

# UAE MINISTRY OF HEALTH

## TCAM EXAM SAMPLE OBJECTIVE (SHORT ANSWER) PAPER

### Case 1:

A 31 year old office executive male presented to his primary physician with polyuria and polydipsia and was found to have a fasting blood glucose of 263 mg/dl. A diagnosis of diabetes mellitus was made and the patient was started on Glyburide 5 mg QD and was sent for an endocrine consultation. On his way back home he comes to your clinic to get Alternative Medicine treatment as he does not have faith in 'Chemical Medicine'.

After an initial consultation you find out that:

- The patient was not checking his blood glucose at home. He denied any blurry vision or any paresthesias in toes or fingers.
- Family history was positive for diabetes in both of his parents and CAD in his father.
- He denied any history of ethanol abuse or cigarette smoking.

Physical Examination revealed:

BP=140/90 ; Weight=90 KG; BMI= 29;

Q1: What other investigations would you like to ask for this patient? (1.5 Marks)

1. ....
2. ....
3. ....

Q2: What life style modification regimen you advise this patient? (1.5 Marks)

1. ....
2. ....
3. ....
4. ....

Q3: What diet modification regimen would you advise? (2 Marks)

1. ....
2. ....
3. ....
4. ....

Q4: What would be Target Glycemic Control for this patient? (2 Marks)

1. ....
2. ....

Q5: What would be Target Lipid Control for this patient? (3 Marks)

1. ....
2. ....
3. ....

Q6: What would you advise for routine assessment/monitoring/control of this patient? (4 Marks)

1. ....
2. ....
3. ....
4. ....

Q7: What are 2 main causes of diabetic Ketoacidosis? (2 Marks)

1. ....
2. ....

Q8: What are 4 guiding symptoms (Complications) for Ketoacidosis? (2 Marks)

1. ....
2. ....
3. ....
4. ....

Q9: What is essential and immediate therapy for Ketoacidosis? (1 Mark)

1. ....

## Case 2

A 65 year old male comes to your clinic with the chief complaint of shortness of breath and a cough productive of yellow sputum since the past three weeks. The patient states that he has had "bronchitis" and "asthma" for several years resulting in a chronic cough, usually productive of one to two tablespoonfuls of mucoid sputum daily, as well as persistent mild to moderate dyspnea on exertion. Overall, while he describes having some good days and some bad days , he often experiences some dyspnoea on exertion.

Q1: What is chronic cough? (1 Mark)

.....

.....

Q3: Mention 6 important and relevant questions you would ask for taking history of the above patient. (3 Marks)

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

Q4: What would you look for on careful examination of the chest (4 Marks)

- |         |         |
|---------|---------|
| 1. .... | 3. .... |
| 2. .... | 4. .... |

Q5: Mention 4 underlying causes (diseases) of chronic cough (besides Asthma and Bronchitis) (4 Marks)

- |         |         |
|---------|---------|
| 1. .... | 3. .... |
| 2. .... | 4. .... |

Q2: Mention 3 causes of chronic cough in patients with NORMAL X-ray. (3 Marks)

1. ....
2. ....
3. ....

### Case 3

A 63 year old man comes to your clinic for routine follow-up for hypertension. He complains of a one week history of dysuria, nocturia and increased urinary frequency. He denies fever or chills, but complains of a decline in his appetite for one week. On examination his temperature is 37.5°C, pulse 76 and blood pressure 138/84. He is in no distress. Examination of his abdomen is normal.

Q1: What would you do next? (2 Marks)

1. ....
2. ....

Q2: Why? (1 Mark)

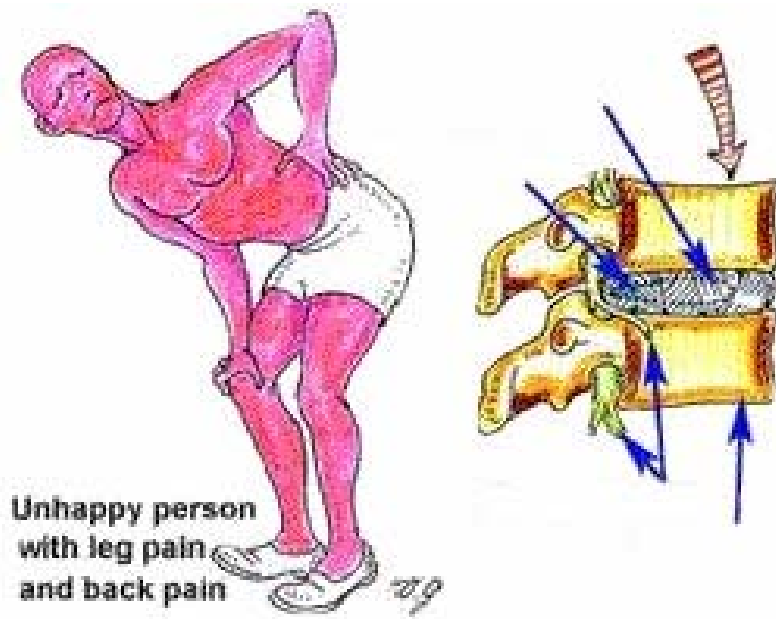
1. ....

Q3: Mention Two differential diagnosis? (2 Marks)

1. ....
2. ....

Q4: Mention Four tests that you would order. (4 Marks)

1. ....
2. ....
3. ....
4. ....



Q1: Fill in the blanks in the above diagram (2 Marks)

Q2: What abnormality do you see in this illustration? (1 Mark)

1. ....

Q3: What is probable diagnosis? (1Mark)

1. ....

Q4: Mention five specific questions for taking the case of a patient suffering from this condition. (2.5 Marks)

1. ....

2. ....

3. ....

4. ....

5. ....

Q5: How is this condition diagnosed? (2 Marks)

1. ....

2. ....

Q6: Mention 2 specific tests to confirm your diagnosis. (2 Marks)

1. ....
2. ....

Q7: Mention 2 specific type of leg pains caused by this condition. (2 Marks)

1. ....
2. ....

Q8: Mention 2 factors that increase the risk of this condition. (2 Marks)

1. ....
2. ....

Q9: Mention Five aspects of advices (non-medication) for prevention and reducing the risk factors, you would give to a patient suffering from this condition. (Be specific . For example just mentioning 'Life Style Modification' would not carry any marks. You need to be precise in your advice. ) (2.5 Marks)

1. ....
2. ....
3. ....
4. ....
5. ....