



# USMLE-STEP-2<sup>Q&As</sup>

United States Medical Licensing Step 2

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### QUESTION 1

Food-borne illness has been a recurrent problem in your community over the past year. As a result of this, you ask that the health department's registered sanitarian pay particular attention to which of the following during his inspection of restaurants?

- A. unhygienic food-handling methods
- B. improper storage of rodenticides
- C. inadequate cooking
- D. the use of unlabeled products
- E. use of old utensils

Correct Answer: A

The major hazards associated with foodborne illnesses are of biological origin. Although all of the phases of the food preparation process may present opportunities for contamination, the major problem is related to food handling rather than to the quality of the food itself. Poor personal hygiene and improper holding temperatures are the leading factors resulting in contamination with bacterial and viral pathogens. Commonly reported pathogens include Salmonella, S. aureus, Shigella, C. perfringens, E. coli, hepatitis A, and Norovirus (previously described as Norwalk-like virus).

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### QUESTION 2

A 42-year-old man admitted with a high fever and leukocytosis is transferred to the intensive care unit in shock. Which of the following is a common finding in the early stages of septic shock?

- A. reduced cardiac output
- B. bradycardia
- C. decreased systemic vascular resistance (SVR)
- D. hypertension
- E. metabolic alkalosis

Correct Answer: C

The usual early hemodynamic response to sepsis is a hyperdynamic circulation. This includes tachycardia, elevated cardiac output, and decreased systemic resistance. Septic shock may then progress with intractable hypotension, metabolic acidosis, reduced cardiac output, oliguria, and death. The initial resuscitation of patients with all forms of shock requires rapid expansion of circulating blood volume to help maintain BP and tissue perfusion. This is usually achieved with the infusion of crystalloid fluids. When septic shock is suspected, cultures of blood, urine, and other sources along with antibiotic therapy targeted toward the most likely source is critical. Mechanical ventilation may be required when altered mental status, acidosis, and hypoxia are present. Beta-blockers and diuretics may have specific indications that cardiac ischemia and pulmonary edema are present

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### QUESTION 3



An 8-year-old boy suffers from compulsive eating, obesity, small stature, hypogonadism, and mental retardation. Which of the following is his most likely diagnosis?

- A. phenylketonuria
- B. Prader-Willi syndrome
- C. Down syndrome
- D. fragile X syndrome
- E. Cri-du-chat syndrome
- F. disorientation

Correct Answer: B

All of the listed syndromes cause mental retardation, but Prader-Willi syndrome is also typified by compulsive eating and obesity, hypogonadism, and small stature. It is thought to be due to a small deletion on chromosome 15. Phenylketonuria is an autosomal-recessive trait which can cause mental retardation in children who do not eat a low phenylalanine diet. Down syndrome, or trisomy 21, causes mental retardation and distinctive facies. Fragile X syndrome causes mental retardation, short stature, and postpubertal macroorchidism. Cri-du-chat syndrome, caused by a deletion on chromosome 5, is characterized by severe mental retardation, microcephaly, and a cat-like cry in infants due to laryngeal abnormalities

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#### QUESTION 4

A 4-year-old child presents to your office in July with a history of a low-grade fever (38.1°C) and "sores" in his mouth for 2 days. He has been refusing to eat but has been drinking an adequate amount of liquids.

On examination, he is afebrile and seems well hydrated. He has ulcers on his tongue and posterior pharynx, which are 4 mm in diameter. You also note a few vesicles on his hands and feet, which are 3-4 mm in size and mildly tender.

Which of the following is the most likely diagnosis?

- A. herpes simplex virus (HSV)
- B. coxsackie virus
- C. aphthous ulcers
- D. Behcet syndrome
- E. traumatic ulcers

Correct Answer: B

Coxsackie A16 is the major cause of hand, foot, and mouth disease. This is a summer enteroviral illness presenting with classic lesions of the hand, feet, and mouth. Herpetic gingivostomatitis is the most common cause of stomatitis in children aged 13 years. There is often a high fever, fetor oris, refusal to eat, and irritability. The lesions are initially vesicular, and soon form ulcers ranging from 2 to 10 mm in diameter. The tongue, cheek, and gums are usually



involved, and there may be submaxillary lymphadenitis. Aphthous ulcerations (canker sores) are painful ulcerations, which present as erythematous, indurated papules that erode to form circumscribed necrotic ulcers with gray fibrinous exudates and erythematous halo. They are 2-10 mm in diameter, heal spontaneously, and often recur. Behcet syndrome is a multisystem disorder characterized by recurrent oral and genital ulceration, iritis or uveitis, as well as other cutaneous, arthritic, neurologic, vascular, and gastrointestinal (GI) manifestations. It is rare in children. Traumatic oral ulcers may be seen in chronic cheek biters but do not involve extremities.

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#### QUESTION 5

A middle-aged man with depression requests help for his symptoms of low self-esteem and feelings that "life is bad no matter what you do." He prefers to use no medication and expresses the desire to not be in therapy "for years." There is no previous psychiatric treatment. Which of the following therapies would be the most helpful?

- A. psychoanalysis
- B. behavioral therapy
- C. cognitive psychotherapy
- D. supportive psychotherapy
- E. group psychotherapy

Correct Answer: C

Cognitive psychotherapy would be helpful to this man to see and understand how cognitive distortions about himself, others, and the future bring about his depressive feelings. Psychoanalysis, a process lasting several years with a weekly commitment of three to four sessions, would require this person to be willing to explore and work through issues and conflicts that have their source in childhood. Behavioral therapy has as its goal the disruption of inappropriate behaviors with the substitute of more appropriate behaviors. It is intended for the treatment of phobias and various psychosomatic disorders (e.g., migraine, hypertension). Supportive psychotherapy could also be of some value. This is used frequently in conjunction with medication. Group therapy may be of some value after this patient has had the opportunity to work in a one-to-one situation in which understandings about himself have developed. Proper preparation is essential before entering group therapy.

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