

SME #1 – Introduction

1) Which theory says lying, breaking confidentiality, or breaking a promise is all right as long as the benefits outweigh the harm?

- a) Deontological
- b) Kantian
- c) Utilitarian
- d) Nonmaleficence
- e) Beneficence

2) Apportioning limited medical resources in the face of unlimited demand falls into the category of:

- a) Autonomy
- b) Beneficence
- c) Nonmaleficence
- d) Justice
- e) Uninformed autonomy

3) A now incompetent patient has the “organ donor” box checked on their license.

Respecting this past decision falls under:

- a) The pure autonomy standard
- b) Medical justice
- c) Medical beneficence
- d) The informed autonomy standard
- e) Best interest standard

4) When a surrogate decision maker makes a decision based on what the now incompetent patient would have done for them self, this is called:

- a) Best interest standard
- b) Pure autonomy standard
- c) Substituted judgment standard
- d) Surrogate decision making standard
- e) Uninformed autonomy standard

5) The oath taken by D.O.’s prior to graduation is:

- a) The Hippocratic Oath
- b) The Modern Hippocratic Oath
- c) The Patient Oath
- d) The Osteopathic Oath
- e) The Medical Oath

SME #2 – Genetics

1) A 35-year-old female with a family history of Huntington’s disease wishes to become pregnant. Which of the following statements regarding this situation is NOT true?

- a) Huntington’s is a neurological degenerative disease that affects families
- b) Genetic testing is available for this disease via amniocentesis
- c) As of recently (2007), there is a cure for Huntington’s disease
- d) Knowledge of this pre-existing condition may lead to medical insurance exclusion for the child
- e) Age of onset is usually 30-40 and genetic testing began around the 1980s

2) A 28-year-old female wishes to “get that new test for breast cancer.” After BRCA1/BRCA2 genetic testing comes back negative, the patient is elated that she will not need any more mammogram screenings. Which of the following statements regarding this situation is true?

- a) She is right as more than 90% of breast cancer is genetic
 - b) She is wrong as more than 90% of breast cancer is not genetic
 - c) First live birth is not a risk factor
 - d) Family history is not a risk factor
 - e) Early menarche or late menopause are not risk factors
- 3) Which of the following statements regarding complementary alternative medicine (CAM) is NOT true?
- a) Requests by patients for alternative treatment requires balancing the medical standard of care with the patient’s right to chose care on the basis of their own values
 - b) There is a lack of regulation in some areas of CAM
 - c) It is possible that CAM can interfere with traditional care
 - d) Physicians should ask about CAM
 - e) CAM is never a good option for the patient

SME #3 – Informed Consent

- 1) With regard to the Nuremberg Code, “...a person should be ____ to exercise free power of choice...”
- a) Able
 - b) So situated
 - c) Conscious
 - d) Enlightened
 - e) Knowledgeable
- 2) Drug companies doing testing on the homeless while providing food and shelter is an example of:
- a) Violation of the Nuremberg Code
 - b) Violation of informed consent
 - c) Violation of patient comprehension
 - d) Violation of the Geneva Convention
 - e) Violation of the Ryan-White Care Act
- 3) With regard to informed consent, which of the following is NOT true?
- a) Competency is a requirement
 - b) Knowledge is a requirement
 - c) Volition is a requirement
 - d) The reasonable person standard is what a reasonable physician should tell their patient about a procedure to cater to the patient’s medical needs
 - e) Elements include nature of procedure, benefits, risks, and alternatives
- 4) Which of the following situations does NOT require specific informed consent?
- a) Minor surgical procedures
 - b) HIV testing of a patient’s blood if a physician was stuck with a dirty needle
 - c) CPR
 - d) Very minor experimental treatments

- e) Blood transfusion
- 5) In Pennsylvania, pregnancy-testing for a minor ____ require parental consent, venereal disease diagnosis/treatment for a minor ____ require parental consent, and abortion for a minor ____ require parental consent.
- a) Does; Does; Does
 - b) Does; Does; Does not
 - c) Does not; Does; Does not
 - d) Does not; Does; Does
 - e) Does not; Does not; Does
- 6) A 32-year-old man is being wheeled into emergency surgery following a car crash. His two children were both pronounced dead on-scene. The father asks, "Are my kids O.K.?" Having the option to not disclose information that would pose a danger to the patient's well being is called:
- a) Diplomatic privilege
 - b) Medical privilege
 - c) Therapeutic privilege
 - d) Clinical privilege
 - e) Emergency privilege

