

### WEEK 3 Quiz

1. Your patient has herpes zoster ophthalmicus (HZO) as shown in the photo. What would your treatment plan for this patient be?

#### Answer:

After assessing the patient for allergies, within 72 hours of symptoms, I would prescribe Valacyclovir, 1 g, by mouth, three times per day for 7 days.

Atropine 1% or scopolamine 0.25%, 1 drop, three times per day to dilate the pupils.

For uveitis (eye inflammation), prednisolone acetate 1% instilled every 1 hour.

For keratitis (inflammation of the cornea), initially, prednisolone acetate 1% instilled four times per day, shortening the time frame as symptoms subside.

Referral to Ophthalmologist to manage for further damage or loss to the patient's vision such as increase in intraocular pressure.

2. List the four steps of decongestive physiotherapy (CDP) for lymphedema.

#### Answer:

The four steps of decongestive physiotherapy (CDP), the gold standard for lymphedema include:

- 1) manual lymph drainage (MLD);
- 2) compression bandage;
- 3) skin care; and
- 4) remedial exercises.

- 3) Cellulitis is most commonly caused by which pathogens?

Answer:  $\beta$ -hemolytic Streptococci and Staphylococcus aureus are the most common causes

h  $\beta$ -hemolytic Streptococci and Staphylococcus aureus are the most common causes.

- 4) Your 78-year-old patient comes in yearly for a skin check. She was a self-proclaimed "sun worshipper" in her younger days. She has multiple freckles over her face, arms, and back. She is concerned about a freckle on her back that seems to be getting larger. This is what you see, what is your impression?

Answer: Nodular Melanoma