



**Pan Canadian Exam
Case Studies
Week 5**

1. A patient presents with anxiety, palpitations and poor memory. He is easily startled, and has cold hands, purplish lips and a dull complexion. He also says he feels his chest is constricted, sometimes has shortness of breath and has a weak cough for the past three months. You ask if he gets sick often and he says that he does. You ask further about his cold hands and he tells you that his hands are colder than the rest of his body but that he also often feels very cold. The pulse is Deep, Weak and Knotted. The tongue is very pale with a purple hue and the coat is dry. What is the differential diagnosis for this case?
 - A. Heart Qi and Blood Deficiency
 - B. Heart and Liver Blood Deficiency with Lung Qi Deficiency
 - C. Heart Blood Deficiency with Heart Yang Deficiency with Lung Qi Deficiency
 - D. Heart Yang and Lung Qi Deficiency

2. A patient presents with low back pain, tinnitus, dizziness, poor memory, nocturnal emissions, impotence and infertility. What is the best point prescription for this case?
 - A. CV8, ST36, LR3, BL23
 - B. KI7, KI10, BL23, KI6
 - C. GV4, KI7, BL23, KI3
 - D. BL23, KI3, CV6

3. A patient complains of burning epigastric pain and an empty uncomfortable feeling in the stomach, dry heaves and constipation. She finds that even when she is hungry, she can only eat a little bit. She also has dry skin, dry stools, dry mouth and throat. What would you expect the tongue and pulse to be?
 - A. A slimy, yellow tongue coat with a Slippery, Rapid pulse
 - B. A thin, red and peeling tongue with a Thin, Rapid, Deep pulse
 - C. A thin, red and peeling tongue with a Thin, Rapid pulse
 - D. A grimy, dark-purple tongue with a Choppy pulse



4. A 27-year-old male has had tinnitus for two years. The sound is high pitched. It is better with rest and worse with stress. The tongue is red with a yellow coat. The pulse is Full (Shi Mai) and Wiry (Xuan Mai) and especially Weak (Xu Mai) in the rear positions. What is your treatment principle?
 - A. Supplement and boost Kidney Essence
 - B. Clear the Liver and Gall Bladder, drain Fire, enrich and supplement Kidney Yin
 - C. Nourish Kidney Yin, clear Empty Heat and calm the Mind
 - D. Tonify Qi and secure the Kidney

5. A patient presents with frequent urination and chronic leukorrhea, which is clear. She also has reduced appetite and bloating, loose stools and a sallow complexion. What is the diagnosis for this case?
 - A. Spleen Qi Deficiency with Damp invading the Lower Jiao
 - B. Spleen and Kidney Qi Deficiency
 - C. Spleen Qi Deficiency with Damp and Kidney Qi Deficiency
 - D. Kidney Qi Deficiency with Lower Jiao Damp Heat and Spleen Qi Deficiency

6. A patient has high fever, profuse sweat, mental confusion and strong thirst. Which of the six external pathogenic factors has he been infected with?
 - A. Summer Heat
 - B. Fire
 - C. Dryness
 - D. Dampness

7. A patient complains of vomiting and diarrhea, with cold hands and feet with agitation so severe that the patient wants to die. What is the diagnosis for this case?
 - A. Shaoyang syndrome
 - B. Taiyang syndrome
 - C. Taiyin syndrome
 - D. Jueyin syndrome

8. A patient presents with hiccups, nausea and dry heaves. The tongue is tender and red. The pulse is Deficient and Rapid. What is the diagnosis for this case?
 - A. Stomach Deficiency Cold
 - B. Stomach Deficiency Heat
 - C. Yangming syndrome
 - D. Taiyang syndrome



9. Sandy is brought into your office by her husband on a Saturday morning. She's profusely sweating an oily, pearly sweat despite feeling cold. Her body is cool, she complains of cold hands and feet and her breathing is feeble. She seems listless. Her tongue is pale and moist while her pulse is Thin and Fading. What is her diagnosis?
- A. Cold invading the Collaterals
 - B. Yin Collapse
 - C. Yang Collapse
 - D. Deficiency Kidney Yang with Deficient Lung Qi
10. Sarah was in a terrible car accident two months ago. She wasn't wearing her seatbelt at the time. Sarah went through the windshield and suffered severe brain injury. She was in the hospital for about a week. She lost a lot of blood in the process. Now she is complaining of lassitude and poor memory. She tells you that she has trouble sleeping and when she's finally able to get some sleep, she has extremely odd, disturbing dreams. Her appetite is low and her stools are "sloppy". Her tongue is pale and her pulse is Thin and Weak. What is the etiology for this case?
- A. Spleen Qi Deficiency with Heart Blood Deficiency
 - B. Trauma due to the car accident
 - C. Loss of Blood leads to extra strain on the Spleen to produce more Qi and Blood, causing Spleen Qi Deficiency, leading to Heart Blood Deficiency
 - D. All of the above
11. A patient comes into your clinic with a chief complain of cough. His throat feels scratchy. When he blows his nose he complains of thin, white phlegm and that he still feels "stuffy". He has a headache and says he prefers to stay under the blankets. His tongue has a thin, white coat and his pulse is Floating and Tight. What is the etiology for this case?
- A. Wind and Cold
 - B. Weak Wei Qi leads to Invasion of Wind and Cold
 - C. Wind Cold Invading the Lungs
 - D. All of the Above



