





### PHARMACOTHERAPEUTICS





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## **1.** What is the primary definition of rheumatoid arthritis?

A) A degenerative joint disease
B) An autoimmune inflammatory disorder affecting joints
C) A metabolic disorder affecting bone density
D) A type of osteoarthritis







## **1.** What is the primary definition of rheumatoid arthritis?

A) A degenerative joint disease
B) An autoimmune inflammatory disorder affecting joints
C) A metabolic disorder affecting bone density
D) A type of osteoarthritis







Rheumatoid arthritis is primarily defined as an autoimmune inflammatory disorder that predominantly affects the synovial joints, leading to joint pain, swelling, and potential joint destruction.







## 2. Which of the following best describes the etiopathogenesis of RA?

A) Genetic predisposition and environmental triggers

- **B)** Age-related degeneration
- **C)** Bacterial infection
- **D)** Viral infection alone







## 2. Which of the following best describes the etiopathogenesis of RA?

A) Genetic predisposition and environmental triggers

- **B)** Age-related degeneration
- **C)** Bacterial infection
- **D)** Viral infection alone







The etiopathogenesis of RA involves a combination of genetic predisposition, environmental factors (such as smoking), and immune system dysregulation that leads to chronic inflammation in the joints.







## **3. Which clinical manifestation is most characteristic of RA?**

A) Morning stiffness lasting less than 30 minutes
B) Symmetrical joint involvement
C) Asymmetrical joint pain
D) Osteophyte formation







## **3.** Which clinical manifestation is most characteristic of RA?

A) Morning stiffness lasting less than 30 minutes
B) Symmetrical joint involvement
C) Asymmetrical joint pain
D) Osteophyte formation





RA is characterized by symmetrical joint involvement, typically affecting small joints like those of the hands and feet, often with morning stiffness lasting more than one hour.







## 4. Which non-pharmacological management strategy is beneficial for RA patients?

A) Complete bed rest
B) Regular physical activity and exercise
C) Avoidance of all physical activity
D) High-protein diet







## 4. Which non-pharmacological management strategy is beneficial for RA patients?

A) Complete bed rest
B) Regular physical activity and exercise
C) Avoidance of all physical activity
D) High-protein diet







Regular physical activity and tailored exercise programs help maintain joint function, reduce stiffness, and improve overall physical condition in RA patients.







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#### 5. Which class of drugs is commonly used as firstline treatment for RA?

- A) Non-steroidal anti-inflammatory drugs (NSAIDs)
- B) Disease-modifying antirheumatic drugs (DMARDs)
- C) Corticosteroids
- D) Opioids





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#### 5. Which class of drugs is commonly used as firstline treatment for RA?

- A) Non-steroidal anti-inflammatory drugs (NSAIDs)
- B) Disease-modifying antirheumatic drugs (DMARDs)
- C) Corticosteroids
- D) Opioids





#### DMARDs, particularly methotrexate, are first-line treatments for RA as they modify the disease course and help prevent joint damage.







6. Which laboratory test is commonly used to help diagnose rheumatoid arthritis?

- A) C-reactive protein (CRP)
- **B)** Complete blood count (CBC)
- C) Urinalysis
- **D)** Liver function tests







6. Which laboratory test is commonly used to help diagnose rheumatoid arthritis?

- A) C-reactive protein (CRP)
- **B)** Complete blood count (CBC)
- C) Urinalysis
- **D)** Liver function tests







#### Answer: A

Explanation: C-reactive protein (CRP) is a common laboratory test that measures inflammation levels in the body and is often elevated in rheumatoid arthritis, assisting in diagnosis.







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## 7. What is the primary definition of osteoarthritis?

A) A systemic autoimmune disease
B) A degenerative joint disease characterized by cartilage breakdown
C) An infectious joint disease

D) A type of inflammatory arthritis







## 7. What is the primary definition of osteoarthritis?

A) A systemic autoimmune disease
B) A degenerative joint disease characterized by cartilage breakdown
C) An infectious joint disease
D) A type of inflammatory arthritis







Answer: B: Osteoarthritis is defined as a degenerative joint disease characterized by the breakdown of cartilage, leading to joint pain and stiffness.







