

Block L Annual 2022

By Modular Medical Circle

1). A small rural town has to be established a safe system for disposal of solid waste. Which of the following is the most cheap and complete method of disposal of refuse?

- A. Open dumping b. Dumping and filling c. Controlled tipping d. Composting e. Incineration

ANS: option C: Controlled tipping (Excel 13th edition page: 215)

2). A 45-years old lady with diabetes mellitus presents with this ulcer on her foot her posterior tibial pulses are easily felt. But her dorsalis pedis pulses are not palpable. Pinprick and vibration perception are absent from the knees down. What is the likely aetiology of this ulcer?

- a.infection. b.ischaemic. c.neuropathic. d.neuroischaemic

Correct option. C (Robbins chp 23 p864... neurosyphilis)

3) A 5- year boy develops secondary sex characteristics including pubic hair development and enlargement of penis. Which of the following morphological features is most likely to be seen in his adrenal glands?

- a.A nodule in the adrenal medulla
b. A nodule in the adrenal cortex composed of zona glomerulus cells
c.Bilateral adrenal cortical hyperplasia
d.Bilateral adrenal cortical atrophy
e. Normal size and architecture

Correct option. C (Robbins chp 20 p789 adrenogenital syndrome)

4) Which of the following tests should be done first when assessing the functional status of thyroid gland?

- a.A total T4 level
b. Total triiodothyronine (T3) level
c.thyroid stimulating hormone (TSH) level
d.fine needle aspiration
e.radiation scan

Correct option. C (Robbins chp 20 p757 Thyroid)

5) Fat embolism is caused during criminal abortion due to:

- a.Causing general violence
b.Causing local violence on abdomen
c. Injecting soapy solution in uterine cavity
d.self-instrumentation
e.Using abortion stick

Correct option. C(Parikh section 5.65 abortion)

6) Superfetation means:

- a. Fertilization of two ova discharged during two different ovulations
- b. Baby born during precipitate labor
- c. Baby born with congenital anomalies
- d. Fertilization of two ova liberated during the same ovulation
- e. Triplet pregnancy

Correct option. A (parikh section 5.26)

7) The uterus after delivery resumes its normal size within

- a. 2 weeks
- b. 4 weeks
- c. 6 weeks
- d. 8 weeks

Correct option. C (parikh section 5.21)

8) The softening of lower segment of uterus refers to:

- a. Braxton-Hick's sign
- b. Chadwick sign
- c. Goodell's sign
- d. Hegar's sign
- e. Uterine schouff

Correct option. D (parikh section 5.15)

9) Punctate Basophilia refers to abnormality of:

- a. Lymphocytes
- b. Monocytes
- c. RBCs
- d. Platelets
- e. polymorphonuclear Leucocytes

Correct option. C (parikh section 9.20 chronic lead poisoning)

10). Pedestry of buggery is:

- a. Sodomy
- b. Incest
- c. Buccal coitus
- d. Lesbianism
- e. None of the above

Correct option. A (parikh section 5.50)

11) Chadwick sign is seen in pregnancy as:

- a. Bluish discoloration due to increased vascularity in vaginal mucosa during pregnancy
- b. Hypertrophied mucosal folds.
- c. softening of the cervix

- d. Fullness and roundness of the cervix
- e. Softening of isthimus

Correct option. A (parikh section 5.14)

12). What is the percentage of BOD removed from organic waste by secondary biological treatment?

- A. <20% b. 30 to 40% c. 50 to 60% d. 70 to 80% e. 90 to 100%

ANS: option E (Hayat ,, activated sludge 90 percent)

13). A district Government has to make a solid waste dumping site .What of the following step should it adopt?

- A. Burning the waste in the dump
- b. Lining the walls of the pit with an impervious material
- c. pouring a chemical into it d. covering it with soil and lime
- e. Making it 300 feet away from the water body

ANS: option B ten docs

14) A new surgical hospital has been constructed where quit a few appendectomies, Cholecystectomies and other procedures are being performed frequently. A health inspector found out that the body parts removed are being thrown along with other waste. What would you advised them as the best method to dispose off appendices and gall bladder?

- A. Incineration b. Disposal along with other hospital waste in common dumping site
- c. Burning d. Burial after disinfection e. Burial

ANS: option D (chap# 12 Hayat).

15). Complex biodegradable and nondegradable wastes like metals, pesticides, petroleum products long term detrimental effects on human health. This is due to their property of biomagnification and bioaccumulation which occurs because they are

- a. Soluble in water b. Soluble in body fats c. Soluble in alcohol d. Soluble in body fluids
- e. Soluble in serum

ANS: option B.

16). A sample of water was taken from a water storage tank of a tube well of a residential area for Bacteriological examination. Water was incubated at 37oC by multiple tubes and the appearance of bubbles after 48 hours indicated the presence of which of the following?

