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39	A	B	C	D	E

PRACTICE QUESTIONS

Saudi Commission For Health Specialties (SCFHS)

PSMLE

SCFHS Saudi Medical Licensing Exam (Practice)

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Saudi Commission For Health Specialties (SCFHS) PSMLE , each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, PSMLE
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

A 45-year-old man presents with epigastric pain that improves with food intake. Endoscopy reveals a duodenal ulcer. Which of the following mechanisms is the principal cause of this condition?

- ☐ A Increased gastrin secretion from a pancreatic tumor
- ☒ B Hypersecretion of gastric acid driven by *Helicobacter pylori* infection
- ☐ C Autoimmune destruction of gastric parietal cells
- ☐ D Excessive use of NSAIDs causing direct gastric mucosal injury only

ANSWER B

WHY Most duodenal ulcers are caused by *Helicobacter pylori* infection, which increases gastric acid secretion and damages the protective mucosal barrier. Zollinger-Ellison syndrome (gastrinoma) is a rare cause, autoimmune parietal cell destruction causes atrophic gastritis and pernicious anemia (typically presenting with gastric rather than duodenal ulcers), and NSAID use alone is not the principal cause when *H. pylori* infection is present.

QUESTION 2

SINGLE CHOICE

A 6-year-old child presents with a 3-day history of fever, sore throat, and tender anterior cervical lymphadenopathy. On examination, there are yellowish exudates on both tonsils. Which investigation is most appropriate to confirm the diagnosis?

- ☐ A Monospot test
- ☒ B Throat swab for culture and sensitivity
- ☐ C Complete blood count with differential
- ☐ D Lateral neck X-ray

ANSWER B

WHY The presentation is highly suggestive of streptococcal pharyngitis (Centor criteria: fever, tonsillar exudates, tender anterior cervical lymphadenopathy, absence of cough). A throat swab for culture (or rapid antigen detection test with confirmation by culture in children) is the standard investigation. Monospot is used for infectious mononucleosis, which usually presents with posterior cervical lymphadenopathy and splenomegaly; CBC is supportive but not confirmatory; lateral neck X-ray is used when retropharyngeal abscess is suspected.

QUESTION 3

SINGLE CHOICE

A 30-year-old pregnant woman in her second trimester is diagnosed with a urinary tract infection. Which antibiotic is the most appropriate choice?

- ☐ A Ciprofloxacin
- ☐ B Trimethoprim-sulfamethoxazole
- ☒ C Cephalexin
- ☐ D Doxycycline

ANSWER C

WHY Cephalexin is a first-generation cephalosporin that is considered safe in pregnancy (Category B) and is effective against common uropathogens. Ciprofloxacin (fluoroquinolones) is contraindicated due to fetal cartilage damage. Trimethoprim-sulfamethoxazole is contraindicated in the first trimester (folate antagonism, neural tube defects) and near term (kernicterus risk). Doxycycline (tetracyclines) is contraindicated due to fetal tooth discoloration and bone growth inhibition.

QUESTION 4 SINGLE CHOICE

A 60-year-old man is brought to the emergency department with severe crushing chest pain radiating to the jaw, lasting 30 minutes. ECG shows ST-segment elevation of 3 mm in leads II, III, and aVF. What is the most appropriate immediate management?

- ☒ **A** Administer streptokinase if percutaneous coronary intervention is unavailable within 90 minutes
- ☐ **B** Order a chest X-ray before initiating any treatment
- ☐ **C** Give intramuscular morphine as the first intervention
- ☐ **D** Discharge with sublingual nitroglycerin if pain resolves

ANSWER A

WHY The patient has an inferior wall ST-elevation myocardial infarction (STEMI). The priority is reperfusion therapy: primary PCI within 90 minutes is preferred, and if unavailable within that window, fibrinolytic therapy (e.g., streptokinase or tenecteplase) should be given. Chest X-ray should not delay reperfusion. Morphine is adjunctive for pain control but is not the first intervention. Discharging a STEMI patient is inappropriate and dangerous.

QUESTION 5 SINGLE CHOICE

Which of the following immunizations is recommended for all healthy infants in Saudi Arabia at birth?

