

AUGUST 2011 – RHEUMATOLOGY

CPD questionnaires must be completed online via www.cpdjournals.co.za
After submission you can check the answers and print your certificate.

OSTEOARTHRITIS IN 2011: MANY STEPS TO CLIMB

1. Which joint is *not* a common site for primary osteoarthritis?
 - A. Knee
 - B. Ankle
 - C. Second distal interphalangeal joint
 - D. First carpometacarpal joint
 - E. Hip.
2. A patient has osteoarthritis of the knees but cannot take NSAIDs. Which one of the following is unlikely to provide pain relief?
 - A. Topical NSAIDs
 - B. Narcotic analgesics
 - C. Arthroscopy with lavage
 - D. Intra-articular steroid injections
 - E. Loss of weight.

CURRENT DIAGNOSIS AND TREATMENT STRATEGIES IN RHEUMATOID ARTHRITIS

3. The following is not an example of inflammatory arthritides (choose one):
 - A. Rheumatoid arthritis
 - B. Systemic lupus erythematosus
 - C. Polymyositis
 - D. Gout
 - E. Psoriatic arthritis.
4. True(A) or false (B):
25% of patients develop erosions within 3 months of disease onset.

ARTICULAR SYNDROMES IN ASSOCIATION WITH HIV INFECTION

5. Which one of the following forms of arthritis is not seen in association with HIV infection:
 - A. Septic arthritis
 - B. Reactive arthritis
 - C. Osteonecrosis (avascular necrosis) of the hip
 - D. Osteoarthritis
 - E. Psoriatic arthritis.
6. True (A) or false (B):
The HLA B27 is positive in patients with HIV-associated arthritis.

CLINICAL EVALUATION AND DIAGNOSIS OF CONNECTIVE TISSUE DISEASES

7. Primary Raynaud's phenomenon is commonly found in (choose one):
 - A. Older males who smoke
 - B. Young women with normal clinical examination
 - C. Young men with scleroderma
 - D. Patients with positive ANA test
 - E. Patients with digital ulceration.
8. True (A) or false (B):
The earliest suggestion of renal complications in the connective tissue diseases is when either the serum urea or creatinine is raised.

ESSENTIALS OF MUSCULOSKELETAL EXAMINATION

9. True (A) or false (B):
The stiffness due to IJD usually lasts for >60 minutes.

10. True (A) or false (B):
Symptoms of pain and weakness should alert the clinician to consider polymyositis and/or dermatomyositis.

THE EYE IN RHEUMATOID ARTHRITIS

11. The commonest ocular manifestation of rheumatoid arthritis is:
 - A. Episcleritis
 - B. Corneal ulcer
 - C. Dry eyes
 - D. Retinal vasculitis
 - E. Scleritis.
12. True (A) or false (B):
In a patient with rheumatoid arthritis, keratitis may be due to limbal vasculitis and indicate a worsening of the systemic condition.

UPPER LIMB PAIN SYNDROMES

13. True (A) or false (B):
Carpal tunnel syndrome may occur in pregnancy.
14. True (A) or false (B):
Frozen shoulder is seen more commonly in diabetics and in patients after myocardial infarction or stroke.

FIBROMYALGIA

15. True (A) or false (B):
Psychological and behavioural management including cognitive behavioural therapy and relaxation techniques should be employed at the outset of diagnosis.
16. True (A) or false (B):
It is increasingly recognised that the diagnosis of FM does not rely solely upon eliciting tender points, and features such as fatigue, sleep disturbance and cognitive dysfunction are prominent.

USE OF BIOLOGICAL AGENTS IN RHEUMATIC DISEASE

17. True (A) or false (B):
There is a risk of reactivation of latent TB infection (LTBI) as well as newly acquired infection when using biological agents to treat inflammatory arthritis.

GOUT – AN OVERVIEW

18. True (A) or false (B):
Losartan has a uric acid-lowering effect.

LOWER LIMB PAIN SYNDROMES

19. True (A) or false (B):
Morton's neuroma is a neoplasm of the interdigital nerve between the 3rd and 4th metatarsals.

THE LUNGS IN THE RHEUMATIC DISEASES

20. True(A) or false (B):
Systemic sclerosis patients often have associated pulmonary vascular disease.