Question 1-4: Fibromyalgia Syndrome: Page 20-28

1. Choose the incorrect statement
A. Fibromyalgia (FM) is the most common cause of widespread musculoskeletal pain.
B. Laboratory tests and imaging studies play a role in establishing the diagnosis of FM.
C. Central sensitisation may be reason for the augmented pain experience of FM patients.
D. False
E. True

2. Is the following statement true or false?
Exercise can be beneficial in FM, particularly if pain control has not yet been achieved.
A. True
B. False

3. Choose the incorrect statement
A. In the diagnosis of FM, fever, malaise and neurological signs may indicate other abnormalities.
B. A subset of patients with FM predominantly complain of peripheral arthralgia without joint swelling.
C. Tiredness may be the predominant symptom of FM.
D. There is no relationship between quality of sleep and pain intensity.
E. Patients with FM may experience autonomic dysfunction, like hypotension, dizziness and vertigo.

4. Is the following statement true or false?
Exercise can be beneficial in FM, particularly if pain control has not yet been achieved.
A. True
B. False

Question 5-9: Chronic Non-Cancer Pain: Page 30-36

5. Is the following statement true or false?
Chronic pain may be nociceptive or neuropathic.
A. True
B. False

6. Choose the incorrect statement
A. Serotonin is functionally inhibited on pain transmission.
B. Post-traumatic pain is an example of non-neuropathic pain.
C. Amitriptyline may have an analgesic effect in patients with acute pain.
D. The mechanism of action of bupropion in pain syndromes involves dopamine uptake.
E. Carbamazepine and lamotrigine are calcium channel blockers.

7. Is the following statement true or false?
Venlafaxine and duloxetine are selective serotonin reuptake inhibitors.
A. True
B. False

8. Choose the incorrect statement
A. Predominantly serotoninergic drugs may be ineffective in treating chronic pain.
B. Carbamazepine is indicated for the treatment of trigeminal neuralgia.
C. In terms of efficacy, antidepressants are superior to antiepileptics.
D. The efficacy of tricyclic antidepressants has been documented in a variety of non-neuropathic pain syndromes.
E. Tricyclic antidepressants have the best documented efficacy in patients with fibromyalgia.

9. Choose the incorrect statement
A. In neuropathic pain, an antiepileptic drug is preferred if the patient cannot tolerate the side effects of tricyclic antidepressants.
B. Exercise is the primary therapy for chronic low back pain.
C. In non-neuropathic pain, a tricyclic antidepressant can be used as a pain adjuvant to alleviate muscle spasm.
D. Even when drug therapies for painful neuropathies are successful, there is only a 50 to 70 percent reduction in pain.
E. Opiates have been proved effective in the treatment of non-neuropathic pain.

12. Is the following statement true or false?
Toddlers need higher doses of analgesics than adults for all routes of administration.
A. True
B. False

15. Is the following statement true or false?
Dexamethasone sodium phosphate is a high dose, long duration corticosteroid.
A. True
B. False

16. Choose the incorrect statement
A. Informed consent should be obtained before injection.
B. Non-sterile gloves can be used when injecting soft tissue regions.
C. An 18- to 20-gauge needle should be placed on the equipment tray for injections.
D. Medication can be injected into a joint as sole form of treatment.
E. Bacteria and joint prosthesis are relative contraindications to therapeutic joint and soft tissue injection.

17. Choose the incorrect statement
A. The glenohumeral joint is the most mobile in the body.
B. The three major indications for glenohumeral joint injections are osteoarthritis, capsulitis and rheumatoid arthritis.
C. Adhesive capsulitis is often accompanied by tendinosis or bursitis.
D. For AC joint injection, 0.5ml of 1% lignocaine can be utilised as anaesthetic.
E. The needle is inserted from the anterior to lateral approach to the AC joint, and directed inferiorly.

18. Choose the incorrect statement
A. Acromioclavicular (AC) sprain is also known as separated shoulder.
B. Post-traumatic pain is an example of non-neuropathic pain.
C. There is a clear differentiation between AC joint pathology and rotator cuff impingement syndrome.
D. For AC joint injection, 0.5ml of 1% lignocaine can be utilised as anaesthetic.
E. The needle is inserted from the superior to anterior approach to the AC joint, and directed inferiorly.

19. Is the following statement true or false?
The subacromial space is the site of inflammation associated with various activities, such as throwing and weight lifting.
A. True
B. False

20. Is the following statement true or false?
Weight lifters, masons and rock climbers are at particular risk for glenohumeral joint injuries.
A. True
B. False