis
- D. Serum phosphate concentration
- E. Plain x-ray of spine

29. A 60 year old man experience increasing lower dorsal back pain over three months. He feels unwell and his ESR is 80mm/hour. Choose the Single most appropriate diagnostic intervention.

- A. Dual energy x-ray absorptiometry
- B. Prostate specific antigen (PSA)
- C. Serum calcium concentration
- D. Erythrocyte sedimentation rate
- E. Serum paraprotein electrophoresis

*? ESR is not raised in Ca prostate.

30. A 58 year old man is admitted to the Coronary Care unit (CCU) with myocardial infarction and moderate heart failure requiring the ^{diverted} ward he complains of a hot swollen left foot.

- A. Acute gout
- B. Deep venous thrombosis (DVT)
- C. Pyrophosphate arthritis
- D. Rheumatoid arthritis
- E. Septic arthritis

31. A 45 years old female looking pale, has bluish discoloration of hands whenever she goes out in cold. She has also noticed some reddish spots on her body. She has symmetrical peripheral arthropathy for last 1-2 years. Choose the most likely diagnosis.

- A. Pseudogout
- B. SLE
- C. Crest Syndrome
- D. PAN
- E. Seronegative Arthritis

CREST
a a s c
l y p l
c i y p l
N h n g
s a g u
t t - g u t

32. A 60 years old female has pain and stiffness in her right hip joint. Pain is not severe in the morning but it increases as the day progresses. She has noticed some nodules in her hands. Investigation revealed that her Hb is low. Choose the most likely diagnosis.

- A. Osteoarthritis (friction)
- B. Pseudogout
- C. Rheumatoid Arthritis
- D. Seronegative Arthritis
- E. SLE

Heberden nodes

33. A 35 years old male who recently had appendectomy, has got severe pain in his right big toe. Joint is red and swollen. He consumes 30 units of alcohol per week. Choose the most likely diagnosis.

- A. Gout
- B. Pseudogout
- C. Osteoarthritis
- D. Rheumatoid Arthritis
- E. Prolapsed inter -vertebral disc

34. A 25 years old male who recently noticed change in his shoe size, he is also constipated, preference to hot weather, his skin is dry, has severe pain in wrist joint. Joint is red and swollen. Choose the most likely diagnosis.

A. Crest Syndrome

B. Seronegative Arthritis

C. SLE

D. PAN

E. Osteoarthritis

(associated with hypothyroidism).

35. A 30 years old female has chronic diarrhoea, mouth ulcers, and perianal skin tags. She is c/o visual problem, low back pain and morning stiffness. Investigation: ESR and CRP are raised and Hb is 10mg/dl. Choose the most likely diagnosis.

- A. Seronegative Arthritis
- B. Rheumatoid Arthritis
- C. Osteoarthritis
- D. Ankylosing Spondylitis
- E. Reactive Arthritis

36. A 65 years old female has been having pain in left hip for 6-7 years. Joint is swollen. She was given Tab: Paracetamol but it didn't work, then she was put on NSAIDS. Her BMI is 33. She regularly goes for exercise and physiotherapy. Which is the most appropriate treatment from the given options?

- A. Paracetamol
- B. Weight reduction
- C. Oral steroids
- D. Antidepressant
- E. Colchicine

37. A 30 years old male recently recovered from chest infection has acute joint pain in right foot. Joint is red and swollen. He has h/o of peptic ulcer and renal problem. Which is the most appropriate treatment from the given options?

- A. Paracetamol
- B. Weight reduction
- C. Oral steroids
- D. Antidepressant
- E. Colchicine
- F. Steroids Injections

gout

38. A 40 years old patient just returned from trip to desert has severe pain in left hip joint, joint is red and swollen. He has h/o of similar episodes in the past. Synovial fluid microscopy showed positively birefringent crystals. Which is the most appropriate treatment from the given options?

