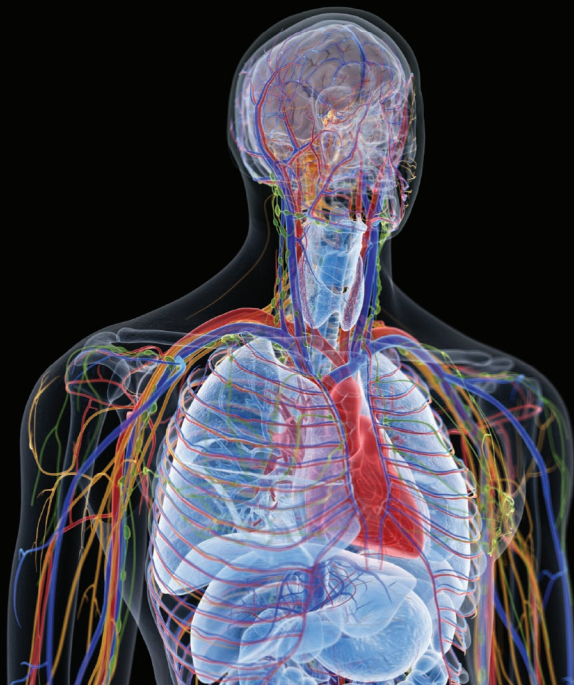




Anatomy in a Nutshell

Short Answer Questions



Previously Known as SAQs in Anatomy

VG Sawant

5th
Edition



Contents

1. General Anatomy	1
2. Superior Extremity	35
3. Inferior Extremity	73
4. Thorax	114
5. Abdomen	143
6. Vertebral Column and Back	202
7. Head, Face and Neck	214
8. Brain	299
9. Histology	347
10. Embryology	439
11. Genetics	502
12. Radiological Anatomy	521
13. Cadaver, Body Decomposition and Preservation	553
14. Attitude and Communication Skills	559
15. Medical Ethics	563
<i>Suggested Reading</i>	569

Attitude and Communication Skills

Q.1. What is an attitude? Give the examples.

Ans. An attitude is a way of feeling or acting toward a person, thing or situation. It is a person's mental tendency, which is responsible the way he thinks or feels for someone or something. It is passion for a sport, dislike for a certain person and negativity toward life, in general, are each an example of an attitude.

Q.2. What are the four basic types of attitudes?

Ans. The four basic types of attitudes are:

1. Positive attitude
2. Negative attitude
3. Neutral attitude
4. Prejudicial attitude

Q.3. Why attitude is important? How most attitudes are formed?

Ans. Attitude is important because it can influence your ability to move through the world. For example, maintaining a positive attitude can help you achieve measurable success in your personal life. Most attitudes are formed by our feelings, behavior and beliefs.

Q.4. What are the three main components of our attitude? What are key areas towards creating positive attitude?

Ans. The three main components of our attitude:

1. Affective (the way we feel)
2. Cognitive (the way we think)
3. Behavioral (the way we act)

Our knowledge may not change our attitude, but our experience will definitely change our attitude. Positive thinking and responsiveness towards others are the key areas towards creating positive attitudes.

Q.5. What are the causative factors behind the formation of attitudes?

Ans. The causative factors behind the formation of attitudes are:

- Culture
- Family
- Social groups
- Institutions
- Familiarity

Q.6. What are the three main domains of medical learning according to Bloom's taxonomy?

Ans. The three main domains of medical learning according to Bloom's taxonomy are:

1. Knowledge (Cognition)
2. Skills (psychomotor skills)
3. Attitude (affect)

Q.7. What is communication?

Ans. Communication is a process which involves imparting or exchanging of information by speaking, writing or by some other medium. Communication is sending and receiving information and can be one to one or between groups of people, and can be face to face or through communication devices. Communication can be verbal, nonverbal, visual, written and listening.

Q.8. Why communication skills play an important role in doctor-patient relationship?

Ans. A physician is not only a person concerned with curative approach but also accountable for preventive care, holistic care, promotive and palliative care of community. He is also leader of society, communicator as well as counselor, lifelong learner and professional who is committed for the best, ethical, responsive and accountable for our society. Effective communication with patients leads to positive impact on overall doctor's professional skills.

