

Section 2. Skin Problems

MULTIPLE CHOICE

1. Simon presents with alopecia areata with well-circumscribed patches of hair loss on the crown of his head. How do you respond when he asks you the cause?
 - A. "You must be under a lot of stress lately."
 - B. "It is hereditary. Did your father experience this also?"
 - C. "The cause is unknown, but we suspect it is due to an immunological mechanism."
 - D. "We'll have to do some tests."

ANS: C PTS: 1

2. Gillian presents with a sudden onset of 102°F fever, emesis, tingling in the hands and feet, fatigue, and weakness. What is the potential diagnosis of this presentation?
 - A. Urticaria
 - B. Toxic shock syndrome
 - C. Scabies
 - D. Pediculosis

ANS: B PTS: 1

3. Which of the following describes a bulla?
 - A. Results from a defect in the dermoepidermal junction
 - B. Interfaces between the epidermis and the dermis
 - C. A small crusty plaque
 - D. A dime-sized purulent pustule on the buttocks

ANS: A PTS: 1

4. An example of ecchymosis is:
 - A. A hematoma
 - B. A keloid
 - C. A bruise
 - D. A patch

ANS: C PTS: 1

5. Francine presents with a total loss of skin color in patchy areas of her body. What are the potential causes?
 - A. Zidovudine
 - B. Chlorpromazine
 - C. Vitiligo
 - D. Addison's disease

ANS: C PTS: 1

6. When looking under the microscope to diagnose an intravaginal infection, you see a cluster of small and oval-to-round shapes. What do you suspect they are?
 - A. Spores
 - B. Leukocytes

- C. Pseudohyphae
- D. Epithelial cells

ANS: A PTS: 1

7. Your patient is in her second trimester of pregnancy and has a yeast infection. Which of the following is the most appropriate treatment?
- A. Terbinafine 250 mg once daily × 12 weeks
 - B. Noxafil 100 mg oral suspension × 2 daily
 - C. Griseofulvin 500 mg once daily × 2 to 4 weeks
 - D. Metronidazole 2% cream 5 g intravaginally × 7 days

ANS: D PTS: 1

8. Tinea unguium is also known as:
- A. Onychomycosis
 - B. Tinea versicolor
 - C. Tinea manuum
 - D. Tinea corporis

ANS: A PTS: 1

9. Sally, age 25, presents with impetigo that has been diagnosed as infected with *Staphylococcus*. The clinical presentation is pruritic tender, red vesicles surrounded by erythema with a rash that is ulcerating. Her recent treatment has not been adequate. Which type of impetigo is this?
- A. Bullous impetigo
 - B. Staphylococcal scalded skin syndrome (SSSS)
 - C. Nonbullous impetigo
 - D. Ecthyma

ANS: D PTS: 1

10. Mark has necrotizing fasciitis of his left lower extremity. Pressure on the skin reveals crepitus due to gas production by which anaerobic bacteria?
- A. *Staphylococcus aureus*
 - B. *Clostridium perfringens*
 - C. *S. pyogenes*
 - D. *Streptococcus*

ANS: B PTS: 1

11. When using the microscope for an intravaginal infection, you see something translucent and colorless. What do you suspect?
- A. A piece of hair or a thread
 - B. Hyphae
 - C. Leukocytes
 - D. Spores

ANS: B PTS: 1

12. What should be the initial management for a new wart?

- A. Tretinoin cream
- B. Liquid nitrogen cryotherapy
- C. Salicylic acid
- D. Watchful waiting

ANS: D PTS: 1

13. Stacy has a verruca plana and she is using tretinoin cream. Which of the following is true?
- A. It should be applied at bedtime over the entire area that is affected.
 - B. It should be applied twice daily for 1 week.
 - C. It is not normal to have a fine scaling when using this medication.
 - D. It is not normal to have erythema when using this medication.

ANS: A PTS: 1

14. Of the following types of cellulitis, which is a streptococcal infection of the superficial layers of the skin that does not involve the subcutaneous layers?
- A. Necrotizing fasciitis
 - B. Periorbital cellulitis
 - C. Erysipelas
 - D. "Flesh-eating" cellulitis

ANS: C PTS: 1

15. Mandy presents with a cauliflower-like wart in her anogenital region. You suspect it was sexually transmitted and discuss that:
- A. HPV 16 and 18 usually cause anogenital warts.
 - B. Penetrative intercourse is necessary to transmit anogenital warts.
 - C. Anogenital warts are transmitted genital to genital.
 - D. OTC home-based cryotherapy is a good choice for treatment.

ANS: C PTS: 1

16. Jeffrey has atopic dermatitis. You are prescribing a low-dose topical corticosteroid for him. Which would be a good choice?
- A. Betamethasone dipropionate 0.05%
 - B. Hydrocortisone base 2.5%
 - C. Halcinonide 0.1%
 - D. Desonide 0.05%

ANS: B PTS: 1

17. Harvey has a rubbery, smooth, round mass on his chest that is compressible and has a soft-to-very-firm texture. What do you diagnose this as?
- A. A lipoma
 - B. A nevus
 - C. A skin tag
 - D. A possible adenoma

ANS: A PTS: 1

18. Which of the following statements is accurate when you are removing a seborrheic keratosis lesion using snip excision?

