

## FINAL EXAM 2010/2011

إسم الطالب/ة بالعربية (ثلاثي):

### I. Truth or False:

(30M)

Statement	T/F	No.	Statement	T/F
The placebo effect is the measurable, observable, or felt improvement in health attributable to treatment.		16	Headache following or accompanying classic migraine within 60 min.	
The purpose of controls, double-blind and random testing is to reduce error.		17	An elevated homocysteine level is a risk factor for diabetic disease.	
The purpose of pharmacist consultation with patients is to find out what the patient wants.		18	Probiotics promote the growth of benefit bacteria.	
DSHEA are botanicals represented for use as a conventional food and are labeled as a dietary supplement.		19	Establishing who the patient age in common cold will influence the Pharmacist's decision about drugs.	
Botanicals are classified as herbs food additives.		20	Camphor is contraindicated in bronchial asthma.	
Inflammation one of the chemical barriers of adaptive immune system.		21	Asthmatic attacks can be triggered by respiratory viral infections.	
Main nutrition is the most common cause of immunodeficiency.		22	Gluten-Free Diet is indicated in case of IBS.	
The immune system is impaired by stress.		23	The virus HAV is transmitted by the blood, and other liquids routs except milk breast.	
Much sensitivity would not be considered allergies.		24	All people with chronic hepatitis have elevated liver enzyme levels.	
Depression describes any feeling of hopelessness, worry or fear.		25	Sneezing, coughing and sharing eating utensils not spread the hepatitis C.	
The frequency of nervous disorders and stress intolerance increases with age.		26	Fasting blood sugar test is useful in monitoring blood glucose control.	
Patients with severe anxiety typically have difficulty going back to sleep.		27	Polycystic ovary syndrome increases the risk of developing type 2 diabetes.	
Oral contraceptives, iron deficiency and B12 deficiency can lead to depression.		28	Protein necessary for diabetic patients is 30% from total meal/day.	
Common migraine at least five previous episodes with attacks lasting 4-72 h		29	Inability while asleep to recognize neurologic messages sent by the full bladder to the sleep arousal centers of the brain called Urinary incontinence.	
Unilateral pain characterized for classic migraine.		30	Acidic environment in vagina inhibits the overgrowth of bacteria.	

II. Please Read & Think Carefully and then Select the Best Correct Answer:

1. Mrs Suzan, a regular customer in her late sixties, asks what you can recommend for her husband. He has a very bad cold; the worst symptoms are his blocked nose and sore throat. Although his throat feels sore, she tells you there is only a slight reddening (she looked this morning).

He has had the symptoms since last night and is not feverish. He does not have earache but has complained of a headache.

When you ask her if he is taking any medicines, she says yes, he is taking *aspirin* 75 mg daily, *ramipril* 5 mg daily (antihypertensive), *bisoprolol* 10 mg daily (beta blocker antihypertensive) and *simvastatin* 40 mg daily (cholesterol-lowering).

Mrs Maha asks you if it's worth her husband taking extra vitamin C as she's heard this is good for colds. She wondered if this might be better than taking yet more medicines.

Questions:

1. What are the patient's symptoms indicate? (2M)

2. With all his medications can you indicate oral sympathomimetics? (1M)

Yes  No

3. Can you indicate simple painkillers? If yes mention 2 of natural painkillers, if no mention why? (3M)

Yes

1.

2.

No  /Why:

4. Is vitamin C benefit in his case? Why?

(3M)

5. Please write your final suggesting formula for this patient. (Don't forget just 4 drugs maximum including nutrients)

(4M)

R<sub>s</sub>

1.

2.

3.

4.

2. Faten is a young woman aged about 26 years, who asks your advice about painful periods. From your questioning, you find that Faten has lower abdominal pain and sometimes backache, which starts several days before her period begins. Her menstrual cycle used to be very regular, but now tends to vary; sometimes she has only 3 weeks between periods. The pain continues throughout menstruation and is quite severe. She has tried taking aspirin, which did not have much effect.

Questions:

1. This woman sounds as though she is suffering:

(2M)

- a. Dysmenorrhoea
- b. Osteoarthritis
- c. Cystitis
- d. Vaginitis
- e. Endometriosis

2. Is Aspirin necessary?

Yes  No

Why?

(3M)

3. What can you advice this woman? (3M)

4. Please write your final suggesting formula for this patient. (4M)

R<sub>x</sub>

1.

2.

3.

4.

3. Can you prevent cancer disease? (10M)

Yes  /How??

No  / Why??

4. Mrs Amal, an elderly woman, 75 years old, complains of indigestion and an upset stomach. On questioning, you find out she has had the problem for a few days; the pain is epigastric and does not seem to be related to food. She has been feeling slightly nauseated. You ask about her diet; she has not changed her diet recently and has not been overdoing it. She tells you that she is taking three lots of tablets: for her mood, hypertension, and some new ones for her bad hip (diclofenac modified release 100 mg at night). She has been taking them after meals, as advised, and has not tried any medicines yet to treat her symptoms. Before the diclofenac she was taking paracetamol for the pain. She normally uses paracetamol as a general painkiller at home; she tells you that she cannot take aspirin because it upsets her stomach and she tells you that she has two ulcers at the moment and has occasionally suffered from the problem over many years.