SME #4 – Organ Donation

- 1) A patient has been in a coma (not brain dead) for a month. They have the "organ donor" box checked on their driver's license and the next of kin is now giving permission to take the organs. Is it legal for the organs to be removed at this point?
- a) Yes
 - b) No
- 2) Selection criteria for organ donation recipients includes all of the following EXCEPT:
- a) Medical effectiveness
 - b) Past compliance
 - c) Medical urgency
 - d) Time on waiting list and ability to pay
 - e) Ability of the individual to improve society
- 3) Which of the following would not be considered a proposal to increase organ donations?
- a) Making brain death a criteria
 - b) Using presumed consent and having people check a box on their driver's license to opt-out of donation
 - c) Using live donors
 - d) Not obtaining family consent with a signed donor card
 - e) Using non-heart beating donors or redefining death (e.g. persistent vegetative state)
- 4) A 75-year-old woman has had a recent breast biopsy and it came back positive for cancer. The daughter calls your office and says, "Don't tell my mom she has cancer." Can you legally withhold this information from the patient?
- a) Yes
 - b) No

- 5) A 19-year-old psychiatric patient says to you, "I hate my mom and I'm going to kill her with the large kitchen knife." Can you legally share this information with the parent?
- Yes
 - No
- 6) A healthcare provider is required to break confidentiality in all of the following situations EXCEPT:
- Child abuse
 - Elder abuse
 - Impaired drivers
 - Partner notification for sexually transmitted diseases

SME #5 – Persistent Vegetative State

- 1) Which of the following is NOT a characteristic of persistent vegetative state (PVS)?
- Awake but unresponsive
 - Eyes open
 - Yawns, grunts, swallows, smiles, grimaces, moves
 - Eye tracking
 - No purposeful verbal interaction with environment
- 2) Which of the following are common causes of PVS?
- Head trauma; Spinal trauma
 - Spinal trauma; Heart trauma
 - Head trauma; Heart trauma
 - Heart trauma; Cardiac arrest
 - Cardiac arrest; Head trauma
- 3) Which of the following is NOT matched correctly?
- Awake coma; 1-month duration
 - PVS diagnosis after cardiac arrest; 3-months
 - PVS diagnosis after head trauma; 1-year
 - Traumatic and Non-traumatic PVS; no recover after 1-year
 - Terry Schivo; Awake coma

SME #6 – Pharmacoeconomics

- 1) Pharmacoeconomics balances all of the following EXCEPT:
- Patient suggestion
 - Therapeutic effect
 - Safety
 - Convenience
 - Cost
- 2) Approximately how much money does the United States of America spend on drugs annually?
- 200 million
 - 600 million
 - 1 billion
 - 60 billion
 - 200 billion
- 3) Number Needed to Treat refers to:

- a) Cost of a human life
 - b) Number of patients needed for a treatment to be prescribed
 - c) Number of prescriptions needed to help one patient
 - d) Number of prescriptions needed to reduce overall cost
 - e) Number of patients needed to increase prescription cost
- 4) Disease X carries a 50% mortality rate. Drug Y can reduce this mortality rate to 40%. What is the absolute risk reduction, relative risk reduction, and NNT?
- a) 10%; 20%; 60
 - b) 10%; 20%; 10
 - c) 20%; 10%; 60
 - d) 20%; 10%; 10
 - e) 10%; 50%; 60
- 5) With regard to Quality Adjusted Life Year (QALY), what value is an additional year of healthy life given?
- a) Between 0 and 1, depending on circumstances
 - b) 1
 - c) Between 1 and 2, depending on circumstances
 - d) $1 + \text{Patient rated measurement (0 to 10)} * 10\%$
 - e) $1 * \text{Patient rated measurement (0 to 10)} * 110\%$