12. Extra Points: Write in the main function for the following:

- Tai Yang: _____
- Yin Tang: _____
- Yu Yao: _____
- Si Shen Cong: _____
- Jin Jin and Yu Ye: _____
- Bi Tong: _____
- An Mian: _____
- Ding Chuan: _____
- Wie Wan Xia Xu: _____
- Yao Qi: _____
- Yao Yan: _____
- Si Feng: _____
- Shi Xuan: _____
- Er Bai: _____
- Lou Zhen: _____
- Bai Chong Wo: _____
- Lan Wei Xue: _____
- Dan Nang Xue: _____
- He Ding: _____
- Ba Feng: _____
- Jing Gong: _____
- Inner Neiting: _____

(Answers are on page 186 of HB Kim)



13. Which dermatome innervates the pinky finger?
- A. C7
 - B. C8
 - C. T1
 - D. T2
14. Which dermatome innervates the anus?
- A. S5
 - B. S1
 - C. L5
 - D. S2
15. Which cranial nerves control pupil dilation?
- A. CNII, CNIII
 - B. CNII, CNIV
 - C. CNIII, CNII
 - D. CNV, CNVI
16. How do you needle the point at the junction of the lateral $\frac{1}{4}$ and the medial $\frac{3}{4}$ of the infraorbital margin?
- A. Puncture superficially 0.1 cun
 - B. Ask the patient to close his eyes when pushing gently the eyeball to the lateral side, then puncture slowly perpendicularly 0.3-0.7 cun along the orbital wall. It is not advisable to twist or lift and thrust the needle vigorously
 - C. Push the eyeball upward gently, then puncture perpendicularly 0.5-1.2 cun along the orbital margin slowly, without movements of lifting, thrusting, twisting and rotating
 - D. Puncture perpendicularly 0.3-0.5 cun
17. What method do you use when treating extra points Ex-40 Bafeng?
- A. Needle
 - B. Prick to bleed
 - C. Prick to squeeze out a small amount of yellowish, viscous fluid locally
 - D. Needling is contraindicated



18. SP6 (Sanyinjiao) is a crossing point for all of the following EXCEPT:
- A. Chong meridian
 - B. Kidney meridian
 - C. Liver meridian
 - D. None of the above
19. A new patient expresses concern about privacy. In order to reassure them, you:
- A. Tell them not to worry and that you follow Canadian laws regarding privacy
 - B. Show them a copy of the jurisprudence handbook for your province
 - C. Give them a copy of your consent form to take home so they can reference it later if they have questions
 - D. Take your time explaining how their information will be collected, stored and used
20. Children commonly present with which of the following pulses?
- A. Rapid
 - B. Slow
 - C. Slippery/Rolling
 - D. Irregular
21. A patient suffers from pancreatitis with classic epigastric pain. Where would you see the pain refer to and what would you find in the blood tests?
- A. Lower abdomen; raised BUN
 - B. Back; raised creatinine
 - C. Groin; low BUN
 - D. Chest; low creatinine
22. Which of the following muscles would have a problem with arm abduction in a rotator cuff muscle tear?
- A. Supraspinatus
 - B. Subscapularis
 - C. Infraspinatus
 - D. Teres Minor



23. Which part of the brain regulates motor impulses from the cerebral cortex to the spinal cord and controls and integrates the autonomic nervous system for a controlled response?

- A. Thalamus
- B. Hypothalamus
- C. Cerebellum
- D. Cerebrum

24. A patient presents with bilateral atrophy and weakness of the lower limbs. This would indicate damage to which of the following?

