Saudi Medical Journal introduces this new section on multiple choice questions as part of its commitment to continuous education and learning. Board residents are encouraged to read this section to improve their knowledge and direct their reading for written examinations.

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Choose the most appropriate single answer.

1. A patient presents with a history of Meniere’s disease. To prevent future episodes the patient should be instructed to follow which diet?

   (A) Low salt, no caffeine
   (B) Low salt, high caffeine
   (C) High salt, high caffeine
   (D) High salt, no caffeine

2. A 28-year-old female has migraine headaches one to two times a month always preceded by an ocular aura and often associated with nausea and vomiting. She does not smoke, uses no alcoholic beverages, and has not been able to associate the headaches with stress, foods, activities, or menstrual phase. Vital signs and physical examination are normal. The patient would like to treat the headaches but does not want to use daily medication. The physician should advise this may be best accomplished by:

   (A) Biofeedback
   (B) A triptan medication
   (C) A calcium channel blocker
   (D) A beta blocker

3. A 22-year-old male patient presents with a 2-day history of flu-like symptoms. The patient also complains of redness in the right eye as shown in the accompanying image.

   What is the most likely diagnosis?

   (A) Bacterial conjunctivitis
   (B) Viral conjunctivitis
   (C) Uveitis
   (D) Glaucoma
4. The accompanying diagram shows the serological changes occurring in a patient following infection with hepatitis B virus. The x axis shows the number of weeks after the exposure, while graphs A and B represent which of the following antigens, respectively?

(A) HBsAg and IgG Anti-HBc  
(B) HBsAg and Anti-HBs  
(C) Anti-HBe and HBeAg  
(D) HBcAg and IgG Anti-HBc

5. A 56-year-old patient presents with a 24 hour history of increasing abdominal pain, nausea and abdominal distention. Past medical history is pertinent only for abdominal surgery after a car crash several years ago. The patient is afebrile and has slight tachycardia. The abdomen is distended, mildly tender to deep palpation and there is no palpable mass. There are a few high pitched intestinal sounds. Laboratory studies show slight hemoconcentration and normal electrolytes. The upright radiograph of her abdomen is shown.

What is the MOST appropriate treatment?

(A) Removal of obstruction  
(B) Treatment for ileus  
(C) Surgical colostomy  
(D) Transrectal decompression
Multiple choice questions

**ANSWERS:**

1. **Answer:** A  
   Specialty Domain: Diagnosis  
   Section: Health Promotion  
   Type: Re-call Knowledge  

2. **Answer:** B  
   Specialty Domain: Management  
   Section: Health Promotion  
   Type: Problem Solving  

3. **Answer:** B  
   Specialty Domain: Diagnosis  
   Section: Opthalmology  
   Type: Interpretation  

4. **Answer:** B  
   Specialty Domain: Diagnosis  
   Section: Health Promotion  
   Type: Re-call Knowledge  

5. **Answer:** A  
   Specialty Domain: Management  
   Section: Internal Medicine  
   Type: Problem Solving  