



FAMILY MEDICINE

ARCHIVE

4/2026



Station 1

A patient with Diabetes Mellitus has HbA1c = 11% and is already on Metformin + GLP-1 receptor agonist.

1. What is the next step in management?

Give Insulin

2. What is the main absolute contraindication for using Metformin in patients with CKD?

eGFR <30

Station 2



according to the picture:

A) what is the sign:

Xanthelasma

B) what is the most likely diagnosis:

Dyslipidemia

Station 3

Define the comprehensive principle: **Availability for any health problem in a person of either sex and of any age. It is promotive, preventive, curative and rehabilitative care for all ages and both sex at the individual, the family and the community level.**

Station 4

A 65-year-old postmenopausal woman.

DEXA scan: T-score = -2.7

1. What is the diagnosis?

Osteoporosis

2. what is the secondary causes?(2 points)

Glucocorticoids

Thiazolidinediones

Station 5

A 58-year-old patient presents to the emergency department with blood pressure of 190/130 mmHg. He is found to have acute confusion and reduced urine output.

► What is the diagnosis?

Emergency HTN

► What is the recommended percentage reduction in blood pressure during the first hour?

10–20% in the first hour

Station 6

A 28-year-old patient presents with persistent fatigue lasting for 8 months. The patient also reports unrefreshing sleep, recurrent headaches, and poor concentration.

1. What is your diagnosis ?

Idiopathic fatigue syndrome

2. Mention two additional minor criterion not listed in the case:

- Sore throat / recurrent flu-like symptoms
- Tender lymph nodes

Station 7

Step 1: Three Word Registration

Look directly at person and say: "Please listen carefully: I am going to say three words that I want you to repeat back to me now and try to remember. The words are [select a list of words from the versions below]. Please say them for me now." If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies.¹⁴ For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter
Sunrise	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	Mountain

Step 2: Clock Drawing

Say "Next, I want you to draw a clock for me. First, put in all of the numbers where they go." When that is completed, say "Now, set the hands to 10 past 11."

Use preprinted circle (see next page) for this exercise. Repeat instructions as needed as this is not a memory test. Move to Step 3 if the clock is not complete within three minutes.

Step 3: Three Word Recall

Ask the person to recall the three words you stated in Step 1. Say: "What were the three words I asked you to remember?" Record the word list version number and the person's answers below.

Word List Version: _____ Person's Answers: _____

Scoring

Word Recall: _____ (0-3 points)	1 point for each word spontaneously recalled <i>without</i> cueing. <i>كلمات</i>
Clock Draw: _____ (0 or 2 points)	Normal clock = 2 points. A normal clock has all numbers placed in the correct sequence and approximately correct position (e.g., 12, 3, 6 and 9 are in another position) with no missing or duplicate numbers. Hands are pointing to the 11 and 2 (11:10). Hand length is not scored. Inability or refusal to draw a clock (abnormal) = 0 points.
Total Score: _____ (0-5 points)	Total score = Word Recall score + Clock Draw score. A cut point of ≤ 3 on the Mini-Cog [®] has been validated for dementia screening, but many individuals with clinically meaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of ≤ 4 is recommended as it may indicate a need for further evaluation of cognitive status.

1. What the name of this test?

Mini-cog test

2. For what we use this test ?

Cognitive disorders (Dementia)

Station 8

Clinical signs and symptoms of DVT	No	Yes
<i>Recall</i> PE is the #1 diagnosis OR equally likely.	0	+3
Heart rate > 100	0	+1.5
Immobilization at least three days OR surgery in the previous four weeks	0	+1.5
<i>Previous</i> , objectively diagnosed PE or DVT.	0	+1.5
Hemoptysis.	0	+1
Malignancy w/ treatment within six months or palliative.	0	+1

1. What the name of this criteria ?

Wells criteria

2. If the score was =3 what is your next step ?

Do D-Dimer test

Station 9

1. What the name of screening test for depression that used on adult ?

Phq2

2. If the score =3 what is the next step ?

Proceed to PHQ-9 or clinical interview.

Station 10



1. What the name of this sign ?

Grey turner sign

2. What is the diagnosis from sign?

Retro-peritoneal hemorrhage

Station 11



1. What the name of this sign ?

Thumbprint sign

2. What is the initial management for this case?

High flow oxygen, I.V access, call ENT, intubation maybe needed

Station 12

A 62-year-old man presents with 3 months of dyspepsia, early satiety, No NSAID use.

What is the best next step?

Upper GI endoscopy

Station 13

A 30-year-old man presents with recurrent episodes of severe unilateral headache localized to the right periorbital region. The pain has a sudden onset, reaching peak intensity within 15 minutes and lasting about 1 hour.

What is the diagnosis?

Cluster headache

What is the treatment?

Ergotamine



Station 14

A 55 years old patient presented with continuous spontaneous dizziness for 2 days duration.

If test of scow was positive, what is the type of vertigo?

Central

What are the finding of other tests would be?

HI is Negative, Nystagmus is vertical, rotational, bidirectional horizontal



شكراً لَصُمودك حتّى هذه اللحظة

كَلَّ اللهُ السَّعيَ بالوصول
والصُّمودَ بالقبول
وَبَلَّغَكَ كلَّ الأُمْنِيَّاتِ والدَّعَوَاتِ
تَأَكِّدُ أَنَّ اللهَ لا يَضِيعُ الأَجُورَ
ولا يَغِيبُ عَنْهُ تَعَبُ العَبُورِ
فَتَوَكَّلْ عَلَيْهِ، إِنَّهُ هُوَ العَزِيزُ الشُّكُورُ

