GI Fellows Lecture Series

Lecture 4

Foreign body impactions/strictures
Question 1

A 90 year old librarian complains of difficulty swallowing intermittently. On exam, she points to her upper chest as the area that the food intermittently gets stuck. She sometimes has regurgitation of food that she ate hours before. The food is virtually unchanged in appearance from when she ate it. She does note coughing after lying down to sleep at times. What is the most likely possibility for her new symptoms?

A. Stricture of the Lower esophageal sphincter
B. Zenker’s diverticulum
C. Epiphrenic diverticulum
D. Schatzki’s ring
Question 2

An 81 year old patient with Parkinson’s Disease chokes after each bite of food or liquid he swallows. The gastroenterologist tells the patient and his worried family that a feeding tube must be placed to avoid a fatal aspiration pneumonia. What swallowing process is likely disordered?

A. Cessation of release of ACH by Nucleus Ambiguus onto striated muscles
B. Opening of Lower Esophageal Sphincter
C. Esophageal motility of the body of the esophagus
D. Diaphragmatic bolstering through the phrenic nerve fibers
Question 3

A 30 year old with new odynophagia should be checked for multiple underlying illnesses. Which of the following illnesses is routinely involved in the differential for odynophagia?

A. Lyme Disease
B. Guillain-Barre
C. Herpes Simplex
D. Schistosomiasis
Question 4

A 46 year old construction worker is celebrating his birthday with friends at a local steak and ale joint when he clutches at his neck. Friends come to his aid. What condition is most likely responsible for his problem?

A. Achalasia
B. Nutcracker esophagus
C. Plummer Vinson Syndrome
D. Schatzki’s ring
Question 5

A 57 year old event planner with polymyositis notes trouble swallowing her food. You want to instruct the intern seeing the patient about her pathophysiology. You begin with the words voluntary and involuntary phases of swallowing. Which of the following is a voluntary phase of swallowing?

A. Glottis closure
B. Tongue molding food into a bolus against the hard palate
C. Closure of nasopharynx
D. Elevation of soft palate
Speaker: Dr. Douglas Pleskow
TOPIC: Foreign body impactions/strictures

ABIM Gastroenterology Exam Blueprint

<table>
<thead>
<tr>
<th>Body Part</th>
<th>Percentage</th>
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<tr>
<td>Esophagus</td>
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<tr>
<td>Stomach/Duodenum</td>
<td>15%</td>
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<tr>
<td>Liver</td>
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<td>Biliary</td>
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<tr>
<td>Pancreas</td>
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<tr>
<td>Total</td>
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Question 6

The age of the population most involved with food impactions is which of the following?

A. 80-90 year olds
B. 6 months -6 years old
C. 6 years to 12 years old
D. 12 years-30 year old
The benefit of the plain X-Ray before endoscopy is clear in which of the following food impaction patients?

A. Non-bony food impaction
B. Shortness of breath and fever
C. Food impaction with steak tips
D. Swallowed fish bone
Airway management with intubation must be considered for which of the following patients with a food impaction before endoscopy can be performed?

A. 46 year old with constant drooling and fear of swallowing
B. 75 year-old with chicken lodged in lower esophagus
C. 56 year-old with steakhouse syndrome
D. 30 year-old with X-Ray showing a coin in distal esophagus.
Question 9

The timing of the upper endoscopy in patients with a food impaction should be guided by which of the following:

A. Risk of bleeding
B. Risk of vomiting
C. Risk of perforation, aspiration and obstruction
D. Risk of fever and chills
Question 10

Two coins should be removed from the esophagus in an asymptomatic 12 year old boy by which of the following times?

A. 1-6 HOURS
B. 12-24 HOURS
C. 24-36 HOURS
D. 36-48 HOURS
Thank you

Answers can be found online on the S drive
Answer key

1. B
2. A
3. C
4. D
5. B
6. D
7. B
8. B
9. C
10. A