- A. Paracetamol
- B. Oral steroids
- C. Allopurinol
- D. Antidepressant
- ☒ E. NSAIDS

⇒ Bendogout

* 39. A 35 years old patient had dysentery 10 days ago. Now he is complaining of left knee joint pain. He has also noticed brown raised plaques on soles & palms. Investigation: ESR and CRP are raised. He was advised rest and given NSAIDS. But his pain is getting worse. Which is the most appropriate treatment from the given options?

- A. Paracetamol
- ☒ B. Oral steroids (local)
- C. Allopurinol
- D. Antidepressant
- E. NSAIDS

(Reactive Arthritis)

keratoderma blennorrhagia
Tx :- splints, NSAIDs and at the end local steroid inj.

40. A 40 years old lady has chronic joint pain in hands, joints are stiff in the morning & joints are red and swollen. She is anaemic as well. She is taking over-the counter medication for pain. Choose the most likely diagnosis.

- ☒ A. Rheumatoid Arthritis
- B. Osteoarthritis
- C. Gout
- D. SLE
- E. Reactive Arthritis

41. A 35 years old businessman presents with gritty sensation in eyes & pain in knees during standing for last 3-4 days. He had a business meeting in France in last week. Choose the most likely diagnosis.

- ☒ A. Seronegative Arthritis
- B. Septic Arthritis
- C. Seropositive Arthritis
- D. Degenerative Arthritis
- E. Psoriatic Arthropathy

* 42. A 25 years university student who is sexually active has been having back pain for few months, for that he has been taking OTC medications. Now he is c/o morning stiffness in back and blurring of vision. Choose the most likely diagnosis.

- ☒ A. Reiter Syndrome
- B. Reactive Arthritis
- C. Gonococcal Arthritis
- ☒ D. Ankylosing Spondylitis
- E. Trauma to back

43. A 30 years old female had bloody diarrhoea 2 weeks ago. Now she has joint pain, mouth ulcers and brown raised plaques on palms and soles. Choose the most likely diagnosis.

- A. SLE
- B. PAN
- C. Reactive Arthritis
- ☒ D. Rheumatoid Arthritis
- E. Systemic Sclerosis

Connective Tissue Disorder

44. A 30 years old female comes to outpatient Dept: with c/o bluish discoloration of hands when she goes out in cold, problem with swallowing. On examination reddish lines were found around both sides of nose. Choose the most likely diagnosis

- ☒ A. Crest Syndrome
- B. Goodpasture's Syndrome
- C. SLE
- D. Systemic Sclerosis
- E. Cryoglobulinaemia

45. A 55 years old male patient came to outpatient Dept: with c/o progressive muscle weakness, difficulty in swallowing and SOB lately. He has low grade fever on and off and arthralgia as well. Investigation: plasma CK is increased. Choose the most likely diagnosis

- ☒ A. Polymyositis
- B. Dermatomyositis
- C. Systemic Sclerosis
- D. Kawasaki's disease
- E. GCA (Giant cell Arteritis)

46. A 60 years male patient has macular rash on back and shoulder, skin over the tips of fingers is painful. He has h/o low grade fever, dysphonia and joint pain. His hands turn blue in cold weather. Choose the most likely diagnosis.

- A. Systemic Sclerosis
- ☒ B. Dermatomyositis (Shawl sign = Back & arm shoulder)
- C. Polymyositis
- D. Crest Syndrome
- E. Cryoglobulinaemia

47. A 33 years female c/o of redness of face when she goes out in sun, oral ulcers, joint pain in hands. She has noticed reddish spots on arms and legs. Investigations: proteinuria 0.7g/day. Choose the most likely diagnosis.

- ☒ A. SLE
- B. Cryoglobulinaemia
- C. Systemic Sclerosis
- D. Kawasaki's disease
- E. Goodpasture's Syndrome

* 48. A 25 years female has decreased vision. She was recently operated for cataract. She has problems with gait. Her BP is 160/100mmHg. Investigation: ESR is 50mm. Choose the most likely diagnosis.

