



**Pan-Canadian Exam
Monday Night Case Study Review
Week 4:**

Please select the correct tongue and pulse for each case study. Give yourself an extra point if you can name the formula.

1. What is the treatment principle for a patient who presents with alternating chills and fever, bitter taste, irritability, nausea and a Wiry pulse?
 - A. Purge Heat from the Yangming (Bright Yang)
 - B. Harmonize Ying (Nutritive) and Wei (Defensive)
 - C. Harmonize Shaoyang (Lesser Yang)
 - D. Warm the Taiyin (Greater Yin) by tonifying Spleen Yang and expelling Cold

2. Patient complains of toothache for the past three days. He just returned from a two-week culinary trip to Thailand. The toothache is extremely painful and is accompanied by facial swelling and fever. He walked into your clinic with an ice pack on his right cheek. He tells you the ice helps with the pain. What would you expect the tongue and pulse to be for this case?
 - A. Red tongue with a thick, yellow coat and a Slippery, Rapid pulse
 - B. Pale tongue with a thick yellow coat and a Rapid, Full pulse
 - C. Pale tongue with a wet coat and a Slow pulse
 - D. Dry tongue and a Choppy pulse

3. A patient comes into your clinic with cold fingers and toes but warm abdomen. This is accompanied by irritability, abdominal pain and severe diarrhea. The chest and abdomen are full and distended. The patient also has a hard time regulating his temperature and is always either too hot or too cold. What would you expect the tongue and pulse to be for this case?
 - A. Pale tongue with a sticky coat and a Soggy and Slow pulse
 - B. Red tongue with a yellow coat and a Wiry pulse
 - C. Purple-red tongue and a Soggy pulse
 - D. Red tongue with no coat and a Wiry pulse



4. A patient suffers from forgetfulness, palpitations and anxiety, insomnia, reduced appetite, pallid complexion and bloating. She occasionally feels feverish. What is the tongue and pulse for this case?
 - A. Pale and slightly wet tongue with a Deep, Slow and Choppy pulse
 - B. Pale tongue with a thin, white coat and a slightly Full pulse
 - C. Pale tongue with a thin, dry coat and a Wiry pulse
 - D. Pale tongue with a thin, white coat and a Thready, Weak pulse

5. A mom brings in her one-year-old child. Using the index finger diagnosis, you see that the color of the vein comes up to the first cubit. Where is the disease and how serious is it?
 - A. Qi Gate; interior and rather more severe disease
 - B. Life Gate; serious and life-threatening disease
 - C. Life Gate; exterior pathogenic factor and a mild disease
 - D. Wind Gate; exterior pathogenic factor and a mild disease

6. A patient, aged 28, comes in with acute, lower abdominal pain due to her menstruation. She started her period yesterday and has been doubled over in cramps ever since. In addition to this, she feels manic during this time and she has had two nosebleeds in the last 24 hours. She feels irritable, has thirst and is restless. She also tells you she has a stabbing pain in her head and her eyes are red. The strangest thing is that every night she has a fever. What would the pulse be for this case?
 - A. Deep and Choppy
 - B. Wiry
 - C. Thready, Rapid
 - D. Choppy, Wiry, Rapid

7. A patient reports of abdominal pain and excessive uterine bleeding. The blood is pale and thin, without clots and is accompanied by weakness and soreness of the lower back, with a dull complexion. What is the tongue and pulse for this case?
 - A. Pale tongue with a thin, white coat and a Slow, Deep pulse
 - B. Pale tongue with a thin, white coat and a Thready, Weak pulse
 - C. Pale tongue with a dry coat and a slightly Rapid pulse
 - D. Pale tongue with a thin, white coat and a Full pulse