1. What can you tell to this patient regarding to her complains of indigestion: (1.5M)
  - a. Tell here to take her diclofenac in the middle of meal to prevent her symptoms.
  - b. Explain to her the age-her complains relationship.
  - c. Tell here that almost certainly her symptoms have been caused by the diclofenac.
  - d. She should be advised to stop the diclofenac.
  - e. Advise her that blood test for H. Pylori would be helpful.
2. Regarding to painkillers, which of the following advices are indicated to this patient? (1.5M)
  - a. NSAIDs should be avoided if possible
  - b. Change the paracetamol with paracetamol and codeine.
  - c. Change paracetamol with MSM
  - d. Change paracetamol with Devil's Claw, because failure to control hip pain due to osteoarthritis
  - e. C+D
3. Regarding to her nauseous, which from the following is BEST of choice: (1.5M)
  - a. To take ginger infusion every morning.
  - b. To take lemon juice twice daily.
  - c. To take feverfew 1 tablet twice daily.
  - d. To drink peppermint tea at night.
  - e. To drink more mineral water.

4. Which of the following descriptions is characteristic of irritable bowel syndrome? (1.5M)

- a. Painless diarrhea that occurs during the day or night.
- b. Abdominal pain with defecation and an altered bowel habit.
- c. Painless, chronic watery diarrhea of moderate severity.
- d. Diarrhea associated with gases and bad mouth odor.
- e. None of the above.

5. Regarding to her two ulcers suffering over many years: (1.5M)

- a. The patient most likely suffering from recurrent aphthous ulceration and need probiotics
- b. She needs to manage her diet and to take more lactated products rich in prebiotics.
- c. It is a result from NSAIDs side effects, when reduced, the ulceration will be healing.
- d. Advice the patient to drink 2 cups of licorice daily.
- e. B+D

Please comment briefly your selection (not your answer)at point 3

(2.5M)

5. A young woman in her twenties, she tells you that she thinks she has cystitis. On questioning, you find that she is not passing urine more frequently than normal, but that her urine looks dark and smells unpleasant. She has back pain and has been feeling with fever during today. She is not taking any medicine from the doctor and has not tried anything to treat her symptoms.

1. What can you tell to this patient regarding to her symptoms: (1.5M)

- a. That the patient has UTI.
- b. That the presence of fever and back pain indicates an infection higher in the urinary tract.
- c. That the backache is caused by muscular inflammation and the urine altered because of dehydration.
- d. That she need urine examination and an ultrasound of her kidneys.
- e. All of the above

2. Regarding to precaution and warning, you advice: (1.5M)

- a. Patients should be reminded not to exceed the stated dose of products containing potassium citrate to prevent hyperkalemia.
- b. Patient should be reminded to drink large quantities of fluids except parsley.
- c. Reducing intake of caffeinated beverages.
- d. To enhance the personal hygiene conditions.
- e. All of the above.

3. Regarding to nutrients which from the following is most suitable: (1.5M)

- a. Probiotic
- b. Vitamin C
- c. Evening primrose oil
- d. Vitamin E with selenium
- e. Calcium and magnesium

4. Regarding to herbs which from the following is most suitable: (1.5M)

- a. Echinacea and Goldenseal
- b. Uva-ursi
- c. Cranberry
- d. Ammi visnagae (Khelline)
- e. Urtica dioica (Nettle)

5. One of the Possible signs of a bladder infection is: (1.5M)

- a. Feeling like you need to urinate more often than usual.
- b. Painful or difficult urination.
- c. Loss of bladder control.
- d. Polyuria
- e. Appearing of BPH

Please comment briefly your selection (not your answer) at point 3 (2.5M)



6. A patient with known chronic hepatitis C and cirrhosis comes to your pharmacy complaining of flu, he read on the internet that using tami flu drug can be benefit for him. The patient reported that he stopped smoking over 10 years ago.

Please read carefully and select the best correct answer related to above case study:

1. Which of the following descriptions is characteristic of flu? (1.5M)
  - a. Viral and secondary bacterial infection.
  - b. Immune system disorder
  - c. Fever
  - d. Stress and loosing appetites.
  - e. All of the above.
2. Which from the following nutrients is Not recommended: (1.5M)
  - a. Vitamin C
  - b. B-Complex
  - c. Selenium
  - d. Vitamin D
  - e. None of the above.
3. Which of the following drugs is BEST recommended? (1.5M)
  - a. Tami flu
  - b. Schizandra
  - c. Sylimarin
  - d. Echinacea
  - e. Mushroom (Shitaki-Mitaki)
4. Regarding to his lifestyle, what of the following is recommended first: (1.5M)
  - a. To do exercises at least 45min/day.
  - b. Reducing fats, oils and avoiding salts.
  - c. Taking specific vaccine for hepatitis.
  - d. Variety diet & reducing salts.
  - e. b + d
5. Regarding to source of HCV infection, the most source of infection for persons is: (1.5M)
  - a. IDUs
  - b. Un safe sexual contacts
  - c. Blood transfusion
  - d. Dentist, stylist, stigma, ...etc.

Comment briefly your selection at point 2

(2.5M)

7. Mention 7 factors that influence women's health

(5M)

- 1)
- 2)
- 3)
- 4)
- 5)

**GOOD LUCK!**  
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