- A. Cl. Perfringens b. Coli-form organisms c. Fecal streptococci d. Salmonella
- e. Shigella

ANS. Option B : Coli form organisms (Excel 13 edition page 200)

17). A worker involved in welding trade came to an ophthamologist with the complaint of long standing keratitis and conjunctivitis. What is the most probable cause of this condition?

- A. Infra- red rays b. Vibration c. Ultraviolet radiations d. Ionizing Radiations
- e. X rays

ANS : option C (chap# 13 Hayat)

18) A worker from battery manufacturing industry was brought to casualty with severe abdominal pain, vomiting and diarrhea. On examination, he has altered mental status and encephalopathy. The most likely diagnosis is

- a. Acute gastroenteritis
- b. Acute lead poisoning
- c. Acute cadmium poisoning
- d. Meningitis
- e. Acute arsenic poisoning

ANS: option b(lead poisoning causes encephalopathy, anemia blue line on gums) Excel 13th edition page no:201

19) Pneumoconiosis is occupational disease caused by inhalational of dust particles which of the following is the size of the respirable dust particles leading to this condition?

- A. 5 microns
- b. Less than 5 microns
- c. Less than 10 microns
- d. 10 microns

ANS: option b (according to GOOGLE)

20). A ceramic industry has employed about 50 workers of which 10 are skilled. The occupational health officer upon visit found out various health related issues amongst the skilled workers. On enquiry it was revealed that they are working day and night due to financial incentives. What are the permitted working hours for workers?

- A. 36 hours\week
- b. 48 hours\week
- c. 60 hours\week
- d. 70 hours\week
- e. 80 hours\week

ANS: option b (48 hours\week or 8hrs\day) Excel 13th edition page no:235

21) False virgin who has:

- a. elastic hymen
- b. no hymen
- c. imperforate hymen
- d. annular hymen
- e. none

(Ans. C jamiat; 13 edition;chap 13;page 157,158)

22) if vaginal discharge is yellow followed by whitish colour after delivery is called:

- a. lochia akhzar
- b. lochia alba
- c. lochia nigra
- d. lochia rubra
- e. lochia serosa

(Ans B jamiat 13 edition ;chap 13;page 163)

23). the fundal height at level of umbilicus reveals the duration of gestation as:

- a. 5 months
- b. 4 months
- c. 7 months

- d. 6 months
- e. 3 months

(Ans D jamiat 13 edition ;chap 13 ;page 160)

24. A 36 year old man presents to emergency with renal colic. His vital signs are normal and urinalysis shows microscopic hematuria .a radiograph reveals a 1.5 cm stone. Which of the following is best management of patient:

- a. hydration and analgesics
- b. alpha adrenergic blocker
- c. extracorporeal lithotripsy
- d. percutaneous nephrostomy tube
- e. open surgery to remove the stone

(Ans C step up medicine;6 edition ;chap 7 ;page 294)

25. A 45 year old woman presents with 7cm renal cell carcinoma with radiologic evidence of abdominal lymph node involvement with no distant metastases. Which of the following is most appropriate management of patient:

- a. radical nephrectomy
- b. radiation
- c. chemotherapy
- d. radiation followed by nephrectomy
- e. chemotherapy followed by nephrectomy

(Ans A step up medicine ; 6 edition ;chap 7; page 298)

26. A 58 year old man is found to have high PSA conc. with normal prostate examination .A biopsy of prostate confirms low grade carcinoma. The patient wishes to avoid therapy involving any risk for impotence .Which of the following is most appropriate management of patient:

- a. observation
- b. chemotherapy
- c. prostatectomy
- d. radiation therapy
- e. hormonal therapy

answer: A (step up medicine; 6 edition; chap 7 ;page 297)

27. A 55 year old man presents with fever and pain in perineal region. Upon further questioning he also complains of frequency ,urgency, dysuria, and decreased urinary stream. On physical examination his abdomen is soft , nondistended and non tender. Digital rectal examination demonstrates exquisite tenderness on anterior aspect . Laboratory examination reveals leukocytosis and findings on urinalysis are consistent with bacterial infection .Which of the following is most likely diagnosis:

- a. UTI
- b. BPH
- c. prostatitis
- d. pyelonephritis

e. nephrolithiasis

(ans c Davidsons medicine ;20 edition ; chap 17 ;page 512)

28. Which of the following statements about kidney biopsy is true:

- a. it is usually required to confirm diagnosis of diabetic nephropathy
- b. it causes bleeding in minority of patients
- c. it is essential to diagnose anti glomerular basement membrane disease
- d. it requires general anesthetic
- e. it should only be performed if it will change patient management

ans. E

29. Polycystic kidney disease is thought to be primarily due to genetic abnormality of :

- a. sodium transport
- b. cell division
- c. tubular membrane structure
- d. epithelial permeability
- e. cilial function

(GOOGLE; Polycystin (PC)1 is the protein encoded by the PKD1 gene that is responsible for the most common and severe form of autosomal dominant polycystic kidney disease (ADPKD). Loss of cilia causes PC1 and PC2 to fail to localize to cilia to perform their functions. This results in excessive proliferation and enlargement of kidney epithelial cells, leading to polycystic kidneys.)

