



## CALE Case Studies Replacement Case Studies April 2023

### WEEK 1: MONDAY

**#11:** Both Bai Zi Ren (*Platycladi Semen*) and Suan Zao Ren (*Ziziphi spinosae Semen*) are used to treat insomnia due to Blood or Yin Deficiency. Which herb is more effective at treating insomnia due to Heart Blood and Kidney Yin Deficiency?

- A. Bai Zi Ren
- B. Suan Zao Ren
- C. Neither
- D. Both

**#26:** Which of the following five element body type descriptions is incorrect?

- A. Wood type: small head, long face, broad shoulders, straight back, sinewy body, and small hands and feet.
- B. Fire type: pointed, small head, wide teeth, wide shoulders, walking briskly, curly hair or less hair, and large hands and feet.
- C. Earth type: large head, round face, wide jaws, wide shoulders, large abdomen, and large calves and thighs.
- D. Metal type: small head, square face, small shoulders, flat abdomen, and a strong voice.
- E. Water type: large head, broad cheeks, narrow shoulders, large abdomen, long spin, and wrinkly skin.

**#27:** Adam presents to the clinic with insomnia, palpitations, and agitation. Which of the 7 emotions is affecting the Qi flow?

- A. Shock
- B. Sadness
- C. Fear
- D. Joy

**#28:** Sasha presents to the clinic with severe upper back pain due to long term Qi and Blood Stagnation. You perform Gua Sha on her for the first few treatments without seeing any significant improvement. You would like to perform bleeding cups. After putting on disposable gloves, you palpate, prick, and cup the most tender areas of her upper back and shoulders. Sasha states that she feels warm in the treatment room, so you open the window. As you leave the room, you hand Sasha a bell to ring. Sasha calls you into the room 15 minutes into the session. She says she is having difficulty breathing and her eyes are itching. You notice that she is wheezing, and her eyes are watering. Which of the following situations has occurred?

- A. Pneumothorax
- B. Pollen allergy
- C. Latex allergy
- D. Brain puncture



**#29:** Deep tendon (muscle stretch) reflexes evaluate the afferent nerves, the synaptic connections within the spinal cord, the motor nerves, and the descending motor pathway. They are graded on a scale of 0 to 4+. Which of the following reflex scores would indicate a normal response?

- A. 0
- B. 1+
- C. 2+
- D. 3+
- E. 4+

**#30:** A patient taking Tamoxifen for hormone receptor-positive breast cancer should be aware that one of the side effects of the medication is pain that is \_\_\_\_\_.

- A. Superficial
- B. Migrating
- C. Intermittent
- D. A deep bone pain

**#31:** Naomi, age 82, presents to the clinic with knee pain and sleep problems. She is accompanied by a young woman who claims to be her niece. After the treatment, she pays with a check. You notify her at the end of the week that the check has bounced. She seems confused by this and insists that there should be more than enough funds to cover the treatment. Her bank account should contain approximately \$70,000. How should you proceed?

- A. Ask her if she can bring cash to her next appointment.
- B. Ask her if she to pay by credit card.
- C. Call her niece and ask her for help with payment.
- D. Call Adult Protective Services and send a written report within 48 hours for suspected financial abuse.

**#32:** Which of the following answers is incorrect?

- A. Feeling unsteady or unrooted, aimless or without purpose; UB47
- B. Feeling anxious or depressed; UB44
- C. Unable to concentrate of focus; UB49
- D. Suffering from sadness or grief; UB43
- E. Lacking will-power; UB52

## **WEEK 5: MONDAY**

**#6:** The patient has 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. Shaoyin syndrome



**#14:** Your patient presents to the clinic stating that they wake up every morning with stiff joints. You ask if the stiffness reduces as the day progresses. She tells you it does not. That her joints are just always stiff. What is the correct diagnosis for this case?

- A. Ye Fluid Deficiency
- B. Jin Fluid Deficiency
- C. KD Yang Deficiency
- D. Qi and Essence Deficiency

**#16:** Theodora gave birth to a baby boy three days ago. She presents with lower abdominal pain that responds well to warmth. She has not passed lochia discharge. Her tongue is pale, with purple spots and her pulse is Deep and Hesitant. What is the best formula for Theodora?

- A. Shen Hua Tang (*Generating and Transforming Decoction*)
- B. Gui Zhi Fu ling Wan (*Cinnamon Twig and Poria Pill*)
- C. Tao He Cheng Qi Tang (*Peach Pit Decoction to Order the Qi*)
- D. Jiao Ai Tang (*Ass-Hide Gelatin and Mugwort Decoction*)

## **WEEK 6: MONDAY**

**#15:** What is the taste for Bai Shao?

- A. Bitter, acrid, warm
- B. Sour, mildly cold or cool
- C. Sweet, astringent, cool
- D. Spicy, bitter, cold

**#33:** Your patient presents to the clinic with low back pain. He says that it came on suddenly about 6 hours ago. Other symptoms include urinary retention for the past 24 hours, saddle anesthesia and sciatica like radiating pain down both left and right UB channels. What is the most likely diagnosis for your patient? What is the correct referral?

- A. Cauda equina syndrome (CES); refer to the ER immediately.
- B. Piriformis syndrome: refer to GP in the next few days.
- C. Herniated disc; same day referral to the GP.
- D. Sciatica; refer to the ER.

**#40:** A big risk factor for Atherosclerosis is:

- A. Hypertension
- B. Weight loss in excess of 20 lbs in one year.
- C. Raynaud's syndrome
- D. Renal failure



## WEEK 7: MONDAY

#11: Which answer option contains points that are located in the 5<sup>th</sup> ICS?

- A. Ren15, KD22, ST17, SP17
- B. Ren16, KD22, ST18, SP17
- C. Ren18, KD24, ST16, SP19
- D. Ren16, KD23, ST17, SP18

## Week 7 – Wednesday:

**Question 2 (correction):** A patient complains of hot and dark red urination. There is soreness and weakness in the lower extremities. He tells you there is a bitter taste in his mouth and he is very thirsty. During sex, he has trouble maintaining an erection. What is the best point prescription for this case?

- A. B23, S28, K5, SP6, Ren3
- B. Du20, S36, Ren6, B28 **Changed to: B28, Ren2, SP9, B40**
- C. ~~B28, Ren3, SP9, B39~~
- D. Ren3, SP6, SP9, S36

**Question 3 (correction):** The patient tells you he has abundant clear urination. It is especially worse at night. He tells you he is also dizzy and suffers from tinnitus. He has a bright, white complexion and he feels exhausted. There is a sensation of Cold in the low back. His tongue is pale and wet, and the pulse is Deep and Weak. What is the best point prescription for this case?

- A. K3, K6, K9, K10, SP6, Ren7, Ren4
- B. ~~K3, B23, B52, Du4, Jinggong, Ren6, Du20~~ **Change to: B. K6, B23, K10, Du4, Ren4, Du20**
- C. K3, B23, Du4, K6, L7, S36, K25, K13
- D. K3, B23, B52, Du4, Jinggong, Ren6