

Rwandan Nurses Saving Lives: Certified Presenter- Proficient level

Please provide a 4-digit code to use on the pre and post conference questionnaire. You will need to remember to use the same code to keep the research data matched and anonymous. My 4-digit code is : _____

1. A 16 year old male presents with Shortness of Breath on exertion for the past few months. On auscultation, he has a murmur. What's the most likely cause of his murmur?
 - a) Congenital heart disease
 - b) Rheumatic heart disease
 - c) Iron deficiency anemia
 - d) Endocarditis

2. How can we prevent Rheumatic Fever (RF) and Rheumatic Heart Disease (RHD)?
 - a) Early recognition and management of streptococcal sore throat
 - b) Vaccination against streptococcal infection
 - c) Effective management of syphilis during pregnancy
 - d) It's an autoimmune condition for which no effective prevention has been discovered

3. What is the most common age for RF and RHD?
 - a. Less than 5 years
 - b. 5 to 15 years
 - c. 15 to 30 years
 - d. 30 to 50 years

4. What is the nature of RF and RHD?
 - a. Infectious disease
 - b. Congenital disease
 - c. Autoimmune disease
 - d. Neoplastic disease

5. What is the most common presentation of Acute Rheumatic Fever?
 - a) Fever and muscle spasms
 - b) Fever and joint pain
 - c) Fever and skin rashes
 - d) Fever and heart murmur

6. A patient with Rheumatic Fever comes with dancing movement, how can you explain this movement?
- Myopathy
 - Conversion disorder
 - Sydenham's Chorea
 - Psychosis
7. A 10-year-old child comes to the OPD with a sore throat and cough for a few days. What is the most likely cause of her sore throat?
- Viral infection
 - Bacterial infection
 - Smoke and dust
 - Gastric reflux
8. Which is the preferred antibiotic for treating Group A Streptococcus?
- Phenoxymethyl penicillin
 - Amoxicillin
 - Benzathine penicillin G
 - Erythromycin
9. Which of the following is NOT a feature of a bacterial sore throat?
- Red throat/tonsils with white patches
 - Fever > 100.4 F
 - Cervical lymphadenopathy
 - Runny nose and sneezing
10. Which of the following is the feared complication(s) of Rheumatic Fever?
- Joint damage
 - Cardiac valve damage
 - Neurological complications
 - Dental abscess
11. Which of the following is a serious adverse effect of penicillin?
- Skin rashes
 - Headache
 - Anaphylaxis

d. Persistent vomiting

12. A normal cardiac ejection fraction (the amount of blood squeezed to the body with every heart beat) is:

- a. 30-45%
- b. 40-55%
- c. 55-70%
- d. 70-85%

13. Polyarthrititis is the major musculoskeletal manifestation in ARF, which joints are most affected?

- a. Fingers and toes
- b. Elbows, wrists, knees, and ankles
- c. Back and Hips
- d. All of the joints

15. Which valve is mostly affected by RHD?

- a. Aortic
- b. Pulmonic
- c. Mitral
- d. Tricuspid

16. When assessing for a potential Strep Throat, which of the following symptoms would make you consider this sore throat is NOT strep throat?

- a. A throat with red spots instead of white pus on tonsils
- b. A child with a persistent cough and runny nose
- c. A child who has been nauseated and may have vomited
- d. A child with a very high fever

17. What HEENT physical finding would indicate an emergent need to refer to a physician to rule out meningitis?

- a. Fever greater than
- b. Pain with passive or active range of motion of the neck
- c. Ringing in the ears
- d. Bilateral rales with high pitch wheezing

18. Which skin manifestations would add to the diagnosis of ARF?

- a. Painful, raised, red lesions that have a clearing in the center, uniform size of 1 centimeter
- b. Painless, firm, variable in size (typically between a few millimeters and 2 centimeters in diameter), and usually found over joint extensor surfaces.
- c. Painful and pruritic (itchy), flat lesions, red and irregular shape that are usually clumped together
- d. Painless tiny (1-2 millimeters) red lesions scattered on back and chest.