8. A patient comes in with bright red bleeding from the rectum during defecation and hemorrhoids. The hemorrhoids are very painful. What would you expect the tongue and pulse to be for this case?
- A. Red tongue with a Wiry, Rapid pulse
 - B. Red tongue, no coat and a Thready, Rapid pulse
 - C. Red tongue with a thick, sticky, yellow coat and a Rapid, Slippery pulse
 - D. Red tongue with a dry, yellow coat and an Excessive, Slippery pulse
9. A patient presents with severe dizziness and vertigo, distension around the eyes and irritability. You notice that one side of his face seems to be drooping slightly. The patient also seems mentally confused. What is the tongue and pulse for this case?
- A. Red tongue and a Wiry, Long and Forceful pulse
 - B. Red tongue with a scanty coat and a Wiry, Rapid pulse
 - C. Pale tongue that is quivering and Choppy pulse
 - D. Red tongue and a Rapid, Excessive pulse
10. What does a pulse that is basically Longer than normal and which extends slightly beyond the normal pulse position indicate?
(Note: this pulse is included in Maciocia and Wiseman, but not in CAM or Flaws)
- A. Heat
 - B. Cold
 - C. Stagnation
 - D. Deficiency
11. Liver Yang Rising is which of the following?
- A. Purely an Excess condition
 - B. A mixed condition with an implied underlying Yin Deficiency
 - C. Always precipitated by Liver Fire
 - D. Purely a Deficient condition



12. A patient shows up with a chronic cough which can have blood-streaked sputum and a dry and sore throat. The patient also complains that she wakes frequently at night drenched in sweat. She will often keep her feet and hands outside the covers even during a cold Halifax winter because they feel like they are on fire. What is the tongue and pulse for this case?
- A. Reddish purple tongue with a peeled coat and a Floating, Rapid pulse
 - B. Red tongue with a sparse, yellow coat and a Deep, Thready yet Rapid pulse
 - C. Red tongue with a little coat and a Thready, Rapid pulse
 - D. Bluish purple tongue and a Knotted pulse
13. A patient was diagnosed with Heart Yin Deficiency. Today, he presents with insomnia, irritability, painful ulceration of the mouth and tongue, yellow, scanty urine and dry mouth with no thirst. His tongue is red and has some prickles at the tip. His pulse is Rapid. What is the BEST differential diagnosis for this case?
- A. Heart Fire
 - B. Heart Fire and Liver Deficiency
 - C. Heart Yin and Blood Deficiency
 - D. Heart Fire and Heart Yin Deficiency
14. A patient presents with numbness of limbs, facial tic, dry eyes and tendon spasms. The tongue is pale. The pulse is Weak. Which of the following is the BEST treatment principle for this case?
- A. Tonify Kidney Yang
 - B. Strengthen the Heart Qi
 - C. Expel Phlegm in the channel
 - D. Nourish the Liver Blood
15. A 76-year-old patient complains of feeling cold all the time. His urine is pale. He has been experiencing Cold symptoms for many years. In the last month, he has begun to experience frequent loose stools, especially upon waking. Which of the following best describes the patient's current situation?
- A. Excess of Yin
 - B. Excess of Yang
 - C. Deficiency of Yan
 - D. Deficiency of Yin



16. A patient complains of headaches that feel like they come from deep within the brain, lightheadedness, vertigo, tinnitus, night sweats, hot palms and soles and an occasional toothache. What is the tongue and pulse for this case?
- A. Red tongue with a little coat and a Thready, Rapid pulse
 - B. Crimson tongue with no coat and a Floating, Soggy pulse
 - C. Pale tongue, no coat and a Thready, Deep pulse
 - D. A tongue with a red root and redder tip but no coat and a Thready, Rapid pulse
17. Generally speaking, a tongue coat is present if the superficial portion of the body is affected by a disease or if the disease is due to Deficiency of the Antipathogenic Qi.
- A. Thick
 - B. Thin
 - C. Wet
 - D. Dry
18. Which hormone affects blood pressure by directly influencing sodium concentration in the blood?
- A. Parathyroid hormone
 - B. Antidiuretic hormone
 - C. Aldosterone
 - D. Glucagon
19. What is the etiology of Internal Liver Wind?
- A. Liver Yang turns into Wind
 - B. Extreme Heat stirs Wind
 - C. Blood Deficiency produces Wind
 - D. All of the above may lead to Wind
20. When differentiating Bell's Palsy from a stroke, which of the following is not true?
- A. Bell's Palsy will not affect the left arm or side of the body
 - B. Bell's Palsy patients will not be able to wrinkle their forehead
 - C. Stroke patients may still be able to wrinkle their forehead
 - D. Both stroke patients and Bell's Palsy patients will not be able to wrinkle their foreheads