- A. Upper Motor Neuron
- B. Lower Motor Neuron
- C. Extra Pyramidal System
- D. Anterior Horn

25. Which cranial nerve is involved with a lack of taste?

- A. CNI: Olfactory
- B. CNVII: Facial
- C. CN5: Trigeminal
- D. CN11: Accessory

26. If you are taking diuretics, which of the following might need to be supplemented?

- A. Sodium
- B. Potassium
- C. Magnesium
- D. Calcium

27. Which B vitamin is responsible for starting off the Krebs's cycle?

- A. B-5
- B. B-6
- C. B-2
- D. B-3



28. Barbiturates are used for which of the following?
- A. Anti-seizure and sedative
 - B. Hypertension
 - C. Diuretics
 - D. Diabetes
29. Which drug class has the side effect of nausea, drowsiness and itching but no rash?
- A. Antidepressants
 - B. Benzodiazepines
 - C. Narcotics ANS
 - D. HBG-CoA
30. Which protein is required for Vitamin B-12 absorption?
- A. Intrinsic Factor
 - B. Thiamin
 - C. Alpha intrinsic dehydrogenase
 - D. Glutamate
31. Raised levels of BUN can be seen in which of the following incidents, even without Kidney involvement?
- A. Heart Failure
 - B. Diabetes
 - C. Addison's disease
 - D. Genital herpes
32. Donald, 72 years old, shows up to your office seeking help for a hacking cough. He coughs into a napkin and shows you the sputum. There's hardly anything on the napkin but a small amount of sticky-looking phlegm. He complains of feeling "fullness" throughout his chest and costal regions, which is worse during his coughing fits. His complexion seems flushed and he complains of a bitter taste in his mouth. The coughing seems to get worse during times of stress. His pulse is Rapid and his tongue is red with a thin, yellow coat. What is the best point prescription for this case?
- A. LI11, LR1, SP6, KI6, LR2
 - B. LI11, LR2, LU10, SP6
 - C. LI11, LU10, KI6, TE6, GB34
 - D. LI11, LU10, KI2, LR2, CV17



33. Headache due to irregular food intake and overstrain may cause which of the following?
- A. Wind Cold Headache
 - B. Qi and Blood Deficiency Headache
 - C. Liver Yang Rising Headache
 - D. Not enough information to distinguish
34. GV20 (Baihui), SI3 (Houxi), BL67 (Zhiyin) and LR3 (Taichong) are indicated for:
- A. Frontal Headache
 - B. Vertex Headache
 - C. Temporal Headache
 - D. Occipital Headache
35. ST8 (Touwei), Yintang, GV23 (Shangxing), LI4 (Hegu) and ST44 (Neiting) are indicated for:
- A. Frontal Headache
 - B. Vertex Headache
 - C. Temporal Headache
 - D. Occipital Headache
36. Which organ pertains to the chin?
- A. Kidney
 - B. Spleen
 - C. Heart
 - D. Lung
37. Which organ pertains to the tip of the nose?
- A. Kidney
 - B. Spleen
 - C. Heart
 - D. Lung
38. When performing indirect moxibustion, the most important consideration is:
- A. Having a fire extinguisher on the premise
 - B. Having adequate ventilation in the room
 - C. Being cautious of preventing burns
 - D. Which technique of moxibustion you choose (i.e. salt, fuzi, garlic, etc.)



39. Which of the following points uses direct moxibustion to treat uterine bleeding?
- A. On the medial side of the great toe, 0.1 cun posterior to the corner of the nail
 - B. On the medial side of the great toe, distal and inferior to the first metatarsal digital joint, in the depression of the junction of the red and white skin
 - C. On the lateral side of the second toe, 0.1 cun posterior to the corner of the nail
 - D. 3 cun directly above the tip of the medial malleolus, posterior to the medial border of the tibia
40. Leukorrhea, premature ejaculation and incontinence are all often due to which of the following conditions?
- A. Kidney Qi Deficiency
 - B. Kidney Yin Deficiency
 - C. Kidney Yang Deficiency
 - D. Kidney Jing Deficiency
41. Which physical examination could be positive with DVT (Deep Vein Thrombosis)?
- A. Positive Phalen's sign
 - B. Positive Homan's sign
 - C. Positive Murphy's sign
 - D. Positive Babinski's sign
42. Which neurotransmitters stimulate the sympathetic nervous system and are related to stress?
- A. Acetylcholine
 - B. Epinephrine, Norepinephrine
 - C. Cortisol, Glucocorticoid
 - D. Thyroid, Parathyroid
43. Your patient has a history of cardiovascular disease, hypertension and epilepsy. What drugs might he be taking?
- A. Digoxin, ipratropium and sodium valproate
 - B. Digoxin, enalapril and metformin
 - C. Digoxin, enalapril and carbamazepine
 - D. Digoxin, ipratropium and diazepam