- ☐ **A** Oral polio vaccine
- ☒ **B** BCG vaccine
- ☐ **C** MMR vaccine
- ☐ **D** Varicella vaccine

ANSWER B

WHY The Saudi national immunization schedule includes BCG (bacillus Calmette-Guérin) vaccine at birth for protection against tuberculosis. OPV is given at 2 months (and currently the schedule uses IPV). MMR and varicella vaccines are given at 12 months of age, not at birth.

QUESTION 6

SINGLE CHOICE

A 17-year-old girl requests contraception. She is competent and does not want her parents informed. According to medical ethics, what is the most appropriate course of action?

- ☐ A Refuse to prescribe contraception and inform her parents
- ☐ B Prescribe contraception only with parental consent
- ☒ C Prescribe contraception while maintaining her confidentiality
- ☐ D Refer her to another physician because of her age

ANSWER C

WHY A competent minor (assessed using Gillick competence in many jurisdictions, and accepted in Saudi medical practice) can consent to confidential medical care including contraception. The physician should respect patient confidentiality while encouraging family involvement where appropriate. Refusing care, requiring parental consent unnecessarily, or refusing to treat breaches the minor's rights to confidential reproductive health care.

QUESTION 7

SINGLE CHOICE

A 35-year-old woman has the following thyroid function tests: TSH 0.05 mIU/L (low), free T4 28 pmol/L (elevated), free T3 9 pmol/L (elevated). She has weight loss, palpitations, and tremor. What is the most likely diagnosis?

- ☐ A Primary hypothyroidism
- ☒ B Primary hyperthyroidism
- ☐ C Secondary hyperthyroidism
- ☐ D Euthyroid sick syndrome

ANSWER B

WHY Suppressed TSH with elevated free T4 and free T3 indicates primary hyperthyroidism (the most common cause being Graves' disease). Primary hypothyroidism would show elevated TSH with low T4. Secondary hyperthyroidism (TSH-secreting pituitary adenoma) would show elevated or inappropriately normal TSH with elevated T4/T3, not suppressed TSH. Euthyroid sick syndrome shows abnormal thyroid tests in critically ill patients without true thyroid dysfunction, often with low T3 and normal or low TSH.

QUESTION 8

SINGLE CHOICE

A patient with sickle cell disease presents with sudden onset of severe bone pain, fever, and anemia. Which of the following complications best explains this acute presentation?

- ☒ **A** Vaso-occlusive crisis
- ☐ **B** Acute osteomyelitis due to Salmonella
- ☐ **C** Avascular necrosis of the femoral head
- ☐ **D** Hemolytic crisis triggered by cold exposure

ANSWER A

WHY The most common acute complication of sickle cell disease is the vaso-occlusive crisis, caused by sickled red blood cells blocking microvasculature, leading to ischemic bone pain, often accompanied by fever and worsening anemia. While Salmonella osteomyelitis and avascular necrosis are recognized complications, they do not present as an acute generalized pain crisis. Hemolytic crisis may occur but is not the typical acute presentation described.

QUESTION 9

SINGLE CHOICE

A 25-year-old woman tests positive for HIV during routine antenatal screening. She refuses to disclose her status to her husband and asks the physician not to inform him. According to Saudi Commission for Health Specialties (SCFHS) ethical guidelines, which is the most appropriate next step for the physician?

- ☐ A Respect her confidentiality and do not disclose her HIV status to anyone
- ☐ B Notify her husband immediately without her consent because HIV is a reportable disease
- ☒ C Counsel her about the importance of partner notification and encourage voluntary disclosure, while respecting her autonomy
- ☐ D Refer the case to the hospital administrator for a final decision

ANSWER C

WHY Saudi ethical practice emphasizes patient autonomy and confidentiality while also recognizing the duty to protect identifiable third parties at risk. The standard approach is to first counsel the patient, encourage voluntary partner disclosure, and offer assistance with partner notification. Breaching confidentiality without consent is reserved for situations where counseling has failed and there is a clear, imminent risk to an identifiable partner, after appropriate escalation. Referring to administration or automatically notifying are not the immediate first steps.