21. Typical symptoms of Internal Liver Wind include:
- A. Dizziness and vertigo
 - B. Tremors
 - C. Numbness
 - D. All of the above
22. Mike is a triathlete and preparing for a race in Arizona. He went out on a 60-mile bike ride and returned at 3pm with heavy thirst, high fever and profuse sweating. His tongue is red with a yellow coat and the pulse is Full and Rapid. What is the best diagnosis for this case?
- A. Summer Heat
 - B. Qi Level Stomach Heat
 - C. Dryness
 - D. Fire
23. Qi level Heat in Wen Bing is analogous with what pattern in Shang Han Lun?
- A. Taiyang Wind strike
 - B. Yangming Organ Heat
 - C. Yangming channel Heat
 - D. Shaoyang syndrome
24. Between Yangming Organ and Yangming channel disease, what is the main symptom that differentiates them?
- A. High fever
 - B. Constipation
 - C. Extreme thirst
 - D. Profuse sweating
25. In Yangming disease when abdominal bloating, abdominal masses, and/or constipation are present, it indicates:
- A. Yangming Fu organ syndrome
 - B. Yangming channel syndrome
 - C. Could be Fu organ or channel syndrome; not enough information to choose
 - D. Neither organ nor channel present with the above symptoms



26. Shao Yin syndrome involves which organs?
- A. Lung and Kidney
 - B. Heart and Kidney
 - C. Heart and Liver
 - D. Liver and Kidney
27. Alternating chills and fever, bitter taste, nausea and vomiting and hypochondriac pain indicate which of the following?
- A. Taiyang syndrome
 - B. Yangming syndrome
 - C. Shaoyang syndrome
 - D. Jueyin syndrome
28. Which organ descends Qi and regulates Water Passages?
- A. LU
 - B. KI
 - C. TE
 - D. PC
29. If the acupuncture treatment is LI11, ST44, LI4, ST25 and CV12, what kind of pulse will be detected?
- A. Regularly Intermittent and Weak
 - B. Deep, Rapid and Forceful
 - C. Full, Rapid and Forceful
 - D. Wiry, Choppy and Rapid
30. A patient presents with a tongue where the tip is rolled downwards. What does this indicate?
- A. Internal Wind due to Blood Deficiency
 - B. Yin Deficiency Heat
 - C. Yang collapse
 - D. Qi and Blood Deficiency
31. Which channel goes to both the inner and outer canthus?
- A. Small Intestine
 - B. Stomach
 - C. Urinary Bladder
 - D. Gall Bladder



32. Which extra channel goes to the throat?
- A. Yin Qiao
 - B. Yang Qiao
 - C. Yin Wei
 - D. Dai
33. Which extraordinary channel is comprised of points from the 3 Leg Yin?
- A. Yin Qiao
 - B. Yang Qiao
 - C. Yin Wei
 - D. Yang Wei
34. SP6 (Sanyinjiao) is a crossing point for which channels?
- A. Spleen and Liver
 - B. Spleen, Liver and Kidney
 - C. Spleen and Kidney
 - D. Spleen, Liver, Kidney and Yin Wei
35. This ear acupuncture point is used for coughing and shortness of breath. It is located:
- A. On the Antitragus
 - B. On the Antihelix
 - C. In the Triangular Fossa
 - D. In the Scapha
36. This point is located in the cymba concha, medial to the Bladder point?
- A. Prostate
 - B. KI
 - C. SI
 - D. LI
37. A patient presents with a cold feeling in his abdomen and the limbs. He also experiences complete mental exhaustion. He has poor appetite and chronic watery diarrhea. Which of the following is the most appropriate treatment strategy for this condition?
- A. Tonify Kidney Yang and stop diarrhea
 - B. Warm the Middle Burner and strengthen Spleen Yang
 - C. Tonify Qi and strengthen the Spleen and Stomach
 - D. Transform Dampness and harmonize the Middle Burner