30. A 45 year old unmarried female presented in Surgical OPD having painless lump in right upper outer quadrant of breast for last 3 months gradually increasing in size .Examination reveals hard mass ,immobile attached to deeper tissue. There is also lump in right axilla . What is likely diagnosis:

- a. traumatic fat necrosis
- b. fibroadenoma
- c. carcinoma of breast
- d. breast abscess
- e. phylloides tumor

Ans C (diagnosis of breast carcinoma)

31) A patient is trying to prevent pregnancy by using rhythm method. At which time during a women's cycle is the most fertile?

- a. days 1-5
- b. days 9-16
- c. days 17-21
- d. days 22-28
- e. days 24-28

Ans) Option B (ten teachers 20 edition, page 92 , chapter 7 Subfertility)

32). in a normal 28 days menstrual cycle, when would you expect the LH surge to occur?

- A. 8-10 days
- b. 11-13 days
- c. 14-16 days
- d. 17-19 days
- e. 18-20 days

Ans) option C (ten teachers 20 edition, page 35, chap 3 physiology of menstrual cycle)

33). water waste is broadly classified into two types. Complex waste are those that can not be decomposed or dissolved by natural agents. They remain on earth for thousand of years without any degradation. Hence, the threat caused by them is also more critical and crucial in polluting the planet. Which among the following is a complex non-biodegradable waste?

- a. animal bones b. fecal matter c. insecticides d. leather e. sewage

Ans) Not known

34). a member of environmental protection agency was planning to monitor the air pollution in a cosmopolitan city. The most appropriate indicators for this purpose are:

- a. carbon dioxide and carbon monoxide
b. hydrocarbon, ozone and smoke
c. lead oxide and ammonia
d. polynuclear aromatic hydrocarbon
e. sulfur dioxide, nitrogen dioxide, ozone, carbon monoxide, particulate matter

Ans) option E (Excel chap 11 , page 203)

35). enhanced green house effect is responsible for global warming. The gas which is mainly responsible for this phenomenon is :

- a. ammonia b. carbon dioxide c. carbon monoxide d. chlorine e. sulfur dioxide

Ans) option B (excel chap 11, page 205)

36) the Baby friendly Hospital Initiative (BFHI) is a global effort launched by WHO and UNICEF to implement practices that protect, promote and support breast feeding. Which among the following is considered a sentinel (key) indicator for monitoring BFHI practices?

- a. rate of initiation and exclusive breast feeding
b. maternal satisfaction with hospital service
c training hours of health staff
d. caesarean section rate
e. child mortality

Ans) option A (Google : Early and exclusive breastfeeding are sentinel (key) indicators of health.)

37). A balanced diet mainly comprises of carbohydrates, fats and proteins. How much percentage of calories is contributed by carbohydrates in most of our diets?

- a. 95% b. 80% c. 60% d. 45% e. 20%

Ans) option C (Excel chap 16 Nutrition, page 271)

38) with solar radiations, which wave comes down to earth but then on touching the earth surface are converted to heat waves can't go back and get absorbed by CO₂ and increases earth temperature

- a. ultraviolet rays b. beta rays c. infra red rays c. microwaves e. radio frequency waves

Ans) option C (Hayat 3rd edition chap 10 air pollution page 246)

39) water pollution through source which is difficult to locate and difficult to control is
a. fertilizer run off from farmland b. steel mill c. a sewer outlet d. septic tank e. oil refiners
Ans). Option A (Hayat 3rd edition chap water pollution page 252)

40. due to environmental pollution toxic gases are released in the atmosphere. Which one of the following is most hazardous for ozone depletion.
a. NO₂ b. SO₂ c. CO₂ d. chlorofluorocarbons e. hydrocarbon free radicles.
Ans) Option D (hayat 3rd edition chap 10 air pollution page 245)

41. a 45yr old female presented to surgical opd having lump in breast for 2 months.Lump is hard, fixed to deeper structures and non tender.There is also a lump in ipsilateral axilla.What is next stemp in management?
a.mamography b.ultrasound breast c.open biopsy d.FNAC e.MRI
ans; (D)

42. a 30 yr old male patient presented with infertility,there is azospermia on semen analysis and on further investigation it was found that there is obstruction in ejaculatory duct. Which hormone assay is done in this case?
a.serum testosterone b.serum prolactin c. LH d. FSH e. PSA
ans; (d) [to differentiate between obstructive and non-obstructive azoospermia]

43. a 30 yr old female presents with increased urinary frequency,fever and pain on micturition. Urine microscopy shows 5-10 RBCs and 10-20 WBCs in each field. What is most probable diagnosis?
a. renal stones b.renal trauma c. bladder calculi d.cystitis e. none
ans: (d) [Pathoma chap;12 pg;131]

