

CME questions on the Principles of Orthopaedics issue

1 For which knee movement is, at 60° of flexion, the ACL the primary restraint and the posterior oblique ligament a secondary restraint?

- A External rotation
- B Internal rotation
- C Posterior translation
- D Valgus
- E Varus

2 In knee arthroplasty design, for every 2 mm decrease in posterior condylar offset, approximately how much does the maximum degree of achievable flexion increase?

- A 1°
- B 5°
- C 7°
- D 12°
- E 20°

3 Which variant of Charcot-Marie-Tooth disease has an autosomal dominant pattern of inheritance and is caused by a mutation in the peripheral myelin protein 22 gene?

- A Type 1
- B Type 2
- C Type 3
- D Type 4
- E Type X

4 A patient becomes wheelchair-dependent because of muscular dystrophy at the age of 24. They have a creatine kinase level of 8500. An MRI shows fatty infiltration of the muscles. What is the most likely diagnosis?

- A Becker muscular dystrophy
- B Duchenne muscular dystrophy
- C Fascio scapular humeral dystrophy
- D Spinal muscular atrophy type 1
- E Spinal muscular atrophy type 2

5 If the body temperature is reduced by 1.5 °C during total hip arthroplasty, what is the effect on blood loss, on average?

- A Decreases by 50%
- B Decreases by 20%
- C No effect
- D Increases by 20%
- E Increases by 50%

6 Which of the following competitively inhibits the conversion of plasminogen to plasmin?

- A Aprotinin
- B Epsilon-aminocaproic acid
- C Fibrin sealants
- D Porcine-derived haemostatic sponge
- E Tranexamic acid

7 Which of the following is not a category in the Budapest criteria used to diagnose complex regional pain syndromes?

- A Motor/trophic
- B Psychological
- C Sensory
- D Sudek motor/oedema
- E Vasomotor

8 Which of the following is unlikely to be helpful in the management of a patient with complex regional pain syndrome?

- A Patient education
- B Physiotherapy
- C Psychological therapies
- D Regional blockade
- E Weak opioids

9 Which of the following is the strongest proven risk factor for the development of rheumatoid arthritis?

- A Epstein–Barr virus infection
- B Inhalation of silica dust
- C Obesity
- D Periodontal disease
- E Smoking

10 Approximately what proportion of patients with skin psoriasis have some form of psoriatic arthropathy?

- A 5%
- B 10%
- C 20%
- D 40%
- E 60%

11 Which of the following is not a recommended step in the management of diabetic patients in the perioperative period?

- A Early mobilization after surgery is encouraged
- B Patients are encouraged to self-manage their diabetes

- C Pre-admission for the management of diabetes should be avoided
- D Prioritization on the operating list is given to avoid the patient missing more than one meal
- E Variable-rate insulin infusion is used for control in the immediate postoperative period

12 When comparing patients with a blood glucose greater than 11.1 mmol/L with those who have a

blood glucose less than 6.1 mmol/L, what is the increased risk of pulmonary embolism?

- A Not increased
- B Two times higher
- C Three times higher
- D Five times higher
- E Ten times higher