## 8.What is a significant risk factor for developing OA?

A) Age
B) Gender
C) Obesity
D) All of the above







## 8.What is a significant risk factor for developing OA?

A) Age
B) Gender
C) Obesity
D) All of the above







#### **Answer: D**

Explanation: Age, gender (more common in women), and obesity are all significant risk factors for developing osteoarthritis due to increased mechanical stress on joints.









#### 9. Which clinical manifestation is typical for OA?

#### A) Symmetrical joint pain

#### **B)** Joint swelling in the morning

C) Pain that worsens with activity and improves with rest

#### **D)** Fever and malaise





#### 9. Which clinical manifestation is typical for OA?

# A) Symmetrical joint pain B) Joint swelling in the morning C) Pain that worsens with activity and improves with rest D) Fever and malaise







# Explanation: In OA, pain typically worsens with activity and improves with rest, which contrasts with inflammatory conditions like RA.







## 10. What non-pharmacological approach is recommended for OA management?

#### A) Joint immobilization

- B) Weight management and physical therapy
- **C)** Strict bed rest
- D) Hot baths only







## 10. What non-pharmacological approach is recommended for OA management?

A) Joint immobilization
B) Weight management and physical therapy
C) Strict bed rest
D) Hot baths only







#### **Answer: B**

# Explanation: Weight management and physical therapy are crucial in OA management to reduce joint load and improve mobility.







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## 11. Which medication is commonly used for symptomatic relief in OA?

A) Corticosteroids
B) NSAIDs
C) DMARDs
D) Antidepressants







## 11. Which medication is commonly used for symptomatic relief in OA?

A) Corticosteroids
B) NSAIDs
C) DMARDs
D) Antidepressants







## Explanation: NSAIDs are frequently used to alleviate pain and inflammation in osteoarthritis, providing symptomatic relief.







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### 12. Which factor is most commonly associated with the etiopathogenesis of psoriasis?

# A) Allergic reactions B) Genetic predisposition and environmental triggers C) Poor hygiene

**D)** Excessive sun exposure







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### 12. Which factor is most commonly associated with the etiopathogenesis of psoriasis?

#### A) Allergic reactions **B**) Genetic predisposition and environmental triggers **C)** Poor hygiene **D)** Excessive sun exposure App from play store





Explanation: Psoriasis is associated with a genetic predisposition, often triggered by environmental factors like infections, stress, or skin injuries.







## **13.Which clinical manifestation is characteristic of psoriasis?**

A) Oozing lesions
B) Red plaques with silvery scales
C) Blistering
D) Hyperpigmentation







## **13.Which clinical manifestation is characteristic of psoriasis?**

A) Oozing lesions
B) Red plaques with silvery scales
C) Blistering
D) Hyperpigmentation







Explanation: The hallmark of psoriasis is the presence of red plaques covered with silvery-white scales, typically found on the elbows, knees, and scalp.







## 14. Which non-pharmacological approach can help manage psoriasis?

- A) Total sun avoidance
- **B)** Stress management and dietary modifications
- **C)** High-protein diets
- D) Overwashing the skin







## 14. Which non-pharmacological approach can help manage psoriasis?

- A) Total sun avoidance
- **B)** Stress management and dietary modifications
- **C)** High-protein diets
- D) Overwashing the skin







Explanation: Stress management and dietary modifications can help improve psoriasis symptoms, as stress is a known trigger for flare-ups.







### 15. What is a common pharmacological treatment for moderate to severe psoriasis?

A) Topical antibiotics
B) Methotrexate
C) Antihistamines
D) Corticosteroids only







### 15. What is a common pharmacological treatment for moderate to severe psoriasis?

A) Topical antibiotics
B) Methotrexate
C) Antihistamines
D) Corticosteroids only







### Explanation: Methotrexate is commonly used for moderate to severe psoriasis due to its ability to reduce rapid cell turnover and inflammation.