44. a 23yr old female diagnosed with ectopic pregnancy based on beta HCG levels which have plateaued at 29000 mIU/ml and endometrial biopsy showing no chorionic villi,reviewing therapeutic options with patient ,the physician explains MOA of methotrexate. Which statement about methotrexate is correct?
a. it intereferes with mitotic phase of cell cycle
b. it is obtained from bark pf pacific yew tree
c. it severs DNA strands between particular base pairs
d. it interferes with folate and DNA synthesis
e. it causes pulmonary fibrosis in 5% patients
ans; (d) [Tara chap;11 pg;510]

45. which is absolute contraindication for use of oral contraceptive pill?
a. venous thromboembolism b. controlled HTN c. controlled DM d.amenorrhea e. obesity
ans; (a) [Tara chap;9 pg;362]

46. a 32yr old para 1 presents with secondary infertility. She has one daughter born by instrumental delivery followed by puerperal sepsis 4 years ago. Now she is complaining of inability to conceive despite normal menstrual cycle and is living with her husband. What is cause of her infertility?

- a. infertility due to PID b.unexplained infertility c. male factor infertility d.primary infertility e. anovulation

ans; (a) [TEN Teachers 8th ed. Chap;7 pg;79]

47. What treatment option is best for patient complaining of severe hot flushes and night sweats after TAH & BSO?

- a. combined continuous HRT b. combine sequential HRT c.levonorgestrel intrauterine system d.oral estradiol e. oral progesterone

ans; (d) [Ten Teachers 8th ed. Chap;18 pg;213] [women who have only the ovaries removed require both estrogen and progesterone]

48. a 65 yr old post-menopausal woman presents with purulent blood stained vaginal discharge from 1month,her HB is 9gm/dl. Ultrasound shows bulky uterus with endometrial thickness of 10mm and atrophic ovary. What is diagnosis?

- a. endometrial hyperplasia b. endometrial carcinoma c. uterine sarcoma d. cervical carcinoma e. cervical intra-epithelial neoplasia

ans; (b) [Ten Teachers 8th ed. Chap;12 pg;139]

49. Cervical carcinoma which has only spread to mucosa of bladder or rectum is consistent with

- a. stage IIb b. stage IIc c.stage III d.stage IIIb e. stage IVa

ans; (e) [Ten Teachers 8th ed. Chap;12 pg;137]

50. A young college student developed dryness and peeling of skin and falling of hair. On investigation his vitamin A levels were found to be low. Which of the following should he take for natural replenishment of vitamin A?

- A. Dark green leafy vegetables B. Coconut oil C. Egg D. Milk E. Almonds

Ans: A

Excel p#290 see table

51. Pakistan is regularly struck by natural disaster leaving profound and long term effect on the population. After a major disaster a sequel of events happen and last one to occur, which is often neglected is:

- A. Increase in morbidities B. Increase in epidemics C. Emotional stress syndrome D. Increase in indigenous diseases E. Increase in mortalities

Ans: C

Source: Excel page 325 ... Last one in the sequel of disaster is Psychological treatment

52. When total number of live births are expressed against mid year population at a given place and during a given period. We are referring:

A. General fertility rate B. Crude birth rate C. Total fertility rate D. Specific birth rate E. Gross reproductive rate

Ans: B

Source: Excel page 166

53. Keeping in mind the population pyramid of Pakistan. Which of the following feature is most obvious?

A. Low fertility B. Low mortality C. Increased life expectancy D. High dependency ratio E. Low sex ratio

Ans: D

Excel p# 171

54. Population study shows that it has five different stages of demographic transition. Pakistan is currently having decreased death rate and declining but still an increased birth rate compared to death rate, so we will place Pakistan in:

A. Stage I B. Stage II C. Stage III D. Stage IV

Ans: C

Excel p# 172

55) A patient suffering from urinary tract infection was started on a drug that did not achieve any significant systemic levels but accumulated in the urinary bladder and eradicated the local infection. Which of the following is the most probable drug that fits the above mentioned profile?

A. Amoxicillin B. Cortimazole C. Levofloxacin D. Nitrofurantoin E. Trimethoprim

Ans: D

Lipin page 522...

56) A 28 year old female presents to the medical opd during the 2nd trimester of her pregnancy with burning micturition. On investigation she was found to have UTI. Which of the following would be most likely prescribed to this patient?

A. Amoxicillin B. Aztreonam C. Benzyl penicillin D. Ciprofloxacin E. Doxycycline

Ans: A

FQs (option D & E) are avoided in pregnancy. A>>C

57) A 24 year old obese woman in her 26th week of pregnancy was diagnosed with gestational diabetes mellitus after a positive glucose tolerance test. She was otherwise healthy and her past medical history was unremarkable. Dietary management failed to control the blood glucose and her physician decided to prescribe anti diabetic therapy. Which of the following would be the most appropriate for the patient at this time?

