

Elizabeth Velez

QUESTIONS FOR ARTICLE ON OSTEOARTHRITIS

1 . Of the following, secondary osteoarthritis occurs most often in the

- A) hip.
- B) knee.
- C) hand.
- D) shoulder.

2 . Which of the following systemic diseases may be associated with secondary osteoarthritis of the metacarpophalangeal (MCP) joints?

- A) Paget disease
- B) Chondrocalcinosis
- C) Avascular necrosis
- D) Calcium pyrophosphate deposition disease

3 . According to the literature, the percentage of individuals who are asymptomatic but have structural changes indicative of osteoarthritis on radiographs is estimated to be

- A) 10%.
- B) 20%.
- C) 30%.
- D) 40%.

4 . The diagnosis of osteoarthritis is most likely to be made at the youngest age at which of the following joints?

- A) Hip
- B) Knee
- C) Hand
- D) Ankle

5 . According to population-based studies, the overall prevalence of symptomatic osteoarthritis of the knee is approximately

- A) 8%.
- B) 12%.
- C) 16%.
- D) 24%.

6 . The odds of radiographic osteoarthritis of the knee are highest for which racial/ ethnic population?

- A) White

- B) Mexican-American
- C) **Non-Hispanic black**
- D) Asian/Pacific Islander

7 . The primary component of normal adult articular cartilage is

- A) cytokines.
- B) chondrocytes.
- C) proteoglycans.
- D) **extracellular matrix.**

8 . Which of the following is a characteristic of an osteoarthritic joint rather than an aging joint?

- A) Osteopenia
- B) Atrophy of the synovium
- C) **Subchondral bone remodeling**
- D) Loss of water content in the cartilage

9 . Preservation of the joint space is associated with primary osteoarthritis of which joint?

- A) Hip
- B) Hand
- C) **Elbow**
- D) Shoulder

10 . Which of the following statements regarding genetic risk factors for osteoarthritis is TRUE?

- A) **Specific genes may be involved with osteoarthritis at specific joints.**
- B) There is a strong genetic predisposition for osteoarthritis of the ankle.
- C) Three genes have been confirmed as being responsible for osteoarthritis.
- D) The familial risk factor for osteoarthritis of the knee, hip, and hand has ranged from 70% to 80%.

11 . Which of the following is the most important modifiable risk factor for severe osteoarthritis of the knee?

- A) Trauma/injury
- B) Level of activity
- C) Muscle weakness
- D) **Overweight/obesity**

12 . Which of the following statements regarding the relationship between overweight/obesity and osteoarthritis is NOT true?

- A) **With a high BMI, the risk of osteoarthritis is typically greater for hip osteoarthritis than for other joints.**
- B) The risk for osteoarthritis of the hip has been greater for individuals who had a high BMI beginning at a younger age.

- C) Among women, a weight loss of about 11 pounds has reduced the risk of osteoarthritis of the knee by more than 50%.
- D) Among men, the risk for knee and hip osteoarthritis has increased with a higher BMI, even within the normal range.

13 . Which of the following is NOT among the general differential diagnosis of osteoarthritis?

- A) Bursitis
- B) Infection
- C) **Malalignment**
- D) Overuse syndromes

14 . Ancillary testing should be done for patients who have

- A) **joint pain at night.**
- B) joint line tenderness.
- C) family history of osteoarthritis.
- D) stiffness of the joint after inactivity.

15 . Self-reports of severe pain are most frequent among which of the following racial/ethnic populations?

- A) White
- B) **Hispanic**
- C) Asian/Pacific Islander
- D) Alaska Native/American Indian

16 . Which of the following is NOT one of the six symptoms and signs that together are diagnostic of knee osteoarthritis according to guidelines developed by the European League against Rheumatism (EULAR)?

- A) Crepitus
- B) **Osteophyte**
- C) Persistent knee pain
- D) Osseous enlargement

17 . The strongest sign of hip osteoarthritis on physical examination is

- A) crepitus.
- B) instability.
- C) gait abnormality.
- D) **pain on internal or external rotation.**

18 . Which of the following statements about diagnosis of osteoarthritis of the hand is TRUE?

- A) Radiographic findings are an established diagnostic criterion.
- B) The joint at the base of the thumb is not usually affected by osteoarthritis.
- C) Osteoarthritis of the hand usually affects all of the joints in one or both hands.

D) Heberden and Bouchard nodes are the most characteristic clinical finding.

19 . Which of the following is most characteristic of later stage osteoarthritis of the elbow?

- A) Loss of terminal elbow extension
)
- B) Presence of loose bodies in the joint space
- C) Impingement-type pain at terminal extension and terminal flexion stage
- D) Pain when carrying a heavy object at the side of the body with the elbow in extension
)

20 . A hallmark feature of osteoarthritis of the ankle is

- A) pain at rest.
- B) previous infection.
- C) history of ankle fracture.
- D) malalignment of the foot.

21 . In its guideline for the treatment of osteoarthritis of the knee, the American Academy of Orthopaedic Surgeons recommends achieving and/or maintaining a BMI less than or equal to

- A) 20.
- B) 25.
- C) 30.
- D) 35.

22 . Which of the following is a contraindication to an exercise program for osteoarthritis?

- A) Severe pain
- B) Unstable angina
- C) Age older than 80
- D) Multiple comorbidities

23 . A physical therapy program is not routinely a treatment approach for osteoarthritis of the

- A) hip.
- B) hand.
- C) elbow.
- D) ankle.

24 . Which of the following statements regarding the pharmacologic treatment of osteoarthritis is TRUE?

- A) No evidence has been found to support the use of capsaicin.
- B) The benefits of opioids for osteoarthritis-related pain outweigh the risks.
- C) Nonsteroidal anti-inflammatory drugs (NSAIDs) should be prescribed at the lowest effective dose.

D) Cyclooxygenase-2 (COX-2)-selective NSAIDs are more effective than nonselective NSAIDs.

25 . According to the American Academy of Orthopaedic Surgeons, there is insufficient evidence to recommend oral analgesics for osteoarthritis of the

- A) hip.
- B) ankle.
- C) elbow.
- D) **shoulder.**

26 . Guidelines recommend intra-articular corticosteroids for hip and knee osteoarthritis, especially for patients with

- A) osteophytes.
- B) loose bodies.
- C) persistent stiffness.
- D) **joint effusion when oral and topical treatments are contraindicated or ineffective.**

27 . Studies have shown that intra-articular corticosteroids provide pain relief for up to

- A) **four weeks.**
- B) eight weeks.
- C) three months.
- D) six months.

28 . According to the available research, hyaluronan

- A) is suitable for post-traumatic osteoarthritis of the elbow.
- B) is not recommended for osteoarthritis of the shoulder.
- C) **has improved pain related to osteoarthritis of the trapeziometacarpal joint.**
- D) is more effective than intra-articular corticosteroids for osteoarthritis of the hip.

29 . Which of the following herbal products has proof of effectiveness in the treatment of osteoarthritis?

- A) Ginger
- B) Tumeric
- C) Vitamin E
- D) **None of the above**

30 . Which of the following statements regarding the surgical treatment of osteoarthritis is TRUE?

- A) **Total arthroplasty of the elbow should be reserved for older patients.**
- B) Arthroscopic treatment is not recommended for osteoarthritis of the shoulder.
- C) The benefit of arthroplasty of the hip may be better when it is done later in the course of disease.
- D) Gender-specific prostheses have been shown to improve outcomes in women undergoing total knee arthroplasty.