38. A patient presents with constipation with dry stools and dark, yellow urine. He has bitter taste in his mouth and dream-disturbed sleep. He tells you he often has nosebleeds. He is under a lot of stress and is very irritable. He often has extreme temporal headaches. His face is red and his eyes often burn. What is the best point prescription?
- A. LR2, LR3, LR1, SP6, GB13, GB6, GB9
 - B. LR2, LR3, SP6, LI11, TE6, KI7
 - C. LR3, SP6, LI11, GB1, GB10
 - D. LR3, BL17, TE6, PC6, LR14
39. Which of the following points is indicated for pain in the hypochondrium, abdominal distension, headache, dizziness and vertigo, congestion, swelling and pain of the eye, deviation of the mouth, hernia, painful urination, retention of urine, irregular menstruation, epilepsy, insomnia and convulsion?
- A. SP1 (Yinbai)
 - B. LR1 (Dadun)
 - C. LR2 (Xingjian)
 - D. LR3 (Taichong)
40. David, a 65-year-old, had double pneumonia when he was 33. Ever since then, he has had trouble breathing. In fact, it has gotten worse over the years. His MD has given him prednisone off and on since. He says he has a cough and gets up white watery sputum. You ask him if it is more difficult breath in or out and he responds both. He also says it feels like he has an elephant on his chest and feels nauseated a lot of time. He states he doesn't like being cold and his knees and back ache all the time. Sometimes he has palpitations. What is the differential diagnosis for this case?
- A. Lung Qi Vacuity with Damp/Phlegm Accumulation
 - B. Lung, Heart, Kidney Yang Vacuity with Phlegm Fluids in the Lungs
 - C. Lung and Kidney Yang Vacuity with Phlegm Fluids
 - D. Lung Qi Vacuity with Kidney Yang Vacuity



41. Sara, a 55-year-old, comes to you with epigastric pain. She has had this pain for many years. She says the pain is like a knife and sometimes she feels it radiating to her right upper hypochondriac area. She tells you she is very upset and is scared to go to the doctor for fear that she has cancer. She says her life is a mess and is recently divorced. This stress has made the pain worse, especially at night. And sometimes she feels like she wants to vomit but doesn't. She says all the stress has made her exhausted. Her pulse is String-taut, and her tongue is reddish-purple and has scallops with a yellow coat. What is the differential diagnosis for this case? What points are best for this case?
- A. Stasis of Qi affecting the Liver and Stomach; LR3, ST34, LR2, PC6, CV12
 - B. Stasis of Blood affecting the Liver and Stomach; LR3, SP8, BL18
 - C. Stasis of Blood affecting the Liver and Stomach; LR3, SP10, CV12, LI11
 - D. Stasis of Blood affecting the Spleen and Stomach; ST36, CV12, CV6, SP10
42. A patient reports of constipation which is chronic. She just had a baby last year and she lost a lot of blood in the delivery. Upon observation you notice that her skin and nails are lusterless. The mouth is dry and she tells you she has an unquenchable thirst. What is the correct tongue and pulse for this case?
- A. Dry tongue and a Thready pulse
 - B. Dry tongue and a Choppy pulse
 - C. Dry tongue with a yellow coat and a Floating, Choppy pulse
 - D. Dry tongue with a thick, yellow coat and Deep, Rapid pulse
43. A patient presents with constipation pain and a cold sensation in the abdomen. He tells you he feels cold and he prefers warmth. The tongue is pale with a white, moist coat and the pulse is Deep and Slow. What is the best point prescription for this case?
- A. BL25, ST25, CV8, ST36, CV4
 - B. BL25, ST25, TE6, KI6, BL20, BL21, ST36
 - C. BL25, ST25, GB34, CV12, LR3
 - D. BL25, ST25, TE6, KI6, LI11, LI4



44. A patient reports of infrequent and difficult defecation. He has a bowel movement every 3-5 days. The abdomen is distended with pain and there is also pain in the hypochondrium. He feels irritable most days and finds that he sighs a lot. He says he doesn't have much of an appetite. What is the BEST point prescription?
- A. BL25, ST25, TE6, KI6, BL20, BL21, ST36
 - B. BL25, ST25, TE6, KI6, CV12, LR3
 - C. BL25, ST37, ST36, LI4, SP4
 - D. BL25, ST27, ST28, TE6, BL22
45. A patient presents with fullness and pain in the epigastrium. He has been constipated for four days now. There is sour taste and nausea and vomiting. His breath smells horrible. What is the BEST point prescription for this case?
- A. CV12, ST36, CV6, BL21, BL20
 - B. CV12, ST21, CV13, SP4, ST44, PC6
 - C. CV12, SP4, PC6, SP10, BL17
 - D. ST21, CV12, CV9, SP9, ST40, ST34, CV13
46. Carol comes to you because for the last three months her menses has been very light. The blood is pale and almost watery. She says lately she has been experiencing anxiety and palpitations and has felt feverish at night. She also has no appetite and feels tired after she eats. You notice that her complexion is pale with a little color on the cheeks. Her lips are very pale. She says that recently she has seen a clear decline in her memory. What is the best acupuncture treatment for this case?
- A. SP3, HT7, HT6, ST36, LR2, LR8
 - B. CV12, ST36, HT7, LR8
 - C. SP3, ST36, PC6, HT6, KI6
 - D. SP4, PC6, SP3, ST36, HT7, HT6
47. What is the best point combination for morning sickness regardless of differential diagnosis?
- A. CV17, LR3
 - B. PC6, ST36
 - C. CV12, SP3
 - D. SP4, LR3