- A. Microscopic Polyangitis
- ☒ B. GCA
- C. Takayasu arteritis
- D. Kawasaki disease
- E. Goodpasture Syndrome

49. A 60 years old patient came to outpatient dept: with c/o headache, weight loss, arthralgia, blotted out myalgia and jaw claudication. She says that her one eye vision is progressively like a curtain is falling down. Choose the most likely diagnosis.

- A. Kawasaki's disease
- ☒ B. GCA
- C. Polymyositis
- D. Vasculitis secondary to HIV
- E. Systemic Sclerosis

50. A 70 years old male patient has fever, malaise, weight loss and arthralgia. He has also noticed pink blue mottling of skin and urticaria. His blood pressure is on upper side. He has also SOB and pain on exertion. He had two episodes of seizures lately, abdominal pain and bleeding P/R.

Investigation: WCC, ESR and CPR are increased. HB is low and ANCA is +ve. Choose the most likely diagnosis

- ☒ A. Microscopic Polyangitis
- B. Vasculitis secondary to HIV
- C. PAN
- D. Takayasu arteritis
- E. Cryoglobulinaemia

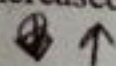
51. A 7 years old boy came to outpatient dept: with c/o 39c fever for last 7 days, arthralgia, dry fissured lips, red eyes and swelling of hands and feet. On examination swellings were found in his neck. Investigation: ESR and CPR are increased. Choose the most likely diagnosis.

- ☒ A. Kawasaki's disease
- B. Microscopic Polyangitis
- C. Takayasu arteritis
- D. Vasculitis secondary to Hep-B
- E. Cryoglobulinaemia

52. A 45 years old male came to outpatient dept: with c/o fever, weight loss, malaise, proteinuria and haematuria. Lately he has itching on whole body, developed hiccup and low urine output. Investigation: pANCA is +ve. Choose the most likely diagnosis.

- ☒ A. Microscopic Polyangitis
- B. Kawasaki's disease
- C. Vasculitis secondary to Hep-B
- D. SLE
- E. Cryoglobulinaemia

53. A 35 years old male has fever, weight loss, anorexia, myalgia, one episode of epistaxis and SOB. He has noticed yellowish discoloration of skin and sclera. His BP is increased. He is I/V drug abuser. Investigation: Urine D/R showed some casts.



- A. Microscopic Polyangitis
- B. Kawasaki's disease
- ☒ C. Vasculitis secondary to Hep-B (PAN is sometimes associated to hepatitis)
- D. SLE
- E. Cryoglobulinaemia

54. A 50 years old female has been having RA for long time, for that she has been taking medication regularly. She presents with fever and productive cough. She has past h/o of recurrent ear, respiratory and urinary infections. On examination only spleen is enlarged. Choose the most likely diagnosis.

- A. Vasculitis
- B. Wegener's granulomatosis
- C. Cystic fibrosis
- ☒ D. Felty's Syndrome
- E. Lymphoma

55. A 70 years old patient came to outpatient dept: with c/o weight loss, malaise and fatigue. She says that she gets pain while chewing and pain in head whenever she combs hairs. Choose the single most likely investigation.

- A. ACRP
- B. ESR
- C. ANA
- ☒ D. temporal artery biopsy (Diagnostic)
- E. No investigation required

56. A pregnant lady came to outpatient dept: with c/o photosensitivity, joint pain and painless mouth ulcers. She has on and off SOB as well. Investigation: Hb, WCC and platelets are decreased. She is not on any medication but iron tab. Choose the single most likely investigation.

- A. ANA
- B. Anti-centromere antibodies
- ☒ C. Anti dsDNA
- D. AMA
- E. Anti smith antibodies

57. A 40 years old patient came to outpatient department: with c/o muscle weakness, arthralgia, malaise & fever. He has purple rash on eyelids and macular rash on upper back and shoulder. Choose the single most likely investigation.

- ☒ A. Anti-Mi2/Anti-Jol
- B. EMG
- C. ESR
- D. Muscle Biopsy
- E. E Muscle Enzymes

Dermatomyositis