ON EXAMINATION QUESTION

Restless legs syndrome

This week’s question is on restless legs syndrome and is taken from the OnExamination revision questions for the MRCGP examination.

A 64 year old man presents to the surgery with a sleep disorder. He tells you that he has a creeping, crawling sensation in his legs, so much so that he finds he has constantly to rub his legs together to relieve the sensation and has an irresistible urge to get up and move around.

He feels chronically sleep deprived, being able to sleep only in the early hours of the morning and then falling asleep often during the day. He has recently started thyroxine replacement and has a history of hypertension; type 2 diabetes; and steatohepatitis, for which he takes amlodipine, ramipril, and gliclazide.

On examination his blood pressure is 145/82 mm Hg and respiratory, cardiovascular, and neurological examinations are normal.

Which one of the following in his history is most likely to be associated with his presentation?

A  Amlodipine
B  Hypertension
C  Hypothyroidism
D  Ramipril
E  Steatohepatitis

PICTURE QUIZ

Ankle injury after a fall from a horse

A fit and well 25 year old woman with a body mass index of 30 fell off a horse (a height of about 1.2 m) and landed on both feet. She immediately felt severe pain in both ankles and was unable to weight bear. On arrival at the accident and emergency department the only abnormality identified was a clinically deformed right ankle with gross swelling, global tenderness, and restricted range of movement because of severe pain. Anteroposterior (fig 1) and lateral (fig 2) ankle radiographs were taken.

1  What abnormalities can be seen on the radiographs?
2  What is the immediate management?
3  What further investigation would you perform?
4  What are the potential long term complications?

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ANATOMY QUIZ

Coronal computed tomography section of the heart

Identify the structures labelled A to E in this coronal CT section of the heart.

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