A. Glyburide B. Insulin C. Metformin D. Repaglinide E. Sitagliptin

Ans: B

Insulin is DOC in gestational DM. (Pre pladder)

58). A 44 year old man with type 1 diabetes started an intensive therapy to achieve a tight control of his diabetes. Which of the following complications will the man be at greatest increased risk of experiencing?

- A. Hypertension B. Hypoglycemia C. Loss of vision D. Nephropathy E. Weight loss

Ans: B

Almost all anti diabetics cause hypoglycemia.

59) which of the following is true about PCOS?

- a. associated with increased progesterone level b. associated with decreased insulin resistance c. associated with decreased prolactin levels d. ovaries have characteristic appearance on ultrasound e. none

ans; (d) [Ten Teachers 8th ed. Chap;5 pg;54]

60) A 40 years old man with asymmetrically enlarged thyroid gland associated with elevated levels of T3 and T4 is treated with propylthiouracil (PTU). Which of the following best summarises the principle mechanism of action of PTU?

- a) Blocks iodide transport into the thyroid
b) Increases hepatic metabolic inactivation of circulating T4 and T3
c) Inhibits proteolysis of thyroglobulin
d) Inhibits thyroidal peroxidase
e) Releases T3 and T4 into the blood

ANS: d (Tara, Chap 9, Page 344)

61) A patient having hypothyroidism following thyroidectomy will require life long hormone replacement therapy. Which of the following agents generally would be the most suitable?

- a) Levothyroxine
b) Liothyronine
c) Liotrix
d) Protirelin
e) Thyroxine, dessicated

ANS: a (Levothyroxine i.e T4 has a longer duration of action, Tara, Chap 9, Page 342-343)

62. A patient with a previously undiagnosed thyroid cancer presents with thyrotoxicosis (thyroid storm). One drug that is administered as part of early management, and may be lifesaving, is propranolol. Which of the following best summarises why we give this drug or what we want it to do?

- a) Blocks parenchymal cell receptors for thyroid hormones
b) Blocks thyroid hormone release by a direct effect on the gland
c) Inhibit thyroid hormone synthesis
d) Lessen dangerous cardiovascular signs and symptoms of thyroid hormones excess
e) Lower TSH levels

ANS: d (Propranolol is a beta blocker so it blocks effects of sympathetic stimulation on the heart, Tara, Chap 9, Page 346-347)

63). A female of 26 years presented to the medical emergency after a miscarriage half an hour ago. She is taken to the labour room. Which of the following will be used for the management of this patient?

- a) Desogestrel
- b) Hydroxyprogesterone
- c) Medroxyprogesterone
- d) Mifepristone
- e) Norethindrone

ANS: d (it's an antiprogesterin and helps in the termination of pregnancy, Tara, Chap 9, Page 357)

64). Which of the following is orally active testosterone?

- a) Testosterone cypionate
- b) Testosterone enanthate
- c) Fluoxymesterone
- d) Oxandrolone
- e) Both c and d

ANS: e (Tara, Chap 9, Page 347 and 349)

65). A 13 years old boy with type 1 diabetes received his morning injection of a mixture of insulin lispro and glargine. A few hours later he was found unconscious in his room. His heart rate was 120bpm and body temperature was 94.7°F (34.8°C) and tetanic contractions of skeletal muscles were present. Which of the following would be the immediate appropriate treatment for this patient?

- a) Regular insulin intravenous
- b) Oral glucose
- c) Glucagon intramuscular
- d) Oral metformin
- e) Epinephrine intramuscular

ANS: c (Katzung;Review, Chap 41, Page 350)

66). A 30 years old female is using medroxy progesterone as an injectable contraceptive. Which of the following side effect is not of concern if she wants to use it for a long time?

- a) Headache
- b) Depression
- c) Weight gain
- d) Change in libido
- e) Endometrial cancer

ANS: e (Tara, Chap 9, Page 357)

67) A 35 years old female comes to you for post coital or emergency contraception. Which of the following would you prescribe to her?

- a) Progestin only mini pills
- b) Transdermal patch of ethinyl estradiol

- c) Medroxy progesterone IM
 - d) High dose of levonorgestrel
 - e) Lower dose ethinyl estradiol
- ANS: d (Tara, Chap 9, Page 361)

- 68) High doses of androgens in children can lead to?
- a) Decreased formation of hemoglobin
 - b) Retinal detachment
 - c) Short stature
 - d) Memory problems
 - e) Cerebellar dysfunction
- ANS: c (Tara, Chap 9, Page 348)

69. A 23 year old woman is diagnosed with ectopic pregnancy based on beta HCG levels which have plateaued at 29000 mlu / ml and an endometrial biopsy showing no chorionic villi. Reviewing the therapeutic options with the patient, the physician explains mechanism of action of methotrexate. Which of following statements about methotrexate is correct.
- a. It interferes with mitosis phase of cell cycle
 - c. It servers DNA strand between particular base pairs
 - e. It causes pulmonary fibrosis in 5% patients
 - b It is obtained from bark of pacific yew tree
 - dt interferes with folate and DNA synthesis
- Correct d Taara ch 11 p 510