SME #7, 8, 9, & 10 – End of Life Care

- 1) Palliative care focuses on:
- a) Curative therapy
 - b) Treatment of symptoms
 - c) Ending life
 - d) Alternative therapy
 - e) Managing the root cause
- 2) Naming a person to act on behalf of an incompetent patient is called:
- a) Advanced directive
 - b) Living will
 - c) DNR
 - d) DNI
 - e) Durable power of attorney
- 3) An advanced directive is the same as a do not resuscitate order.
- a) True
 - b) False
- 4) A family member saying, “Doc, give my mom something to take her out of her misery” and then the doctor doing so without the patient’s permission is called:
- a) Involuntary euthanasia
 - b) Voluntary euthanasia
 - c) Physician assisted suicide
 - d) Direct (primary) euthanasia
 - e) Indirect (secondary) euthanasia
- 5) Prescribing large doses of opiate analgesics to a terminal patient in order to relieve pain, but with the unintentional consequence of shortening life, is termed:
- a) Physician assisted suicide

- b) Involuntary euthanasia
 - c) Voluntary euthanasia
 - d) The double effect
 - e) Palliative sedation
- 6) Physicians are legally obligated to offer care to a patient even if that care will not have a reasonable chance of benefiting the patient.
- a) True
 - b) False
- 7) Clinicians should discuss all options with patients and families even if those options are not reasonable.
- a) True
 - b) False
- 8) With regard to the 2000 article by Gillick titled “Rethinking the Role of Tube Feeding in Patients with Advanced Dementia,” which of the following is NOT true?
- a) Difficulty with eating is a marker of severe dementia, which is a uniformly fatal disorder
 - b) The most serious consequence of tube feeding is the need to restrain the patient
 - c) Based on observational studies, feeding tubes do not prevent aspiration in patients with dementia
 - d) Nursing home patient with advanced dementia who were fed through a gastrostomy tube and those who continued to be fed by hand had very different survival rates
 - e) “There is a pervasive failure – both by physicians and the public – to view advanced dementia as a terminal illness”
- 9) With regard to the 1993 article by Solomon titled “Decisions Near the End of Life,” which of the following is true?
- a) Most physician concern centered on over-treatment rather than under-treatment
 - b) Most physician concern centered on under-treatment rather than over-treatment
 - c) Most physicians acted against their conscience in providing care
 - d) Most physicians did not act against their conscience in providing care
 - e) Healthcare professionals are not concerned with overly burdensome care

SME #11 – Osteopathic Medicine

- 1) Which of the following is not a principle of Osteopathic Medicine?
- a) The body is a unit
 - b) Structure and function are reciprocally related
 - c) The body can only repair itself with the aid of a physician
 - d) Movement of body fluids is essential to the maintenance of health
 - e) The nerves play a crucial part in controlling the fluids of the body
- 2) Which of the following proverbs is NOT phrased correctly?
- a) Swedish; Kindness begets kindness
 - b) Turkish; When you are among the blind, open your eyes
 - c) Persian; Trust in God, but tie your camel
 - d) Chinese; To know the road ahead, ask those coming back
 - e) Arabian; No man is a good physician who has never been sick

SME #12 – How To Recognize Your Belief System

- 1) Which of the following is LEAST likely be used to describe spiritualism?
 - a) A longing, a craving for the more
 - b) A longing for communion
 - c) A physical connection with the dead
 - d) An inner restlessness
 - e) Captivating engagement and wholeness
- 2) _____ is a word coined by Rudolf Otto meaning something beyond the rational and ethical conceptions, and yet real to an inner drive within the human being.
 - a) Mystery
 - b) Numinous
 - c) Holy
 - d) Religion
 - e) Spirituality
- 3) Which of the following is/are NOT stages of faith development according to James Fowler?
 - a) Primal Stage and Intuitive-Projection Faith
 - b) Mythic-Literal and Synthetic-Conventional
 - c) Individuative-Reflective Faith and Conjunctive Faith
 - d) Universalization Faith
 - e) Eternal Faith