### 16. What is the definition of scabies?

### A) A viral skin disease

- B) An infestation of the skin by the Sarcoptes scabiei mite
- C) A fungal infection
- **D)** A bacterial infection







### 16. What is the definition of scabies?

A) A viral skin disease
B) An infestation of the skin by the Sarcoptes scabiei mite
C) A fungal infection
D) A bacterial infection







## Explanation: Scabies is defined as an infestation caused by the Sarcoptes scabiei mite, leading to intense itching and a rash.







## 17.What is the primary mode of transmission for scabies?

A) Airborne droplets
B) Direct skin-to-skin contact
C) Contaminated water
D) Insect bites







## 17.What is the primary mode of transmission for scabies?

A) Airborne droplets
B) Direct skin-to-skin contact
C) Contaminated water
D) Insect bites







## Explanation: Scabies is primarily transmitted through direct skin-to-skin contact, often in close quarters or crowded living conditions.









## 18. Which clinical manifestation is typical of scabies?

A) Blisters on the face
B) Intense itching, especially at night
C) Flaky skin
D) Swollen lymph nodes







## 18. Which clinical manifestation is typical of scabies?

A) Blisters on the face
B) Intense itching, especially at night
C) Flaky skin
D) Swollen lymph nodes







### Explanation: Intense itching, especially at night, is a classic symptom of scabies, often accompanied by a rash.









### **19.What non-pharmacological measure can help prevent scabies transmission?**

A) Sharing clothing and bedding
B) Frequent handwashing
C) Avoiding skin-to-skin contact
D) Ignoring symptoms







### **19.What non-pharmacological measure can help prevent scabies transmission?**

A) Sharing clothing and bedding
B) Frequent handwashing
C) Avoiding skin-to-skin contact
D) Ignoring symptoms







### **Answer: C**

## Explanation: Avoiding skin-to-skin contact is crucial in preventing the transmission of scabies, especially in crowded settings.







## **20.** What is a first-line pharmacological treatment for scabies?

A) Topical corticosteroids
B) Permethrin cream
C) Oral antibiotics
D) Antihistamines







## **20.** What is a first-line pharmacological treatment for scabies?

A) Topical corticosteroids
B) Permethrin cream
C) Oral antibiotics
D) Antihistamines







## Explanation: Permethrin cream is the first-line treatment for scabies, effectively killing the mites and their eggs.







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### **21.** What is the definition of eczema?

A) A chronic inflammatory skin condition
B) A viral skin disease

- C) A fungal infection
- D) A type of dermatitis caused only by allergens







### **21.** What is the definition of eczema?

A) A chronic inflammatory skin condition
B) A viral skin disease
C) A fungal infection
D) A type of dermatitis caused only by allergens







### **Answer: A**

# Explanation: Eczema, or atopic dermatitis, is defined as a chronic inflammatory skin condition characterized by dry, itchy skin and rashes.









# 22. Which factor plays a significant role in the etiopathogenesis of eczema?

- **A) Excessive hygiene**
- B) Genetic predisposition and environmental triggers
- **C)** Dietary habits
- **D) Infectious agents**







# 22. Which factor plays a significant role in the etiopathogenesis of eczema?

A) Excessive hygiene
B) Genetic predisposition and environmental triggers
C) Dietary habits
D) Infectious agents







### **Answer: B**

Explanation: The development of eczema is influenced by genetic factors, often in conjunction with environmental triggers such as allergens and irritants.







# 23.Which clinical manifestation is typical of eczema?

A) Thickened, cracked skin
B) Pustular lesions
C) Oily skin with acne
D) Red, scaly patches that often ooze







# 23.Which clinical manifestation is typical of eczema?

A) Thickened, cracked skin
B) Pustular lesions
C) Oily skin with acne
D) Red, scaly patches that often ooze







### **Answer: D**

Explanation: Eczema typically presents as red, inflamed, and itchy patches that can become crusted or ooze. It often appears in areas like the face, neck, and flexural surfaces.