- A. Do not use lidocaine as it may potentiate bleeding.
- B. Pinch the skin taut together.
- C. Use gel foam to control bleeding.
- D. This should be performed by a dermatologist only.

ANS: C PTS: 1

19. The “B” in the ABCDEs of assessing skin cancer represents:
- A. Biopsy
 - B. Best practice
 - C. Boundary
 - D. Border irregularity

ANS: D PTS: 1

20. Gary has been diagnosed with HSV-2 genital herpes and is wondering what to expect. Which of the following is a credible teaching point?
- A. HSV-1 genital herpes occurs more frequently than HSV-2 genital herpes.
 - B. The HSV lesions will never occur near the initial infection site.
 - C. Burning and tingling at the site of initial infection can signal recurrence.
 - D. Each recurrent HSV infection will be worse than the initial infection.

ANS: C PTS: 1

21. Eighty percent of men have noticeable hair loss by what age?
- A. 35
 - B. 50
 - C. 70
 - D. 85

ANS: D PTS: 1

22. Prevalence of psoriasis is highest in which group?
- A. Scandinavians
 - B. African Americans
 - C. Asians
 - D. Native Americans

ANS: A PTS: 1

23. The most common precancerous skin lesion found in Caucasians is:
- A. A skin tag
 - B. Actinic keratosis
 - C. A melanoma
 - D. A basal cell lesion

ANS: B PTS: 1

24. Ian, age 62, presents with a wide, diffuse area of erythematous skin on his lower left leg that is warm and tender to palpation. There is some edema involved. You suspect:
- A. Necrotizing fasciitis
 - B. Kaposi’s sarcoma
 - C. Cellulitis

D. A diabetic ulcer

ANS: C PTS: 1

25. Josh, aged 22, has tinea versicolor. Which description is the most likely for this condition?
- A. There are round, hypopigmented macules on his back.
 - B. Josh has red papules on his face.
 - C. There are crusted plaques in Josh's groin area.
 - D. There are white streaks on his neck.

ANS: A PTS: 1

26. Tori is on systemic antifungals for a bad tinea infection. You are aware that the antifungals may cause:
- A. Renal failure
 - B. Skin discoloration
 - C. Breathing difficulties
 - D. Hepatotoxicity

ANS: D PTS: 1

27. Which scalp problem can be caused by a fever and certain drugs?
- A. Telogen effluvium (TE)
 - B. Trichotillomania
 - C. Psoriasis
 - D. Alopecia areata

ANS: A PTS: 1

28. Which of the following is a strong risk factor associated with increased melanoma risk?
- A. Patient had a 15 mm nevus.
 - B. Patient has a history of multiple blistering sunburns in their teenage years.
 - C. Patient's uncle had melanoma.
 - D. Patient is of African American descent.

ANS: B PTS: 1

29. Which statement is true regarding chloasma, the "mask of pregnancy"?
- A. It is caused by a decrease in the melanocyte-stimulating hormone during pregnancy.
 - B. This condition only occurs on the face.
 - C. Exposure to sunlight will even out the discoloration.
 - D. It is caused by increased levels of estrogen and progesterone.

ANS: D PTS: 1

30. A patient presents with xerosis. What do you tell the patient about this condition?
- A. Daily hot baths can help to soothe the skin.
 - B. Using a strong deodorant can improve the condition.
 - C. It can be a side effect of depigmentation creams.
 - D. It is uncommon in the elderly.

ANS: C PTS: 1

31. Which medication used for scabies is safe for children 2 months and older?
- A. Permethrin cream
 - B. Lindane
 - C. Crothamiton lotion and cream
 - D. Ivermectin

ANS: A PTS: 1

32. Which of the following is an infraorbital fold skin manifestation in a patient with atopic dermatitis?
- A. Keratosis pilaris
 - B. Dennie's sign
 - C. Keratoconus
 - D. Pityriasis alba

ANS: B PTS: 1

33. Which of the following statements about performing cryosurgery for actinic keratosis is true?
- A. It is better to slightly overfreeze the area, so you only have to do it once.
 - B. Using liquid nitrogen, freeze each lesion for at least 30 seconds.
 - C. Every lesion should be biopsied after using liquid nitrogen.
 - D. The "freeze balls" should be approximately one-and-a-half times as wide as they are deep.

ANS: D PTS: 1

34. Gerald presents with a very dark color on his right pinkie finger. What is the health-care provider's next care step?
- A. Referral to a dermatologist for a nail biopsy
 - B. Watchful waiting
 - C. Discussing that the condition is benign and the patient can ignore it
 - D. Follow up in 2 weeks to see if there is any change

ANS: A PTS: 1

35. Which statement regarding necrotizing fasciitis is true?
- A. The hallmark of this infection is its slow and steady progression.
 - B. Once the border of the infection is "established," it does not spread.
 - C. This is a medical emergency and gangrene can develop.
 - D. The lesion is most dangerous, because it is painless.