44. Rebecca, age 36, comes to you complaining of stomach pain. She says she can't stop belching, has acid regurgitation, painful abdominal and rib side distension. You have a lot of patients that day and accidentally forget to take her tongue and pulse. In a hurry, you diagnose and treat her for Food Stagnation. She comes back to your office a few days later and complains that she is not feeling any better. She seems irritable and tells you that she is angry with you for not being able to fix her condition. This has made the pain worse as it's now spreading through her rib side. This time, you take her tongue and pulse and find that her tongue is slightly red with a white coat and her pulse is Wiry though slightly Rapid. What is the pathophysiology for this case?
- A. Food Stagnation leads to Liver Qi Stagnation, unresolved Liver Qi Stagnation transform Heat leading to a slightly red tongue and slightly Rapid pulse
 - B. Soothe the Liver, clear Heat, harmonize the Stomach and relieve Pain
 - C. Liver Qi Stagnation leads to Liver overacting on Stomach, frustration and anger lead to further Qi Stagnation which starts to transform Heat
 - D. None of the above
45. Carla comes into your office complaining of hiccoughs. You can hear them throughout the intake. They sound low and weak and seem to interrupt her breathing. Her complexion is pale and she seems exhausted. She complains of feeling cold and heavy in her arms and legs and her appetite has been "off" for the past few days, thus she hasn't eaten much. Her tongue is pale with a white coat and her pulse is Deep, Weak and Thready. What is the differential diagnosis for this case?
- A. Liver Qi Stagnation
 - B. Spleen and Stomach Yang Vacuity
 - C. Stomach Excess Cold with Damp Accumulation
 - D. Stomach Yin Vacuity
46. What are the distinctive characteristics of Yang Edema?
- A. Edema with puffy face and eyelids, lustrous skin and non-pitting edema that is more prominent at first over the upper half of the body
 - B. Edema with puffy face and eyelids, lustrous skin and pitted edema that is more prominent over the lower half of the body
 - C. Pitting edema which is especially remarkable below the lumbar
 - D. Insidious onset of edema, with a sallow complexion



47. Maggie suddenly begins vomiting. She is experiencing aversion to cold, a headache, general aches and pain, oppression in the chest and epigastric fullness. Her tongue has a white, slimy coat and her pulse is Wiry. What is the differential diagnosis for this case?
- A. Exterior evil invading the Stomach
 - B. Food Accumulation and Stagnation
 - C. Obstruction and Stagnation of Phlegm Damp
 - D. Liver Qi invading the Stomach
48. Sam often works late into the evening. By the time he arrives home, it is often 9 pm. He frequently doesn't have time to eat at work so he is usually starving by the time he comes home. He makes a big dinner and finishes eating around 10 pm. Sam comes into your office complaining of stomach reflux. He's experiencing distention of the epigastrium and abdomen after eating. In the morning, when he wakes up he vomits up the food he ate the night before. He can tell that it's the same thing he had eaten for dinner as the food is almost entirely undigested. He looks fatigued and his complexion lacks luster. His tongue is pale with a thin coat and his pulse is Forceless and Tardy. What is the etiology for this case?
- A. Too much sitting and improper diet
 - B. Weak Spleen and Stomach Qi
 - C. Overwork and improper diet
 - D. All of the Above
49. John has been experiencing distention and congestion in his chest and hypochondrium. During the intake he keeps belching. He's experiencing abdominal pain with diarrhea made worse by mood swings. He is exhausted and he wants to lie down after he eats. Despite the diarrhea, he has not had any relief of the pain. His tongue has a thin, white coat and his pulse is Wiry. What is the best point prescription for this case?
- A. LR3, SP3, ST36, PC6, CV12
 - B. LR3, SP4, GB34, PC6, CV17
 - C. LR2, LI11, CV17, SP6
 - D. CV17, LU6, LR3, ST36



