THE FINAL STEP
Crossing the Finish Line with 1,200 Key Terms
A Review for Physician Assistants

Acanthosis nigricans
Karyotype
Aortic stenosis
Tularemia
Amaurosis fugax
Oxacin
Wilson's disease
Sarcoidosis
Osteosarcoma
Kiesselbach's plexus
Polymyositis
Dysthyemia
Pyelonephritis
PTU
Doxycycline
Cholelithiasis
Pseudogout
Hashimoto's
Apley
Thank You!

I want to take a moment right at the beginning to say THANK YOU! Your purchase of the *The Final Step* makes a huge impact, not only on you and me, but on the entire PA community.

By purchasing the *The Final Step*:

- **You** get a valuable tool to use in preparing for your test. I believe there is no better resource you can use in in the week leading up to your exam.
- **You** help me take Physician Assistant Exam Review from a hobby, which took time and energy away from my family, and change it into a resource that helps support them.
- **You** allow me to continue to create great FREE content on [www.physicianassistantexamreview.com](http://www.physicianassistantexamreview.com), including the podcast and study notes, for the entire PA community.

For all of this, thank you. If you know of anyone else who would like to boost their confidence for exam day please send them to [www.physicianassistantexamreview.com/thefinalstep](http://www.physicianassistantexamreview.com/thefinalstep) to pick up their very own copy.

Sincerely,

Brian, Betty, Colin and Derek Wallace
A

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All 1200 questions and 15 topics in random order ........................................ pg. 107
This book was initially written while I was studying for my PANRE. It is designed specifically as an aid for passing your exam and not for clinical practice. The questions cover the most important information you need to know as quickly as possible. I used these key questions to review at the end of each topic and then again to review everything just before my exam. That’s where the title *The Final Step* comes from.

You will find that the questions are very short. The idea is to be able to review as many key ideas as possible in as short a time period as possible. These questions are designed to be used only after you feel comfortable with the content of each topic. You should use several different resources while preparing for your exam, and the *The Final Step* will take you across the finish line.

The Final Step is split into two sections. The first has the questions divided by topic. This is designed so that you can easily quiz yourself at the end of a study session. Section B is all 1200 questions in a completely random order. This section is best used in the days leading up to your exam when you want to cover everything as fast as possible.

This book has helped hundreds of students and PA’s pass their exams, and I am confident it will do the same for you. Thank you and good luck!

Brian Wallace, PA-C
At what age should you begin ordering dexta scans for male patients? What about female patients?

70 for males, 65 for females

Give the DEXA score for osteopenia? Osteoporosis?

Osteopenia = 1 to 2.4 standard deviations, osteoporosis = 2.5 standard deviations or greater

What fracture is the #1 cause of compartment syndrome?

Tibial shaft fracture

A patient's lab work shows positive Smith antibody and positive double-stranded DNA antibodies. What is the most likely diagnosis?

Lupus

Where are Bouchard's nodes found?

Proximal interphalangeal joint (PIP)

What will an x-ray show in acute osteomyelitis?

Nothing - it will show bone destruction in chronic osteomyelitis.

What is the best imaging to diagnose osteomyelitis?

Either a bone scan or an MRI will provide the diagnosis.

A 22 year old male patient presents with what is clearly a septic knee. You also notice lesions on his hands and feet. What is the most likely pathogen?

Neisseria gonorrhoeae

What would you expect the WBC count to be in the joint fluid of an infected knee?

>50,000 at a minimum and probably much higher.

A patient presents with a painless mass in her right wrist. What is the most likely diagnosis?

Ganglion cyst

What is the age range for osteosarcoma? Where are they most typically found in the body?