70. Which of following is absolute contraindication to use of oral contraceptive pill?
- a. Venous thrombembolism
 - b. Controlled hypertension
 - c. Controlled diabetes
 - d. Amenorrhea
 - e. Obesity
- Correct a Taara ch 9 p 362

71. A 32 year old Para 1 presents with secondary infertility. She has one daughter born by instrumental delivery followed by puerperal sepsis 4 years ago. Now she is complaining of inability to conceive, she has normal menstrual cycle and is living with her husband. What is most probable cause of her infertility?
- a. Infertility due to PID
 - b. Unexplained infertility
 - c. Male factor infertility
 - d. Primary infertility
 - e. Anovulation
- Correct a Ten teachers ch 7 p 79

72. What treatment option is more suitable for patient complaining of severe hot flushes and night sweats after TAH+ BSO
- a. Combine continuous HRT
 - c. Clevonorgestrel intrauterine system
 - d. Oral estradiol

- b. Combine sequential HRT
 - e. Oral progesterone
- Correct d Ten teachers ch18 p 213

73. A 65 year old post-menopausal lady present with purulent blood stained vaginal discharge from one month her Hb is 9 gm/dl Ultrasound shows bulky uterus with endometrial thickness of 10 mm and atrophic ovary. What is diagnosis?

- a. Endometrial hyperplasia
- b. Endometrial carcinoma
- c. Uterine Sarcoma
- d. Cervical Carcinoma
- e. Cervical intra epithelial neoplasia

Correct b Ten teachers Ch. 12 p 139

74. Cervical carcinoma which has only spread to mucosa of bladder or rectum is consistent with

- a. Stage II b
- b. Stage II c c. Stage III
- d. Stage III b
- e. Stage IV a

Correct e Ten teachers ch 12 pg 137

75. Which of following is true about PCO?

- a. It is associated with increased progesterone
- b. It is associated with decrease resistance to insulin level
- c. is associated with decreased prolactin level
- d. The ovaries have characteristic appearance by the ultrasound
- e. None

Correct d Ten teachers ch 5 p 54

76. Female genital system originated from which of following structures?

- a. Paramesonephric ducts
- b. Mesonephric ducts
- c. Nephrogenic duct
- d. Gubernaculum of ovary
- e. Trophoblastic tissue

Correct a Ten teachers ch 1 p 3

77. What is the procedure of choice for women with fibroid who want to retain their fertility?

- a. Myomectomy
- b. Hysterectomy
- c. Hysteroscopy
- d. Hysterosalpingography
- e. Laparoscopy

Correct a Ten teachers ch12 p 174

78. A 53 year old man is noted to have a pleural effusion on chest X-ray. Which one of the following would cause a transudate?

- a. Tuberculosis
- b. Pneumonia
- c. Mesothelioma
- d. Rheumatoid arthritis
- e. Nephrotic syndrome

Correct e app. 20 % patient with nephrotic syndrome develop pleural effusion.....google it

79. Commonest type of nephritic syndrome in children is a. Focal

- b. Diffuse
- c. Minimal change
- d. Proliferative
- e. none

Correct d aka PSGN pathoma ch125 p130

80. A 35 year old married lady presented with high grade fever, pain right flank and dysuria. What is the investigation of choice?

- b. Ultrasound abdomen
- a. X-Ray KUB
- c. Urine R/E and blood and urine C and S
- d. S creatinine
- e. None

Correct c (google)

81. Glomeronephritis is most commonly caused by b. p. vivax

- a. falciparum
- c. p. ovale
- d. p. malarias

Correct a (Robbins, Chap : Kidney and urine collecting system ,topic : glomerulonephritis)

82. A 16 year old boy presents with a purpuric rash on his buttocks, and back of legs. He is also complaining of arthralgia and abdominal pain with some bloody diarrhea. He had a cold about one week ago. Urine RE reveals proteinuria and microscopic hematuria. What is the most likely diagnosis?

- a. Henoch Schonlein purpura
- b. Polyarteritis nodosa
- c. Kawasaki disease
- d. SLE
- e. Inflammatory bowel disease

Correct a Robbins, chap : renal and urine collecting system topic : IgA nephropathy
classical triad of Henoch Schlein purpura (abdominal cramping, hematuria, purpuric rash)

83. 30 year old diabetic patient presented with polyuria, burning micturition. Her blood glucose levels are 250 mg/dl despite on oral medications. She has this urinary complaint for last few months. What are the best investigations plans for her management?

- a. Urine routine analysis/RBS
- c. Blood culture, RBS
- d. Urine culture HbAb/c, RBS
- b. Fasting blood glucose daily

e. Ultrasound abdomen pelvis

Correct d

84. 27, post-menopausal for 3 years, presented in OPD with heavy P/V bleeding - on TVS, endometrial thickness is 10mm e- normal pelvic structure. What will be the next investigation to proceed for diagnosis?