SME #13 – How To Communicate With Patients About Their Spirituality

- 1) Which of the following statements is NOT true?
 - a) More than 80% of the US population believes in a higher power
 - b) 80% of US adults believe religion/spirituality can help patients/families cope with major illness
 - c) 75% believe that praying can help or cure major illness
 - d) 56% of adults state faith has helped them recover from major illness or disease
 - e) 75% of all people do not believe God can exist (atheist or agnostic)
- 2) JCAHO now requires spirituality be addressed in routine inpatient care.
 - a) True
 - b) False
- 3) Which of the following is NOT part of the spiritual assessment for patients?
 - a) Anticipate spiritual concerns
 - b) Understand how patients want their beliefs and community to be seen as resources
 - c) Referral of spiritual patients to local church
 - d) Understand subjective experiences and diverse understandings about reality
 - e) Determine impact spiritual orientation has on health problems and needs
- 4) Which of the following is NOT a correct description of the LETGO acronym for responding to spiritual suffering?
 - a) Listen to patient's story
 - b) Encourage the patient to seek acupuncture therapy
 - c) Tell the patient your concerns and acknowledge the pain of loss

- d) Generate hope when possible
 - e) Know your own limitations, seek competence, and refer appropriately
- 5) Which of the following is not a mnemonic for spiritual assessment?
- a) LETGO
 - b) HOPE
 - c) FICA
 - d) FICO
 - e) SPIRIT

SME #14 – Hospice Patients & Their Caregivers

- 1) In what year was the Medicare Hospice Benefit created?
- a) 1980
 - b) 1981
 - c) 1982
 - d) 1983
 - e) 1984
- 2) Which of the following does NOT describe hospice care?
- a) A philosophy, which neither hastens nor prolongs death
 - b) Aggressive treatment of symptoms
 - c) Focus is on curing disease
 - d) A philosophy, which celebrates life and focuses on comfort
 - e) A team approach led by the patient and family members
- 3) Which of the following is NOT a myth or misconception about hospice care?
- a) Hospice means getting “more help” in the home
 - b) Hospice means a focus on comfort and palliation of symptoms
 - c) A patient will have to turn over assets and home to afford hospice care
 - d) Choosing hospice means giving up any hope for the family and patient
 - e) Choosing hospice care means you must give up your family physician
- 4) Hospice care aims to reduce or eliminate all of the following types of suffering EXCEPT:
- a) Social
 - b) Physical
 - c) Emotional/Psychological
 - d) Spiritual
 - e) Traumatic

SME #15 – Creating a Framework for Addressing End-Of-Life Questions

- 1) Which of the following may NOT be as needed in medical decision-making?
- a) Patient
 - b) Family
 - c) Physician
 - d) Clergy
 - e) Attorney
- 2) What does the “A” mean in the mnemonic KAVOD?
- a) Anatomy
 - b) Action

- c) Autonomy
 - d) Alleviate
 - e) Accentuate
- 3) In the mnemonic KAVOD, the family likely knows the ____ best and the physician likely knows the ____ best.
- a) Values; Knowledge
 - b) Options; Duties
 - c) Duties; Options
 - d) Values; Options
 - e) Knowledge; Values

SME #16 – Is Spirituality Necessary For Good Health?

- 1) When A.T. Still said, “I have never failed to find all remedies in plain view on the front shelves in the storehouse of the Infinite--the human body,” what osteopathic principle was he referring to?
- a) The interrelation of structure and function
 - b) The body as a unit
 - c) The body has the ability to heal itself (God’s medicine chest within)
 - d) The rule of the artery reigns supreme (movement of fluids)
 - e) The nerves play a crucial part in controlling the fluids of the body
- 2) Healing is always synonymous with curing.
- a) True
 - b) False
- 3) All of the following are Healing Lessons EXCEPT:
- a) Right of the patient to choose
 - b) Hope
 - c) Meditation
 - d) Love
 - e) Cuisine
- 4) A physical gesture from one person to another saying “The Divine Spirit within me honors the Divine Spirit within you” could be which of the following?
- a) Namaste
 - b) Intelligent design
 - c) Storehouse of the Infinite
 - d) Consciousness
 - e) Transformation
- 5) All of the following are clinical applications for spiritual health EXCEPT:
- a) Treat appropriately
 - b) Re-assess the patient
 - c) Be present
 - d) Guide the patient in prayer
 - e) Listen intently

SME #17 – Is The Biophysical Model of Medical Care Dying?

