

This section of the journal is designed to present clinical problems which focus on patient management, problem-solving, and other elements integral to family medicine. It features reinforcement of major teaching points through further discussion and supplemental references which appear on the following pages.

Self-Assessment in Family Practice

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Please select the one most correct answer in the following questions. The correct answers and references are indicated on the following page.

Question A

Traveler's diarrhea, such as that frequently acquired by US citizens visiting Mexico, is most commonly due to:

1. Salmonella
2. Shigella
3. E. coli enterotoxin
4. Enterovirus
5. Unfamiliar spices used in cooking
6. None of the above

Question B

An ulcer patient who you are treating with antacids develops a mixed sinus infection which you elect to treat with tetracycline, but the infection, despite culture sensitivity of the organism, shows no improvement after three days. You should:

1. Change tetracycline to a cephalosporin
2. Add a cephalosporin to tetracycline

3. Give tetracycline intramuscularly
4. Be sure that no antacids or food are being given two hours before or after the tetracycline

Question C

The most prevalent of the pneumoconioses is:

1. Silicosis
2. Black lung
3. Byssinosis
4. Asbestosis
5. Bagassosis

Question D

A higher incidence of cancer of the lung is noted in:

1. Uranium miners
2. Nickel refiners
3. Chromate workers
4. Cigarette smokers
5. All of the above

Question E

The symptoms of organophosphate

poisoning include all of the following except:

1. Blurred vision
2. Dry mouth
3. Nausea
4. Headache
5. Diarrhea

Question F

The immediate treatment of acute organophosphate poisoning is:

1. Atropine
2. Neostigmine
3. Morphine
4. Aminophylline
5. Phenothiazines

Question G

The most far-reaching and revolutionary piece of occupational health legislation in the past 100 years is:

1. The Walsh-Healey Act
2. The Federal Coal Mine Health and Safety Act
3. The Federal Workmen's Compensation Law
4. The Environmental Pollution Act
5. The Occupational Safety and Health Act of 1970

Answers and Discussion

Question A

Answer 3. Among tourists, diarrhea is commonly a source of great anxiety, mild anguish, and considerable conversation. It usually occurs several days after the tourist's arrival in a foreign country when he may be seized by nausea, vomiting, fever, cramps, and a profuse, urgent, non-bloody diarrhea. Frequently, the systemic symptoms may be absent, but the patient is kept from activities by an urgent, almost uncontrollable, diarrhea. Although, he will blame his difficulty upon the water, food, or alcohol, its cause is unknown. In countries with poor sanitary practices, diarrhea has been ascribed to amebic infection and the bacteria in the water supply, but in countries with modern sanitation the traveler himself is blamed for overactivity and for taking too many rich foods and heavy liquors. While amebiasis may be at fault, several studies in Europe and in Mexico have failed to

implicate the usual bacteria or ameba. Variations in the ecology of the normal inhabitants of the bowel, especially of *E. coli*, have been indicted as the cause.¹

Question B

Answer 4. "Since tetracyclines form insoluble complexes with calcium magnesium, iron, and aluminum salts, the presence of food, milk or milk products, or cathartics and antacids containing these salts results in decreased or erratic intestinal absorption."²

Question C

Answer 1. Silicosis.³

Question D

Answer 4. All of the above.⁴

Question E

Answer 2. Dry mouth.⁵

Question F

Answer 1. Atropine. The other drugs are contraindicated.⁶

Question G

Answer 5. The Occupational Health and Safety Act of 1970 (OSHA).⁷

References

1. Krupp MA, Chatton MJ: *Current Medical Diagnosis and Treatment*. Los Altos, Calif, Lange Medical Publications, 1976, p 828
2. AMA Department of Drugs: *AMA Drug Evaluations*, ed 2. Acton, Mass, Publishing Sciences Group, 1973, p 541
3. Page JA, O'Brien M: The silent violence — bitter wages. In *Ralph Nader Study Group Reports: The Report on Disease and Injury on the Job*. New York, Grossman, 1973, p 14
4. *Ibid*, pp 26-27
5. Milby TH: Prevention and management of organophosphate poisoning. *JAMA* 216:2131-2133, 1975
6. *Ibid*
7. Strasser AL: Occupational health and safety. In Conn H, Rakel T (eds): *Family Practice*. Philadelphia, WB Saunders, 1973, p 1028