Therefore, communication skills play an important role in doctor patient relationship.

Q.9. What are the basic foundations of good communication?

Ans. Seven 'C' s of good communication:

- Credibility
- Content
- Context
- Channels
- Clarity
- Capability
- Consistency

Q.10. What are the ten commands of good communications?

- Ans.**
1. Clarify ideas before your communication
 2. Examine the true purpose of your communication
 3. Take entire environment into consideration
 4. Whenever valuable or required advice, obtain it from others
 5. Beware of the overtones

6. Convey useful information
7. Follow up on every communication
8. Communicate with future as well as present in your mind set
9. Support your words with deeds
10. Be a good listener

Q.11. What are the factors influencing communication with the patient?

Ans. The factors influencing communication with patients are:

- Situational factors—stress, fear, anxiety, fatigue, inability of mind to listen or act
- Psychological factors
- Social factors
- Environmental factors

Q.12. What are the guidelines for effective communication?

Ans. The guidelines for effective communication are:

- Be a good listener
- Avoid extremes in speaking,
- Clarify ideas in gentle manner
- Feedback to every communication
- Not to talk and talk
- Understand purpose of communication
- Know your audience
- Avoid words having vague meaning

Q.13. What are the barriers of effective communication in clinical practice?

Ans. The barriers of effective communication in clinical practice are:

- Superiority barrier
- To maintain authority
- Self-satisfaction
- Burden of work
- Environmental disturbances
- Physical-ill health
- Cross cultural barriers

Q.14. Enumerate the methods to overcome barriers of communication in clinical practice.

Ans. The methods to overcome barriers of communication in clinical practice are:

- Always be a good listener
- Use appropriate words
- Clarity in speech and act

- Know your patient
- Build good interpersonal relationship
- Proper actions and deeds
- Feedback

Q.15. What are the functions of communication in clinical practice?

Ans. The functions of communication in clinical practice:

- Instruct your patient
- Inform your patient
- Influence your patient
- History taking
- Patient directives in treatment and plan of action
- Decision making with patient
- Patient education or instruction

Q.16. What are the important characteristics of a good counselor?

Ans. The important characteristics of a good counselor are:

- | | |
|------------------------|--------------------------|
| • Understanding | • Patience |
| • Sympathetic attitude | • Sincerity |
| • Friendliness | • Fairness in discussion |
| • Kindness | • Tolerance |
| • Tactful talk | • Clarity of concept |

Q.17. What are the factors which can influence the interpersonal doctor-patient relationship?

Ans. The various factors which can influence the interpersonal doctor-patient relationship are:

- Trust of the patient
- Patient empathy
- Patient value or equalities
- Caring approach of the doctor
- Patient autonomy

Q.18. What is the role of a doctor in a community?

Ans. Role of a doctor in a community extends beyond diagnosing and treating patients. Doctors save lives but their importance goes beyond that. Doctors make a difference by helping patients to minimize their pain, recover from disease faster or learn to live with disability injury. They promote disease prevention, educating individuals and communities about vaccinations, screenings and healthy lifestyles. Thus, they serve as educators, advocates and healers, making a profound impact on the lives of their patients and overall fabric of society.

Anatomy in a Nutshell

Short Answer Questions

Salient Features

- The SAQs are designed to suit the requirements of horizontal and vertical integration of Anatomy with preclinical, paraclinical, and clinical subjects as per new NMC guidelines.
- In each chapter, all SAQs are arranged in a topic-wise manner. In the Gross Anatomy Section, in the beginning of each chapter, SAQs on osteology are given which are useful to the students for viva examination.
- Different formats of SAQs: (1) Question type, (2) Enumerate the structures type, (3) Definition type, (4) Reasoning type, (5) Draw and label diagram type, (6) Compare and contrast type, (7) Clinically-oriented type, are added.
- This book is also useful for postgraduate students appearing for various national and international competitive examinations.
- About 425 new SAQs are added in this edition.

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