- 1) Which of the following defines disease as a “threat to or aberration of physical integrity” and is the current paradigm of the prevailing biomedical model in industrial societies?
- a) Quantum model
 - b) Spiritual model
 - c) Existential model
 - d) Newtonian model
 - e) Tesla model
- 2) Who helped make the basis of modern medicine possible by providing a conceptual framework in which the study of anatomy would NOT conflict with Christian church doctrine?
- a) Michael Faraday
 - b) Thomas Edison
 - c) René Descartes
 - d) Joseph John Thomson
 - e) John Bardeen
- 3) Which of the following views is described as, “All we perceive and experience is a great deal more than our initial impression. Life is experienced not in isolated segments, but in wholes. These bundles of energy that impinge on our lives are not inert, but living energies that change us as we change them”? This view also suggests individual health is an illusion as health extends to all other bodies, since other bodies are in a dynamic relationship.
- a) Quantum view
 - b) Spiritual view
 - c) Existential view
 - d) Newtonian view
 - e) Tesla view
- 4) Newburg and D’Aquili (2001) used ____ to identify patterns of activity in the orientation association area, which orients an individual in physical space. This would imply that a “mystical experience” is observable and scientifically real to the patient.
- a) X-ray
 - b) SPECT scanning
 - c) Angiography
 - d) OMT
 - e) Patient feedback
- 5) Which area of the brain: is vital to the meaningful interpretation of the brain’s perceptions, can prevent family recognition if damaged, and is active in religious and spiritual experiences that involve visual imagery.
- a) Brain stem
 - b) Attention association area
 - c) Orientation association area
 - d) Verbal association area
 - e) Visual association area
- 6) Which of the following aligns with the concept of sensory information being stored in a large number of places in the cerebral cortex and can be related to artistic expression?
- a) Neurobics

- b) Aerobics
 - c) Neuromathematics
 - d) Neurodifferentiation
 - e) Cranial manipulation
- 7) Which of the following is NOT a “domain of healing”?
- a) Physical
 - b) Psychological
 - c) Religious
 - d) Social
 - e) Spiritual

SME #18 – The Psycho-Spiritual Dimension of Pain

- 1) Cicely Saunders, MD described Total Pain in 1963 as all of the following EXCEPT:
- a) Cumbersome
 - b) Physical
 - c) Psychological
 - d) Social
 - e) Spiritual
- 2) Pain and Suffering are equivalent terms and can be used interchangeable to describe the same situations.
- a) True
 - b) False
- 3) Which of the following is NOT considered a “blind spot” in the Medical Model?
- a) Deconstruction of suffering (only physical suffering is real)
 - b) Devaluation of important components of personhood (only the body is real)
 - c) Over-reliance on “objective” data
 - d) Scientific method use for clinical evaluation
 - e) Loss of empathetic communication skills (only the body is of interest)
- 4) Which of the following is NOT considered a part of the “Letting Go” model for physicians?
- a) Letting go of the rigid boundaries of the biomedical model of care and engaging in a deeper sense of meaning
 - b) Letting go of spirituality to seek only proven methods
 - c) Letting go of the need to always be the teacher
 - d) Letting go of the need for merely intellectual understanding and trusting deeper intuition
 - e) Letting go of the need to control the outcome of difficult situations
- 5) Which of the following would NOT be a helpful question during assessment of psychological and spiritual pain?
- a) “What are some of the ways this illness has affected your life?”
 - b) “What are some of your main concerns, worries, and fears about the future?”
 - c) “Have you been sad? Frightened?”
 - d) “How well do you think you are functioning?”
 - e) “What makes you think religion or spirituality will ever help you?”
- 6) Using the spiritual history acronym SPIRIT, “S” means spiritual belief system “P” means personal spirituality; what does the “I” stand for?