- a. Hysteroscopy
- b. Pap smear
- c. Colposcopy
- d. Hysteroscopy direct Biopsy
- e. Cone biopsy

Correct d google

85. A 21 year old girl, Presented with irregular P/V bleeding and subfertility. Her BMI is 31 and ultrasound is showing PCO2. What is the possible initial approach to plan in her further management?

- a. Life style modify calves
- b. Metformin
- c. Weight Reduction
- d. Spironolactone
- e. ICSI

Correct a or c

if a option is lifestyle modification then correct option a but if its Life style modify calves(irrelevant) then option c correct

(TEN TEACHERS ,TOPIC : PCOS ,pg no: 44)

86. A 54 year old menopausal I women presented with mass lower abdominal. Pelvic ultrasound is showing complex mass in pelvis and her CA.125 is 180 lv/l what do you suggest the possible management place from now as ward.

- a. Chemotherapy F/B radiotherapy
- b. Palliative surgery
- c. Afitvaut Chemotherapy
- d. Cecytoreduction + adjuvant chemotherapy
- e. Intra prenatal Phosphorous therapy

Correct e

Ten teachers, chap : malignant conditions of ovary, pg : 198)

87. Most common cause of Hyperthyroidism in pregnancy

- a. Thyroid solitary adenoma
- b. Graves disease
- c. Multi nodular Goiter
- d. Thyroiditis Both C and D

Correct b Graves Disease (google)

88. 35 years old female presented to hospital with anterior Neck pain, Palpitations, Tremors. She had a common cold 1 week back. Her ESR is 80, 14. 13 elevated and TSH are low. What is the most likely diagnosis?

- a. Pharyngitis
- b. Neck abscess
- c. Thyroiditis
- d. Graves disease
- e Multi nodular Goiter

Correct c pathoma ch endocrine

89. Which one is not an appropriate treatment for Graves' disease? a. Beta blockers b. Surgical removal of thyroid gland c. Radio-active iodine d. Antithyroid drugs e Thyroxine

Correct e all options are for hyperthyroidism except thyroxine bc it is given in hypothyroidism and graves disease is hyperthyroid condition

90) A 30 year old woman presents with increased urinary frequency, fever and pain while passing urine. Urine microscopy shows 5- 10 RBC and 10-20 WBC in each field. What is most probable diagnosis?

- a. Renal stones
- b. Renal trauma
- c. Bladder calculi
- d. Cystitis
- e. None

Correct d Pathoma ch 12 p131

91. Iodine deficiency can cause

- a. Goiter
- b. Thyroid Cancer
- c. Solitary nodules
- d. Thyroiditis
- e. Both B and C

A. Goiter (Pathoma 162)

92. The most common cause of permanent congenital hypothyroidism is

- a. Dyshormonogenesis
- b. Thyroid dysgenesis
- c. Iodine deficiency
- d. Defect of iodide transport
- e. Pendred Syndrome

B. Thyroid dysgenesis (First Aid 2023 345)

93. Which of the following is accurate regarding urine studies in nephrotic syndrome?
- a. A 2+ reading on urinalysis via dipstick represents 300 mg/dl of urinary protein or more, correlating with a daily loss of 3g or more
 - b. The presence of 4 or more red blood cells per high-power field in a urine sediment examination is required for a diagnosis of microhematuria
 - c. A measurement of 100-150 mg of total protein present in a 24-hour urine collection suggests early nephrotic syndrome
 - d. A ratio of urine protein to urine creatinine $> 2\text{g/g}$ indicates nephrotic range proteinuria
 - e. None of them
- D. A ratio of urine protein to urine creatinine $> 2\text{g/g}$ indicates nephrotic range proteinuria (Google)

94. In uncentrifuged sample of urine, definition of significant pyuria is
- a. >3 leukocytes per high power field
 - b. >10 leukocytes per high power field
 - c. >10 leukocytes/cu.mm
 - d. >5 leukocytes/cu.mm
 - e. None of the above
- B. >10 leukocytes per high power field (Pathoma Page 131)

95. A 65 year-old elderly man produced only 25 ml of urine in the past 24 hours. The diagnosis of benign prostatic hyperplasia was made by the urologist. What is the cause of acute renal failure in this patient?
- a. Pre renal
 - b. Peri renal
 - c. Intra renal
 - d. Post Renal
 - e. Intra Glomerular
- D. Post Renal (First Aid 2023 page 622)

96. A patient trying to prevent pregnancy by using a rhythm method. At which time during a woman's cycle is the most fertile?
- a. Day 1-5
 - b. Day 9-16
 - c. Day 17-21
 - d. Day 22-28
 - e. Day 24-28
- Ans B. Day 9-16

97. In a normal 28 days menstrual cycle, when would you expect the LH surge to occur?
- a. 8-10 days
 - b. 11-13 days
 - c. 14-16 days
 - d. 17-19 days

e. 18-20 days

C. 14-16 days (First Aid 2023 Page 652, Luteal Phase lasts fixed 14 days, therefore 28-14= 14th day - when there will be LH surge)

98. Water waste is broadly divided into two main types. Complex wastes are those that cannot be decomposed or dissolved by natural agents. They remain on earth for thousands of years without any degradation. Hence, the threat caused by them is also more critical and crucial in polluting the planet. Which among the following is a complex non-biodegradable waste?

