

Sample Written Exam – Adolescent Medicine

Question 1

In addition to menstrual changes, list **SIX** possible adverse effects of depot medroxyprogesterone acetate (DMPA) use.

MODEL ANSWER (1 mark each for any 6 answers, total of 6 marks)

- Bone mineral density changes
- Hypoestrogenic symptoms (dry vagina, dyspareunia, hot flashes) (either the category or actual symptoms for 1 mark is acceptable)
- Weight changes
- Breast tenderness
- Mood disturbances
- Headaches
- Acne
- Hirsutism
- Local skin reaction
- Alopecia
- Changes in libido
- Nausea
- Cholestatic jaundice
- Delayed return to fertility

Question 2

A 15-year-old adolescent girl with a 3-year history of anorexia nervosa was recently discharged from hospital and prescribed olanzapine 2.5 mg orally at bedtime.

List **FOUR** possible adverse effects of olanzapine use.

MODEL ANSWER (1 mark each for any 4 answers, total of 4 marks)

- Weight gain
- Hyperglycemia
- Hyperlipidemia
- Extrapyramidal side effects
- Sedation
- Orthostatic hypotension
- Allergic reaction
- Hyperprolactinemia
- Tardive dyskinesia
- Neuroleptic malignant syndrome



Question 3

A 14-year-old adolescent girl comes to your office with her mother, complaining of feeling that she "doesn't fit in" socially because she is shorter than all of the other girls in her class. Her mother is concerned that the other girls are "more developed" than her daughter. Her daughter has not yet reached menarche. Her height is at the 3rd percentile. She has no breast development, but has had pubic hair for about 2 years.

- a. What is the **MOST** likely diagnosis?

MODEL ANSWER (1 mark)

- Turner syndrome

- b. List **FOUR** appropriate tests to perform in the evaluation of this patient.

MODEL ANSWER (1 mark each for any 4 answers, total of 4 marks)

- LH
- FSH
- Karyotype
- Estradiol
- Bone age x-ray

Question 4

A 13-year-old adolescent boy plays competitive hockey and would like to "bulk up" to improve his performance. His trainer has told him that there are a number of products available that would help.

List **THREE** products that his trainer may perceive to be of benefit for this purpose.

MODEL ANSWER (1 mark each for any 3 answers, total of 3 marks)

- Protein products
- Creatine
- Amino acids
- Beta-hydroxy-beta-methylbutyrate
- Chromium
- Anabolic steroids



Question 5

You have been asked to consult on a 14-year-old adolescent girl with a weight loss of 8% to 10% of her premorbid body weight and decreased appetite. The referring physician suspects anorexia nervosa.

Apart from an eating disorder, list **FOUR** of the **MOST** likely medical diagnoses to consider in this adolescent.

MODEL ANSWER (1 mark each for any 4 answers, total of 4 marks)

- Inflammatory bowel disease
- Celiac disease
- Early pregnancy
- Hyperthyroidism
- Malignancy
- Systemic lupus erythematosus (SLE)
- Addison disease
- Diabetes mellitus
- Peptic ulcer disease