

## ISCD Certification Practice Questions

### Clinicians

1. The technology for DXA BMD in the US uses which of the following:
  - a. X-ray
  - b. Ultrasound
  - c. Radioisotope
  - d. Magnetic resonance
  
2. The WHO Guidelines for BMD classification may currently be applied to:
  - a. adult men & women of all races.
  - b. Caucasian men and women only.
  - c. men & women of all races and ages.
  - d. men aged 50 years and older and post menopausal women.
  
3. Serial measurements of BMD involve:
  - a. comparison of BMD for the two studies
  - b. comparison of T-scores for the two studies.
  - c. comparison of Z-scores for the two studies.
  - d. comparison of percent young normal for the two studies.
  
4. The most appropriate value for reporting BMD assessment in children is:
  - a. BMD.
  - b. BMC.
  - c. the T-score.
  - d. the Z-score.
  
5. Which of the following is the best definition of osteoporosis?
  - a. BMD 1.0 to 2.5 SD below the mean age-matched reference population
  - b. BMD 2.5 SD or more below the mean young-adult reference population
  - c. BMD 2.5 SD or more below the mean age-matched reference population
  - d. BMD 1.0 to 2.5 Standard Deviation (SD) below the mean of the young-adult reference population
  
6. The diagnosis of osteoporosis:
  - a. requires a fracture.
  - b. can be made by lab tests.
  - c. can be made by BMD testing.
  - d. can be based on clinical risk factors.

7. According to the 1994 World Health Organization (WHO) criteria, when making a diagnosis of osteoporosis using T-scores, which of the following requirements must always be met?
- a. The patient must have a T-score of equal to or below -2.5 at every anatomical site measured.
  - b. The patient must have a T-score below -2.5 at the hip, spine or 1/3 radius, regardless of age, race, sex, or menopausal status.
  - c. The patient must have sustained a fragility fracture, defined as an impact equal to, or less than a fall from standing height and a T-score below -1.0 (osteopenia).
  - d. The patient must have a T-score less than or equal to -2.5 at the hip, spine, or 1/3 radius by DXA, and be a male 50 years or older or a post menopausal female.

See next page for answer sheet.



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## **Clinician Practice Answers**

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