24. What non-pharmacological approach is recommended for managing eczema?

A) Avoidance of bathing
B) Moisturizing regularly and avoiding irritants
C) Use of harsh soaps and detergents
D) Excessive sun exposure







24. What non-pharmacological approach is recommended for managing eczema?

A) Avoidance of bathing
B) Moisturizing regularly and avoiding irritants
C) Use of harsh soaps and detergents
D) Excessive sun exposure







### **Answer: B**

# Explanation: Regularly moisturizing the skin and avoiding irritants are critical non-pharmacological strategies to manage eczema effectively.







25. Which pharmacological treatment is commonly prescribed for moderate to severe eczema?

A) Oral antibiotics
B) Topical corticosteroids
C) Antihistamines
D) Systemic antiviral medications







25. Which pharmacological treatment is commonly prescribed for moderate to severe eczema?

A) Oral antibiotics
B) Topical corticosteroids
C) Antihistamines
D) Systemic antiviral medications







### **Answer: B**

Explanation: Topical corticosteroids are frequently used to reduce inflammation and itching in moderate to severe cases of eczema.







### 26. What is a common trigger for eczema flareups?

A) Cold weather
B) Stress
C) Certain foods (e.g., eggs, nuts)
D) All of the above







### 26. What is a common trigger for eczema flareups?

A) Cold weather
B) Stress
C) Certain foods (e.g., eggs, nuts)
D) All of the above







### Answer: D

Explanation: Eczema can be triggered by various factors, including cold weather, stress, and specific foods, making it important for patients to identify and avoid their personal triggers.







# 27. Which area of the body is often affected in infants with eczema?

A) Hands and feetB) Scalps and facesC) Lower legs and thighsD) Armpits and groin







# 27. Which area of the body is often affected in infants with eczema?

A) Hands and feet
B) Scalps and faces
C) Lower legs and thighs
D) Armpits and groin







### **Answer: B**

### Explanation: In infants, eczema often appears on the scalp and face, and may spread to other areas as the child grows.







# 28. Which of the following is NOT a characteristic of atopic dermatitis?

A) Chronic course with relapsing episodes
B) Associated with other atopic conditions (e.g., asthma, hay fever)
C) Complete skin barrier function
D) Intense pruritus (itching)





# 28. Which of the following is NOT a characteristic of atopic dermatitis?

A) Chronic course with relapsing episodes
B) Associated with other atopic conditions (e.g., asthma, hay fever)
C) Complete skin barrier function
D) Intense pruritus (itching)







### Answer: C

Explanation: Atopic dermatitis is characterized by impaired skin barrier function, leading to dryness and increased susceptibility to irritants and allergens.







29. Which medication is effective in controlling severe eczema that does not respond to topical treatments?

A) Oral corticosteroids
B) NSAIDs
C) Systemic immunosuppressants cyclosporine)
D) Topical retinoids



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29. Which medication is effective in controlling severe eczema that does not respond to topical treatments?

A) Oral corticosteroids
B) NSAIDs
C) Systemic immunosuppressants (e.g., cyclosporine)
D) Topical retinoids







### **Answer: C**

Explanation: Systemic immunosuppressants, such as cyclosporine, can be effective for severe eczema that does not respond to conventional topical treatments.







# **30.** What is a recommended skincare routine for someone with eczema?

A) Frequent bathing with hot water
B) Moisturizing immediately after bathing
C) Using alcohol-based products
D) Exposing skin to irritants







# **30.** What is a recommended skincare routine for someone with eczema?

A) Frequent bathing with hot water
B) Moisturizing immediately after bathing
C) Using alcohol-based products
D) Exposing skin to irritants







### **Answer: B**

Explanation: It is recommended for individuals with eczema to moisturize immediately after bathing to lock in moisture and protect the skin barrier.