Osteosarcoma usually occur in 15-25 year old males and are most commonly found around the knee.
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>You think a patient may have an osteoid osteoma due to his complaints</td>
<td>If it is truly an osteoid osteoma, ibuprofen will resolve his pain.</td>
</tr>
<tr>
<td>of severe night pain. You set him up for an x-ray, but in the meantime</td>
<td></td>
</tr>
<tr>
<td>what medication do you start him on?</td>
<td></td>
</tr>
<tr>
<td>Clicking or locking of the knee indicates what diagnosis?</td>
<td>Meniscal tear</td>
</tr>
<tr>
<td>A 65 year old presents complaining of severe pain in his great toe</td>
<td>Gout would be number one because of the location, but you might also</td>
</tr>
<tr>
<td>that began when he woke up this morning. It is swollen, red and very</td>
<td>think about an infection.</td>
</tr>
<tr>
<td>tender. What is the most likely diagnosis?</td>
<td></td>
</tr>
<tr>
<td>What uric acid level helps to confirm a diagnosis of gout?</td>
<td>&gt;7.5</td>
</tr>
<tr>
<td>What is the medical treatment for gout?</td>
<td>Allopurinol, colchicine</td>
</tr>
<tr>
<td>A pathology report comes back with positive birefringent crystals.</td>
<td>Pseudogout</td>
</tr>
<tr>
<td>What is the most likely diagnosis?</td>
<td></td>
</tr>
<tr>
<td>A patient with a history of hepatitis B presents complaining of</td>
<td>Polyarteritis nodosa</td>
</tr>
<tr>
<td>bilateral knee pain, fever and weight loss. What is the most likely</td>
<td></td>
</tr>
<tr>
<td>diagnosis?</td>
<td></td>
</tr>
<tr>
<td>You suspect a patient has polyarteritis nodosa. What is the test for</td>
<td>Biopsy, high dose steroids</td>
</tr>
<tr>
<td>a definitive diagnosis and what is the treatment?</td>
<td></td>
</tr>
<tr>
<td>On physical exam you notice ulnar deviations and swan neck</td>
<td>Rheumatoid arthritis</td>
</tr>
<tr>
<td>deformities. What is the most likely diagnosis?</td>
<td></td>
</tr>
<tr>
<td>A positive Neer's test indicates what diagnosis?</td>
<td>Rotator cuff impingement</td>
</tr>
<tr>
<td>List three medication that may cause lupus.</td>
<td>Procainamide, isoniazid and Quinidine</td>
</tr>
</tbody>
</table>

**Notes:**
- Meniscal tear
- Gout would be number one because of the location, but you might also think about an infection.
- >7.5
- Allopurinol, colchicine
- Pseudogout
- Polyarteritis nodosa
- Biopsy, high dose steroids
- Rheumatoid arthritis
- Rotator cuff impingement
- Procainamide, isoniazid and Quinidine
What test do you do for Sjogren's syndrome?

Schirmer test

A patient with rheumatoid arthritis is heading to the OR for open reduction and internal fixation of the ankle. In addition to ankle films what other x-rays should you get?

C-spine, anesthesia will want them due to concerns about instability of C1 & C2.

Which carpal bone has a high rate of nonunion and occult fracture?

Scaphoid

What medication is used for patients with lupus?

Systemic steroids

Scleroderma limited version has five main characteristics for which the CREST acronym is often used. What are those five things?

Calcinosi, Raynaud's, esophageal dysmotility, Sclerodactyl, Telangiectasia

There is a sunburst appearance on x-ray. What is the most likely diagnosis?

Osteosarcoma

Anatomically where are 80% of clavicle fractures located?

Middle third

A pathology report comes back showing negatively birefringent crystals. What is the most likely diagnosis?

Gout

What are the four muscles of the rotator cuff?

Commonly referred to as the SITS muscles they are Supraspinatus, Infraspinatus, Teres minor, Subscapularis.

Describe the characteristics of a lytic lesion on x-ray.

Spiculated, elevated periosteum, bone destruction (think bad, very bad things)

What ligament is most commonly injured in an ankle sprain?

Anterior talofibular ligament (ATFL)
Vasculitis with a hepatits B history should make you think of what diagnosis?

- Polyarteritis nodosa

What is the most common fracture in children?

- Clavicle

A fat pad sign on a lateral x-ray of the elbow has what significance?

- It is blood in the joint indicating a fracture even if the fracture line cannot be seen.

A patient presents with progressive neck and proximal muscle weakness. On physical exam you see a reddish purple maculopapular rash. Her lab work shows an anti-Jo-1 antibodies. What is the most likely diagnosis?

- Polymyositis

Which way does a Colles fracture angulate dorsal or volar? What about a Smith fracture?

- Colles = Dorsal, Smith = Volar

Tenderness over the anatomical snuffbox is indicative of what fracture?

- Scaphoid

What is the most common fracture in a patient with osteoporosis?

- A compression fracture of a vertebral body followed by hip fractures.