50. A female patient comes to you seeking help with her chronic migraines. The pain occurs most commonly on the side of her head and behind her eyes. She describes the pain as extreme and stabbing. She also sometimes has diarrhea and nausea when having a migraine. Her periods are scanty and the tongue is pale and slightly purplish. The pulse is Deep and Minute. What is the treatment plan?
- A. Disperse the Liver and Gall Bladder, clear Heat
 - B. Regulate the Shaoyang meridians
 - C. Clear the Stomach Heat, descend Stomach Qi, move Blood
 - D. Subdue Liver Yang, nourish Liver Blood, move Blood
51. A local celebrity comes to you for help in treating her difficulties with substance abuse. The local newspaper calls you to discuss her case and confirm she is being treated for substance abuse. What should you do?
- A. Refuse to confirm or deny that the person is a patient
 - B. Confirm that the person is a patient but give no further information
 - C. Confirm that the person is a patient and that she is being treated for alcoholism but is progressing along nicely
 - D. Deny that she is a patient
52. Your patient has a Liver disease and you want to give him a herbal treatment, but the patient's hepatologist thinks it would be dangerous. What should you do?
- A. Tell the patient to find another doctor
 - B. Tell the patient that TCM has been around for 5000 years and the treatment works
 - C. Ask the patient to speak with his doctor and educate him on the research regarding the treatment you want to perform
 - D. Tell the patient to trust you as you have been a practitioner longer than her doctor



53. Paula is a patient of yours who you have been treating for the past six months. During treatment she tells you that she cleans houses part-time. You recommend Paula to several of your friends to help her with her business. She refers her friends to you as well. You want to ask her to clean your house because everyone you have referred her to has had a very good experience. You think she will do a good job. Which of the following is the correct way to handle this request to Paula?
- A. Ask Paula to clean your house. There is nothing to worry about
 - B. Asking Paula to clean your house is setting up a dual relationship between you and Paula. It is best to avoid this type of relationship. Find another house cleaner.
 - C. Refer Paula to your friends only if she agrees to clean your house for free
 - D. Ask Paula if she will clean your house in exchange for acupuncture treatments
54. Dry mouth generally indicates which of the following?
- A. Stomach Dryness
 - B. Stomach Dryness and/or Lung Dryness
 - C. Lung Dryness
 - D. Lung Dryness and/or Lung Heat
55. A patient presents with temporal headache, dizziness, tinnitus and deafness. Their face and eyes are red. The urine is dark and the patient suffers from constipation. What would you expect the tongue and pulse to be and the best point prescription?
- A. A red tongue with redder sides and an Excess, String-taut, Rapid pulse; LR14, G34, SP9, SP6
 - B. A red tongue with a yellow coat and a String-taut, Excess pulse: LR3, GB20, GV16, GV20, Shi Xuan, GV14, GV8
 - C. A red with redder sides and an Excess, String-taut, Rapid pulse: LR2, G6, G8, SP6, LI11, G13
 - D. A red, geographic tongue and a Floating, Empty pulse: LR2, G6, G8, SP6, GB20, LR1
56. A patient presents with choking cough with thick, yellow sputum and a headache. There is thirst, fever and aversion to cold. What is the best point prescription for this case?
- A. GV14, LI11, TE5, LI4
 - B. GV16, B12, LU10, LU7, LI4
 - C. B13, LU7, LI4
 - D. B13, GV14, TE5



57. Sterile guide tubes must be used for:

- A. Each acupuncture point
- B. Each patient
- C. Every 3rd patient
- D. At the beginning of each day

58. Which of the following is not true about disinfectants?

- A. They are used on inanimate objects
- B. They kill many microorganisms
- C. They kill bacterial spores
- D. In healthcare setting, disinfectants are often liquid chemicals

59. You order raw herbs for your clinic from a reputable herbal company. The herbs arrive and one of the bags has lost its label. You are not completely certain which herbs they are. They look very similar to another grassy herb. What should you do?

- A. Consult an online website that has pictures of herbs
- B. Consult your school's clinic manager and see if they can help you identify the herbs
- C. Trust your gut and guess at the herbs
- D. Return the herbs to the pharmacy

60. Three years ago a 55-year-old woman had a kidney infection. Her diagnosis was pyelonephritis. Since then she has had headaches. The head pain is on the back of the neck, top of head and eyes. She tends to be constipated. The urine is dark and scanty. She has night sweats and back pain. The tongue is a little red with a very thick-yellow coat at the root. The pulse is Thin, Wiry, slightly Rapid and Slippery in both the rear positions. What is the best point prescription for this case?

- A. LI11, LI4, SP6, KI6
- B. LI11, LI4, SP9, CV3, KI6, BL10, LR3
- C. LI10, ST36, SP6, KI6, LR2
- D. LR2, KI7, CV8, BL67



61. A patient comes in experiencing difficulty swallowing. He complains of having a swelling in the throat but upon palpation there is no actual swelling. He also has a feeling of oppression of the chest and diaphragm, irritability, moodiness, depression and a Wiry pulse. What is the diagnosis?
- A. Wind Phlegm
 - B. Damp Phlegm
 - C. Qi Phlegm
 - D. Phlegm Heat