

MOC Questions

Management of Sport-Related Concussion

Question: A 16 yo adolescent diagnosed with a concussion has persistent symptoms despite staying home from school, avoiding exercising, and lying in his room all day since the injury occurred 15 days ago. Assuming the diagnosis of concussion is correct, what would be the most appropriate recommendation:

Answers:

- a) Restrict activities further, as the current amount of rest has proven insufficient
- b) Arrange for home tutoring and a prolonged absence from school
- c) Gradually resume cognitive and non-risk, non-contact physical activity as tolerated
- d) Refer the patient for craniosacral therapy

Feedback: The correct answer is C, gradually resume cognitive and non-risk, non-contact physical activity as tolerated.

This reflects the latest guidelines from the international conference on concussion in sport and based on emerging literature showing that: 1) Restrictions on activities, even in the absence of a concussion, cause symptoms that mimic those of concussion. 2) As time since injury increases after a concussion, somatic symptoms resolve while emotional symptoms increase. This is unlikely to reflect concussion pathophysiology and more likely to reflect physical deconditioning, social isolation, and emotional stress. 3) The symptoms of those who are returned to normal, non-risk, non-contact activity after a concussion resolve faster than those

Work-up and Imaging of Infants with Febrile UTI

Question: Which of the following laboratory findings meets the strict definition of a urinary tract infection according to the 2011 AAP guidelines on evaluation of children with a febrile UTI?

Answers:

- a) urine culture with >100,000 cfu E. coli, without urinalysis
- b) urinalysis with 2 wbc/hpf and urine culture with >100,000 cfu Klebsiella
- c) urinalysis with 25 wbc/hpf and urine culture with no growth
- d) urinalysis with 1+ leukocyte esterase and urine culture with >50,000 cfu E. coli
- e) urinalysis with 25 wbc and urine culture with 10,000 cfu E. coli

Feedback: The correct answer is D.

The AAP guidelines define a urinary tract infection as a urine culture with >50,000 cfu of a single organism AND an urinalysis with pyuria (positive leukocyte esterase or > 5 wbc/hpf).