- a) Integration with the spiritual community
 - b) Incomplete spiritual history
 - c) Inability to accept the spirit
 - d) Irregular spiritual visions
 - e) Irrational spiritual comments
- 7) Using the spiritual history acronym SPIRIT, “R” means ritualized practices and restrictions, “I” means implications for medical care; what does the “T” stand for?
- a) Testament to solitude
 - b) Tomorrow
 - c) Terminal events planning
 - d) Times of worship
 - e) Tenacity of spirituality

SME #19 – Symbolism and Healing

- 1) In Rembrandt’s 1632 painting “The Anatomy Lesson,” Dr. Nicolaes Tulp is:
- a) Pointing to the flexor digitorum superficialis
 - b) Holding the flexor digitorum superficialis with the intent of moving it
 - c) Using his free hand to show the movement of flexor digitorum superficialis
 - d) Both A and C
 - e) Both B and C
- 2) In the same painting, Dr. Tulp’s wide-brimmed black hat represents:
- a) Tulp’s social standing
 - b) The darkness of the 1600s
 - c) Driving a wedge among the living
 - d) European thinking of the time
 - e) The fright, zeal, and interest of the students
- 3) The Caduceus (staff of Mercury), often confused with the Rod of Asclepius, is the symbol for which of the following Greek gods?
- a) Ares
 - b) Achilles
 - c) Hermes
 - d) Apollo
 - e) Poseidon
- 4) The ceiling of the Sistene Chapel, painted by Michelangelo between 1508 and 1512, shows an iconic image of the Hand of God giving life to Adam. Which of the following is true regarding this symbolic painting?
- a) God is holding Adam’s hand
 - b) God is shaking Adam’s hand
 - c) God is slapping Adam’s hand
 - d) There is a gap between Adam and God’s hands
 - e) Adam is high-fiving God

SME #20 – Why Should Physicians Be Interested In Spirituality?

- 1) If you are NOT a spiritual person, you should:
- a) Ignore spirituality
 - b) Become spiritual

- c) Force others to ignore spirituality
 - d) Force others to become spiritual
 - e) Try to understand spirituality, as your patients may be spiritual
- 2) Being spiritual may mean defining control (of one's life) in a certain way. If we plot "Power & Control" on a y-axis and "Tactical (short-term) & Strategic (long-term)" on an x-axis, which of the following would describe the plotted line?
- a) Constant control from short- to long-term
 - b) No short-term control (vertical plot on long-term)
 - c) No long-term control (vertical plot on short-term)
 - d) Increasing control from short- to long-term
 - e) Decreasing control from short- to long-term
- 3) You are walking along the beach and find a rock. You assume the rock has been there possibly forever. Then you see a wristwatch. You are certain it hasn't been there for too long as it is man-made. William Paley addressed this issue in 1802 by asking:
- a) Who created Earth?
 - b) Are man-made objects merely an illusion?
 - c) Does design imply a designer?
 - d) In what way can a revelation be made but by miracles? Is none which we are able to conceive.
 - e) White lies always introduce others of a darker complexion.
- 4) Forces outside of the control of a Physician may have a very significant impact on their patients.
- a) True
 - b) False

AnswerKey

SME #1

- 1) C
- 2) D
- 3) A
- 4) C
- 5) D

SME #2

- 1) C
- 2) B
- 3) E

SME #3

- 1) B
- 2) A
- 3) D
- 4) C
- 5) E
- 6) C

SME #4

- 1) B
- 2) E
- 3) A
- 4) B
- 5) A
- 6) B

SME #5

- 1) D
- 2) E
- 3) E

SME #6

- 1) A
- 2) E
- 3) C
- 4) B
- 5) B

SME #7-10

- 1) B
- 2) E
- 3) B
- 4) A

5) D

6) B

7) B

8) D

9) A

SME #11

1) C

2) B

SME #12

1) C

2) B

3) E

SME #13

1) E

2) A

3) C

4) B

5) D

SME #14

1) D

2) C

3) B

4) E

SME #15

1) E

2) C

3) D

SME #16

1) C

2) B

3) E

4) A

5) D

SME #17

1) D

2) C

3) A

4) B

5) E

6) A

7) C

SME #18

1) A

2) B

3) D

4) B

5) E

6) A

7) C

SME #19

1) E

2) A

3) C

4) D

SME #20

1) E

2) E

3) C

4) A