48. A patient presents with persistent abdominal distension and fullness with constipation. This is worse with any type of pressure as you found out while palpating. She tells you that she is belching and vomiting. You notice she has a very bad breath. The tongue has a thick, yellow coat and the pulse is Slippery, Rapid and Forceful. What is the differential diagnosis for this case and the best point prescription?
- A. Vomiting due to Retention of Food: CV12, PC6, ST36, SP4, CV10
 - B. Vomiting due to hypofunction of SP and ST: CV12, PC6, ST36, SP4, BL20
 - C. Abdominal pain due to Retention of Food: CV12, ST36, ST25, Inner-Neiting
 - D. Abdominal distention due to Excess Condition: CV12, ST36, ST37, ST25, LI4, CV6, SP9
49. A patient presents with sticky, viscous and stinking yellow leukorrhea. She also has itchy vulva and scanty, yellow urine. There is a bitter taste in her mouth. She feels irritable and there are palpitations and insomnia. She tells you she is also having problems with her bowel movements. Her tongue has a sticky, yellow coat and the pulse is Soggy and Rapid. How would you expect her stools to be?
- A. Diarrhea
 - B. Hard and impacted
 - C. Normal with mucus
 - D. Dry
50. A patient complains of constipation with burning anus and pain that is worse on pressure. There is a high fever with sweating, especially on the limbs. What is the diagnosis and what is the best point prescription?
- A. LI Heat: ST25, SP6, ST37, TE6, LR3, ST36
 - B. LI Damp Heat: ST25, SP6, ST37, LI11, BL25, SP10, SP9, ST27
 - C. LI Heat Obstruction: ST25, SP6, ST44, LI11, LI2 LI4, TE6
 - D. LI Qi Stagnation: ST25, SP6, CV6, GB34, ST37, SP6
51. What is the best empirical point to treat different types of sweating including spontaneous sweating, night sweating and fever with lack of sweating?
- A. LR2 (Xingjian)
 - B. LI11 (Quchi)
 - C. KI7 (Fuliu)
 - D. KI9 (Zhubin)



52. A patient presents with abdominal pain and distension. There is constipation with bitty stools and irritability. The whole condition is aggravated by the mood. What is the diagnosis and also the best point prescription?
- A. LI Heat: ST25, SP6, ST37, ST27, LR3, ST36
 - B. LI Damp Heat: ST25, SP6, ST37, LI11, BL25, SP10, SP9, ST27
 - C. LI Heat Obstruction: ST25, SP6, ST44, LI11, LI2 LI4, TE6
 - D. LI Qi Stagnation: ST25, LR3, CV6, SP6, TE6
53. What are common causes of Damp Heat?
- A. Alcohol
 - B. Sweet and greasy food
 - C. Both A & B
 - D. Neither of the above, Damp Heat is a sequel to chronic disease
54. A patient reports that she has dry stools that are difficult to pass, along with dry mouth and throat. The body is thin and the patient experiences dizziness. What is the diagnosis and also the best point prescription?
- A. LI Dryness: ST25, ST36, SP6, KI6, TE6
 - B. LI Damp Heat: ST25, SP6, ST37, LI11, BL25, SP10, SP9, ST27
 - C. LI Heat Obstruction: ST25, SP6, ST44, LI11, LI2, LI4, TE6
 - D. LI Collapse: SP3, BL20, CV6, GV20
55. When symptoms are worse on exertion, this generally indicates which of the following?
- A. Qi Sinking
 - B. Qi Deficiency
 - C. Qi Stagnation
 - D. Qi Rebellion