

NR 511 Differential Diagnosis & Primary Care  
Practicum Week 5 Quiz

N/B: Score 15/15

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## Question 1

1 / 1 pts

A 28-year-old male presents to the clinic for follow-up from the emergency department, where he was seen for right forearm pain 3 days ago. He works as a carpenter and is right hand dominant. He states he was diagnosed with right forearm tendinitis and is not sure what this means. As part of teaching, the clinician explains that the condition is caused by inflammation of one or more of the tendons. Which of the following describes tendons?

The fibrocartilaginous disks that separate bony surfaces.

The pouches of synovial fluid that cushion bone and other joint structures.

The collagen fibers that connect muscle to bone.

The ropelike bundles of collagen fibrils that connect

bone to bone. Tendons are the collagen fibers that connect muscle to bone.

## Question 2

1 / 1 pts

A conservative approach is recommended in the initial approach to the management of low back pain. Which of the following would be an appropriate treatment plan for a 32-year-old obese male (BMI 33) diagnosed with an acute lumbar strain?

Surgery.

Epidural Steroid Injections (ESI).

Non-Steroidal Anti-Inflammatory Drugs

(NSAIDs). Bedrest.

It has been proven that rest has little to no effect on the resolution of LBP. Patients should do whatever activities are tolerable. Almost 90% of cases resolve within 1 to 6 weeks thus the initial management should include non-pharmacologic (massage, heat, etc.), pharmacological (NSAIDs, short term use of muscle relaxants) and activity. Surgery and ESI are not indicated in the initial management of LBP.

### Question 3

1 / 1 pts

A 48-year-old male presents with acute low back pain in the right that increases when standing and bending. Upon physical exam, lower extremity muscle strength is 5/5 and straight leg raise test is negative. Which of the following is the most likely diagnosis?

Muscle strain.

Spondylolisthesis.

Herniated nucleus

pulposus.

Osteoarthritis.

Muscle strain is usually located in the low back and is unilateral in location. The onset is acute, and pain increases with standing and bending and decreases with sitting. The straight leg raise test and plain x-ray are both negative.

### Question 4

1 / 1 pts

A 55-year-old female presents to the clinic with complaints of left hand and wrist pain and swelling after a slip and fall on the ice yesterday. On examination, the clinician notes tenderness at the "anatomical snuffbox." This finding most likely indicates which of the following?

Hamate fracture.

Scaphoid

fracture. Ulnar