University of Toledo Medical Center
Department of Orthopaedic Surgery
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Learning Objectives: Participants will be able to:
- Describe common orthopaedic concerns
- Review new treatment options available for common orthopaedic injuries.

January 2015 Orthopaedic Monthly Questions

Please check the appropriate answer and mail back to the CME office to receive credit.

1. At what age does the tibial apophysis start to form?
   A) 2 years
   B) 6 years
   C) 11-14 years
   D) 18 years

2. Which joint motion increases the risk of developing Osgood Schlatter Disease?
   A) Knee flexion
   B) Hip adduction
   C) Hip extension
   D) Knee extension

3. What is the first line of treatment for Osgood Schlatter Disease?
   A) Physiotherapy
   B) NSAIDS
   C) Activity reduction
   D) Surgical separation of the tubercle

4. You step in the examination room to find an extremely upset patient who is complaining that he has been waiting for 3 hours to see a doctor. What is the most appropriate response in this situation?
   A) Blame the nurses for not doing their work properly
   B) Blame ObamaCare
   C) Blame the hospital due to recent budget cuts
   D) Listen to the patient, acknowledge the patient’s concern, apologize for the delay and promise that you will investigate why his delay happened in order to prevent it for reoccurring in the future.

5. Two weeks after surgery a patient is extremely frustrated with the length of time it is taking for his injury to heal and get better. What is the best method to help this patient?
   A) Ignore the patient’s complaints since several long-term reputable studies report an average healing time of 3 months.
   B) Avoid encounters with the patient by having your PA see him for follow-ups
   C) Explain to the patient again the nature of his condition and encourage his family and friends to be around him/her during his recovery period to provide mental support.
   D) Refer the patient to another doctor.
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