- a. Animal Bones
- b. Fecal Matter
- c. Insecticides
- d. Leather
- e. Sewage

Ans not known

99. A member of EPA Environmental Protection Agency was planning to monitor the air pollution in a cosmopolitan city. The most appropriate indicators for this purpose are:

- a. Carbon dioxide and carbon monoxide
- b. Hydrocarbon, Ozone & Smoke
- c. Lead Oxide and Ammonia
- d. Polynuclear Aromatic Hydrocarbon (PAH)
- e. Sulfur dioxide, Nitrogen Dioxide, Ozone, Carbon monoxide and particulate matter

Ans E. Sulfur dioxide, Nitrogen Dioxide, Ozone, Carbon monoxide and particulate matter (Excel page 203)

100. Enhanced greenhouse effect is responsible for global warming. The gas that is mainly responsible for this phenomenon is:

- a) Ammonia
- b) Carbon dioxide
- c) Carbon monoxide
- d) Chlorine
- e) Sulfur dioxide

Ans: B (Excel 11th Edition, Chapter 11 "Environment and Water", Page no 197)

101. The Baby friendly Hospital initiative (BFHI) is a global effort launched by WHO and UNICEF to implement practices that protect, promote and support breastfeeding. Which among the following is considered a sentinel (key) indicator for monitoring BFHI practices?

- a) Rate of initiation and exclusive breast feeding
- b) Maternal satisfaction with hospital services
- c) Training hours of health staff
- d) Cesarean section rate
- e) Child motility

Ans: A (Excel 11th Edition Chapter 14 " Reproductive Health" Page no 241)

102. A balanced diet mainly comprises of Carbohydrates, fats and proteins. How much percentage of calories is contributed by carbohydrates in most of our diet?

- a) 95%
- b) 80%
- c) 60%
- d) 45%
- e) 20%

Ans: C (Excel 11th Edition, Chapter 16 "Nutrition" Page no 260 (60-70%))

103. With solar radiation, which waves comes down to earth but then on touching earth surface converts to heat waves cannot go back and get absorbed by CO₂ and increase earth temperature?

- a) Ultraviolet rays
- b) Beta rays
- c) Infrared rays
- d) Microwaves
- e) Radiofrequency waves

Ans: C (Hayat 2nd Edition Chapter 10 "Air pollution and it's Control" Page no 373)

104. Water pollution through source which is difficult to locate and difficult to control?

- a) Fertilizers run off from land
- b) Steel mill
- c) A sewer outlet
- d) Septic tank
- e) Oil refiners

Ans: A

105. Due to environmental pollution toxic gases are released in the atmosphere. Which of the following is the most hazardous for ozone depletion?

- a) NO₂
- b) SO₂
- c) CO₂
- d) Chlorofluorocarbons
- e) Hydrocarbon free radicals

Ans: D (Excel 11th Edition, Chapter 11 "Environment and Water" Page no 195)

106. A small rural town has to be established a safe system for disposal of solid waste. Which of the following is the most cheap and complete method of disposal of refuse?

- a) Open dumping
- b) Close dumping
- c) Controlled tipping
- d) Composting
- e) Incineration

Ans: C (Hayat 2nd Edition Chapter 12 "Solid waste management" Page no 428)

107. Which is the percentage of BOD removed from organic waste by secondary biological treatment?

- a) <20%
- b) 30-40%
- c) 50-60%
- d) 70-80%
- e) 90-100%

Ans: e (Hayat 2nd Edition Chapter 12 "Solid waste management" Page no 433 (75-85%))

108. A distract government has to make a solid waste dumping site. Which of the following step should it adopt?

- a) Burning the waste in dump
- b) Lining the walls of pit with impervious material
- c) Pouring a chemical into it
- d) Covering it with soil and lime
- e) Making it 300 feet away from a water body

Ans: B (Hayat 2nd Edition Chapter 12 "Solid waste management" Page no 428)

109. A new surgical hospital has been constructed where quite a few appendectomies, cholecystectomies and other procedures are being performed frequently. A healthy inspector found out that the body parts removed are being thrown away along with other waste. What would you advise them as the best method to dispose-off appendices and gallbladders?

- a) Incineration
- b) Disposal along with other hospital waste in common dumping site
- c) Burning
- d) Burial after disinfection
- e) Burial

Ans: D (Hayat 2nd Edition Chapter 12 "Solid waste management" Page no 450(Burial or burning after disinfection))

Errors and omissions are possible

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