A 15 year old boy presents complaining of night pain in the pelvis. Since you have no idea what to do you order an x-ray. The report comes back with a description of a mass with an "onion skin appearance." What is the most likely diagnosis?

- Ewing sarcoma

What is the name for the 4th and 5th metacarpal fractures that often result from throwing a punch?

- Boxer's fracture

A new mother presents with pain over the radial wrist. She has a positive Finkelstein's test. What is the most likely diagnosis?

- de Quervain's tenosynovitis

A positive McMurry indicates what diagnosis?

- Meniscal tear

What is the first line treatment for carpal tunnel?

- Night splint
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the most common cause of C-spine fractures?</td>
<td>Motor vehicle accidents</td>
</tr>
<tr>
<td>What is the medical term for hunchback?</td>
<td>Kyphosis</td>
</tr>
<tr>
<td>What is another term for podagra?</td>
<td>Gout</td>
</tr>
<tr>
<td>A patient presents to the ER with saddle anesthesia and loss of bowel and bladder function. What is the most likely diagnosis?</td>
<td>Cauda equina</td>
</tr>
<tr>
<td>A patient with HIV presents with severe groin pain. What is the most likely diagnosis?</td>
<td>Avascular necrosis of the femoral head. Antiretroviral medications put patients at an increased risk of AVN.</td>
</tr>
<tr>
<td>A 95 year old female presents to ER after a fall in her home. Her left leg is shortened and externally rotated. What is the most likely diagnosis?</td>
<td>Hip fracture</td>
</tr>
<tr>
<td>You recommend bisphosphonates for a patient with osteoporosis. What instruction do you give her for immediately after taking the medication?</td>
<td>Remain upright for 30 minutes</td>
</tr>
<tr>
<td>What is the most common cause of a hip dislocation? Is it usually anterior or posterior?</td>
<td>MVA, posterior</td>
</tr>
<tr>
<td>Which of the four rotator cuff muscles is most commonly injured?</td>
<td>Supraspinatus</td>
</tr>
<tr>
<td>What is the medical term for tennis elbow?</td>
<td>Lateral epicondylitis</td>
</tr>
<tr>
<td>What is a first line treatment for rheumatoid arthritis?</td>
<td>Methotrexate</td>
</tr>
<tr>
<td>A patient presents to the ER after taking a baseball bat to the knee. He is unable to actively extend his knee. What is the most likely diagnosis?</td>
<td>Patella fracture</td>
</tr>
</tbody>
</table>
Are most shoulder dislocations anterior or posterior?

Anterior

What is the most useful physical exam test for diagnosing an ACL tear?

Lachman's, followed by anterior drawer

What is the most common knee injury?

Medial meniscal tear

Where are Heberden's nodes found?

Distal interphalangeal joint (DIP)

A patient presents with knee pain following a soccer game two days ago. He has joint line tenderness medially and feels a locking in the knee from time to time. What two physical exam tests should you do?

This is probably a medial meniscal tear. McMurry and apply tests would be appropriate.

A patient presents with conjunctivitis, urethritis, arthritis and oral lesions. What is the most likely diagnosis? What other lab might you expect to be positive?

Reactive arthritis, HLA B-27

A 46 year old male comes into ER limping a little on the right side. He states that it felt as though he was kicked in the back of the leg during a soccer game, but clearly no one was behind him. What is the most likely diagnosis?

Achilles tendon rupture

Anti-Jo-1 antibodies should make you think of what diagnosis?

Polymyositis

A positive crossover test indicates what diagnosis?

Acromioclavicular joint injury (AC joint)

A positive Hawkins test indicates what diagnosis?

Rotator cuff impingement

A positive Finkelstein's test indicates what diagnosis?

de Quervain's tenosynovitis

A positive Phalen and Tinel's sign indicates what diagnosis?

Carpal tunnel
A bamboo spine indicates what diagnosis?
- Ankylosing spondylitis

A positive straight leg test indicates what diagnosis?
- Herniated disc

An African American female presents with malar rash and a positive double-stranded DNA antibody. What is the most likely diagnosis?
- Lupus

Carpal tunnel affects what nerve and what parts of the hand?
- Median nerve. Thumb, pointer and ring fingers. Thenar wasting is sign of advanced disease.

A patient has a silver-fork deformity on x-ray. What is the most likely diagnosis?
- Colles fracture

A positive Apley indicates what diagnosis?
- Meniscal tear