ANS: C PTS: 1

36. When staging a malignant melanoma using Clark's levels, which level extends into the papillary dermis?
- A. Level I
 - B. Level II
 - C. Level III
 - D. Level IV

ANS: C PTS: 1

37. Which of these patients is most likely to have acne and resultant scarring?
- A. A 15-year-old Caucasian male
 - B. A 17-year-old Hispanic female
 - C. A 20-year-old Asian female
 - D. A 21-year-old African American male

ANS: B PTS: 1

38. A 20-year-old Hispanic male presents with multiple noninflammatory comedones on his chest and back with four small papules on his right upper arm. Which diagnosis is accurate?
- A. Mild acne
 - B. Moderate acne
 - C. Severe acne
 - D. Nodulocystic acne

ANS: A PTS: 1

39. A 40-year-old woman presents with inflammatory papules on her face, facial flushing when she drinks a glass of wine, telangiectasias, and dry eyes. Which of the following conditions is the most likely diagnosis?
- A. Acne vulgaris
 - B. Hot tub folliculitis
 - C. Rosacea
 - D. Perioral dermatitis

ANS: C PTS: 1

40. Rachel is a patient complaining of a pruritic erythematous rash on her face and hands that became apparent this morning. Which of the following questions would help determine whether she has contact dermatitis?
- A. "Do you have a history of itchy rashes?"
 - B. "Do you have any food allergies?"
 - C. "Do you have a history of rosacea?"
 - D. "Have you used any new face wash or soap?"

ANS: D PTS: 1

41. A 70-year-old patient presents with a poorly defined, pink, scaling rash on his face and scalp. When he asks what he can expect from this condition, you say:
- A. "If your rash is itchy, the itching may be worse when you are hot and sweaty."
 - B. "This is probably a one-time rash and should not come back."
 - C. "This condition does not run in families, so your children are not at risk of developing it."
 - D. "This rash is most common in people that have poor hygiene, so you will have to shower at least once a day."

ANS: A PTS: 1

42. Janet has psoriasis that covers 25% of her body. Which of the following treatment options should be considered?

- A. Referral to plastic surgery
- B. Methotrexate 10 mg daily
- C. Anthralin 0.1% ointment applied once a day
- D. A surgical consult

ANS: B PTS: 1

43. Heidi has a fingerlike, flesh-colored projection emanating from a broad base on her mouth. Which of the following is the most likely diagnosis?
- A. Plantar wart
 - B. Flat wart
 - C. Verruca vulgaris
 - D. Digitate wart

ANS: D PTS: 1

44. Maria had impetigo and is seeing her health-care provider for a follow-up visit. Which of the following teaching points should the provider discuss?
- A. Keeping fingernails short can prevent the spread of impetigo.
 - B. Impetigo can be prevented in the future by wearing a face mask.
 - C. If a patient has impetigo in the future, they should clean everything in their home with bleach.
 - D. Impetigo is spread by blood, so the patient should avoid donating blood.

ANS: A PTS: 1

45. Jill is a patient complaining of a “bumpy” rash on her neck that is nonpruritic. She was recently on a ski trip and went in a hot tub. What is the most likely diagnosis?
- A. HSV-2
 - B. Folliculitis
 - C. Acne vulgaris
 - D. Actinic keratosis

ANS: B PTS: 1

46. Graham has a single furuncle on his buttocks with no surrounding cellulitis. What is the best treatment option?
- A. Systemic antibiotics
 - B. Cold compress to the site
 - C. Incision and drainage
 - D. Watchful waiting

ANS: C PTS: 1

47. Jack is complaining of an extremely pruritic lesion that is round to a half circle in his genital area. Which of the following is the most likely diagnosis?
- A. Tinea cruris
 - B. Tinea pedis
 - C. Tinea versicolor
 - D. Tinea manuum

ANS: A PTS: 1

48. Which of the following is true of scabies?
- A. Scabies is more common in the Caucasian population.
 - B. Scabies is transmitted through blood.
 - C. Scabies is not associated with hygiene.
 - D. Scabies is transmitted through close personal contact.

ANS: D PTS: 1

49. Which of the following is true of pediculosis?
- A. Pruritus occurs before the sensitivity to the head louse.
 - B. Patients can be asymptomatic or cause few symptoms in the first 2 weeks following exposure.
 - C. In a patient's first infection, they will develop symptoms within 24 to 48 hours.
 - D. It is transmitted through droplets.

ANS: B PTS: 1

50. How might a rash appear on a patient with a darker skin tone?
- A. Dark brown
 - B. Light pink
 - C. Bright red
 - D. Deep purple

ANS: A PTS: 1

51. What of the following is the most common appearance of Paget's disease?
- A. Poorly defined, red, raised plaque on one nipple
 - B. Scattered white papules on the nipples bilaterally
 - C. Oval-shaped, erythematous scaling plaque with sharp margins on one nipple
 - D. Raised, silvery-white patches on the nipples bilaterally

ANS: C PTS: 1