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### **31.** What is a common co-morbidity associated with rheumatoid arthritis?

A) Diabetes
B) Cardiovascular disease
C) Osteoporosis
D) All of the above







### **31.** What is a common co-morbidity associated with rheumatoid arthritis?

A) Diabetes
B) Cardiovascular disease
C) Osteoporosis
D) All of the above







### **Answer: D**

Explanation: RA is associated with several comorbidities, including cardiovascular disease, diabetes, and osteoporosis due to chronic inflammation and corticosteroid use.









# **32.** Which of the following is a hallmark sign of osteoarthritis on radiography?

A) Erosions
B) Osteophyte formation
C) Soft tissue swelling
D) Joint space widening







# **32.** Which of the following is a hallmark sign of osteoarthritis on radiography?

A) Erosions
B) Osteophyte formation
C) Soft tissue swelling
D) Joint space widening







### **Answer: B**

### Explanation: Osteophyte formation is a hallmark sign of osteoarthritis seen on radiography, indicating degenerative changes.







## **33. What lifestyle modification can help manage osteoarthritis symptoms?**

A) Increasing high-impact exercises
B) Weight loss for overweight individuals
C) Avoiding all physical activity
D) Eating a high-sugar diet







## **33. What lifestyle modification can help manage osteoarthritis symptoms?**

A) Increasing high-impact exercises
B) Weight loss for overweight individuals
C) Avoiding all physical activity
D) Eating a high-sugar diet







#### Explanation: Weight loss can significantly reduce stress on weight-bearing joints, helping to alleviate symptoms of osteoarthritis.







### 34. What is the most common type of psoriasis?

A) Guttate psoriasis
B) Plaque psoriasis
C) Inverse psoriasis
D) Pustular psoriasis







### 34. What is the most common type of psoriasis?

A) Guttate psoriasis
B) Plaque psoriasis
C) Inverse psoriasis
D) Pustular psoriasis







# Explanation: Plaque psoriasis is the most common type, characterized by raised, red patches covered with silvery scales.







**35.** What is a key difference between eczema and psoriasis?

A) Eczema is contagious, while psoriasis is not.
B) Eczema typically presents with oozing, whereas psoriasis presents with scaling.
C) Psoriasis is associated with infection, while eczema is not.
D) None of the above.







**35.** What is a key difference between eczema and psoriasis?

A) Eczema is contagious, while psoriasis is not.
B) Eczema typically presents with oozing, whereas psoriasis presents with scaling.
C) Psoriasis is associated with infection, while eczema is not.
D) None of the above.







# Explanation: Eczema often presents with oozing lesions and crusting, while psoriasis is characterized by thick, silvery scales.







### **36.** What systemic treatment is sometimes used for severe psoriasis?

A) Topical antihistamines
B) Biologic agents (e.g., TNF inhibitors)
C) Oral corticosteroids only
D) Antivirals







### **36.** What systemic treatment is sometimes used for severe psoriasis?

A) Topical antihistamines
B) Biologic agents (e.g., TNF inhibitors)
C) Oral corticosteroids only
D) Antivirals







Explanation: Biologic agents targeting specific pathways in the immune system are used for severe psoriasis that is resistant to other treatments.







## **37.** Which type of eczema is most commonly seen in adults?

A) Contact dermatitis
B) Nummular eczema
C) Seborrheic dermatitis
D) Dyshidrotic eczema







## **37.** Which type of eczema is most commonly seen in adults?

A) Contact dermatitis
B) Nummular eczema
C) Seborrheic dermatitis
D) Dyshidrotic eczema







#### **Answer: A**

#### Explanation: Contact dermatitis, which results from exposure to irritants or allergens, is a common type of eczema seen in adults.







### **38.** What is a common feature of chronic eczema?

A) Oozing and crustingB) Lichenification (thickened skin)C) HyperpigmentationD) All of the above







### **38.** What is a common feature of chronic eczema?

A) Oozing and crusting
B) Lichenification (thickened skin)
C) Hyperpigmentation
D) All of the above







#### Explanation: Lichenification, or thickened skin due to prolonged scratching and irritation, is a common feature of chronic eczema.







### 39. In terms of patient education, what should be emphasized for eczema management?

A) Avoid all forms of moisturizer
B) Use moisturizers regularly and avoid known triggers
C) Ignore symptoms until severe

D) Scratching is helpful to relieve itch







### **39.** In terms of patient education, what should be emphasized for eczema management?

A) Avoid all forms of moisturizer
B) Use moisturizers regularly and avoid known triggers
C) Ignore symptoms until severe
D) Scratching is helpful to relieve itch







# Explanation: Regular use of moisturizers and avoidance of known triggers are essential components of effective eczema management.







## 40. Which type of psoriasis is characterized by small, drop-shaped lesions?

A) Plaque psoriasisB) Guttate psoriasisC) Inverse psoriasisD) Pustular psoriasis







## 40. Which type of psoriasis is characterized by small, drop-shaped lesions?

A) Plaque psoriasis
B) Guttate psoriasis
C) Inverse psoriasis
D) Pustular psoriasis







Explanation: Guttate psoriasis is characterized by small, drop-shaped lesions, often triggered by infections such as streptococcal throat infections.







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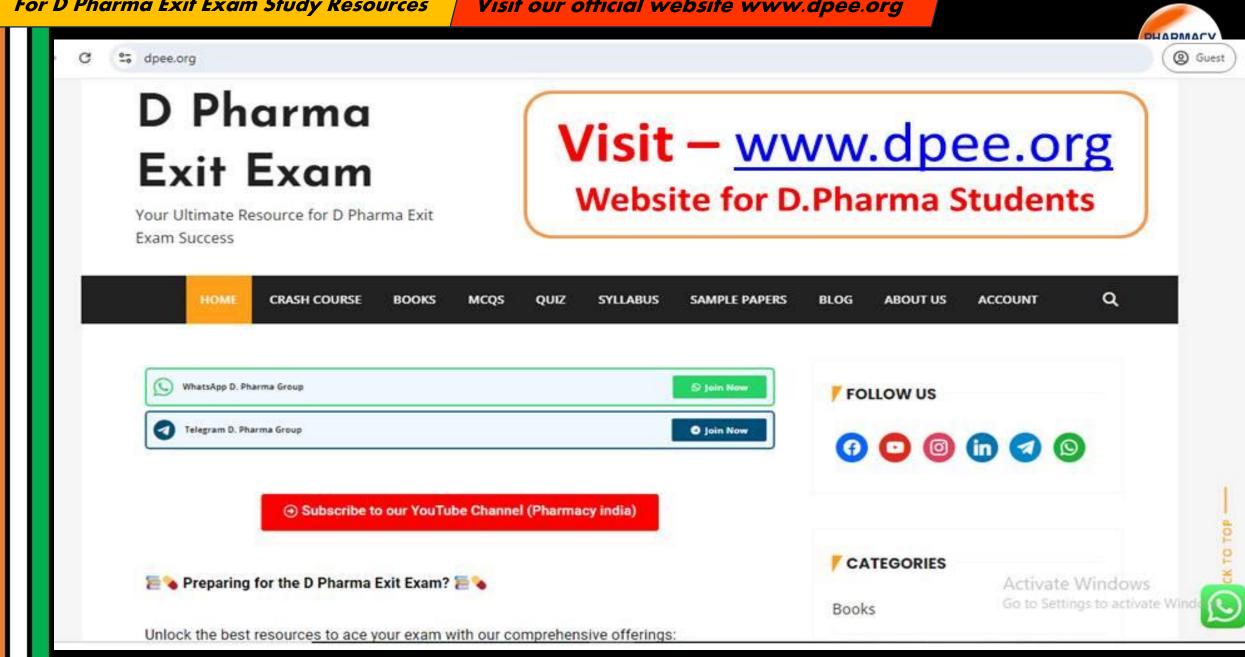




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