

Name of School:  
Team Number:  
Team Members:

1

Disease Detectives Test: Rustin Invitational

*January 6, 2018*

*Rustin High School, West Chester, PA*



*Exploring the World of Science*

Directions: This is a 40 question test totaling 92 points. High score wins. You will have only 50 minutes allocated in the time block to complete the exam. The event proctor will announce the time that the exam is over. The tiebreakers questions will be used in the event of a tie, and will be assessed in the following order: 15, 16, 12, 18. Good luck!

**Total Score:** \_\_\_\_\_/92 Points

**Tiebreakers Used, if any:** \_\_\_\_\_

**Rank:** \_\_\_\_\_

Name of School:

2

Team Number:

Team Members:

### Part I. Epidemiological Terms

This section will test your knowledge in the terms used in the field of epidemiology. Match the terminology to the correct definition. Write the answer on the line with the corresponding number. Not all definitions will have a matching term. (1pt each)

1. Carrier	a. an infectious disease that is transmissible from animals to humans
2. Incubation Period	b. more cases of a particular disease than expected in a given area or among a specialized group of people over a particular period of time
3. Epidemic	c. a person or animal without apparent disease who harbors a specific infectious agent and is capable of transmitting the disease to others
4. Fomite	d. the transmission of an agent carried from a reservoir to a susceptible host by droplet or animate or inanimate intermediaries
5. Pandemic	e. an epidemic occurring over a very wide area and usually affecting a large proportion of the population
6. Surveillance	f. an inanimate intermediary that carries the agent from a reservoir to a susceptible host
7. Indirect Transmission	g. large numbers of people over a wide geographic area affected
8. Outbreak	h. the systematic, ongoing collection, analysis, interpretation, and dissemination of health data
9. Host	i. the constant presence of a disease or infectious agent within a given geographic area or population group
10. Endemic	j. a period of subclinical or inapparent pathologic changes following exposure, ending with the onset of symptoms of infectious disease
	k. a person or other living organism that can be infected by an infectious agent under natural conditions
	l. an aggregation of cases of a disease or other health-related condition which are closely grouped in time and space
	m. a physical object that serves to transmit an infectious agent from person to person

1. \_\_\_\_\_

6. \_\_\_\_\_

2. \_\_\_\_\_

7. \_\_\_\_\_

3. \_\_\_\_\_

8. \_\_\_\_\_

4. \_\_\_\_\_

9. \_\_\_\_\_

5. \_\_\_\_\_

10. \_\_\_\_\_

Points on this page \_\_\_\_\_/10

Name of School:

3

Team Number:

Team Members:

Part II: Using the following data and information, answer questions 11 – 14.

Background: An outbreak of food poisoning was reported from a Military establishment in India on May 29, 2011 when a number of people reported feeling sick in a span of few hours.

11. Calculate the Attack Rate and Relative Risk for all of the listed food items in the empty boxes in the table below. (21 points. 1 point each box)

Food Item	Ate food item			Attack Rate?	Did not eat food item			Attack Rate?	Relative Risk
	Total	ill	Not Ill		Total	Ill	Not Ill		
Rice	74	46	28		26	7	19		
Chapati	86	46	40		14	6	8		
Dal	75	41	34		25	12	13		
Cabbage	59	32	27		41	19	22		
Potato bitter Gourd	85	51	34		15	2	13		
Mutton	8	6	2		92	47	45		
Milk	32	22	10		68	31	37		

12. What is the difference between **Attack Rate**, **Attributable Risk**, and **Relative Risk**? (3 points- Tiebreaker #3)

13. Which food item is found to have the highest **attributable risk**? What does that data tell us? (2 points)

14. What is this type of study known as? (1 points)

Points on this page \_\_\_\_\_/27

Name of School:

4

Team Number:

Team Members:

**15\* (Tiebreaker #1).** Explain two advantages and two disadvantages of following study designs:  
(2pts each, total 16)

Type of Study	Advantages	Disadvantages
Case-Control study		
Cohort Study		
Cross-Sectional Study		
Trial		

Points on this page \_\_\_\_\_/16

Name of School:

5

Team Number:

Team Members:

16\*. List, draw, label, and describe three types of epidemic curves. (3pts each, 9 total).  
(Tiebreaker #2)

1.

2.

3.

Points on this page \_\_\_\_\_/9

Name of School:

6

Team Number:

Team Members:

### Part III: Analyzing an Outbreak Using Data

It was a warm summer day in Washington, DC, in the summer of 2017. You were working as a new intern for the Center for Disease Control (CDC) when you received the following information about a food-borne outbreak suspected to be from *Salmonella* serotype typhimurium.

17. What of the below terms refers to the systematic collection and use of epidemiologic information for the planning, implementation, and assessment of disease control and prevention? (1 point)

- a) Epidemiology
- b) Investigation
- c) Research
- d) Surveillance

18. What are the symptoms of *Salmonella*? Describe three symptoms (3 points- Tiebreaker #4)

19) What two food items are at a high risk of *Salmonella*? (2 points)

Points on this page \_\_\_\_/6

Name of School:

7

Team Number:

Team Members:

Comparison of exposure to raw eggs, tomatoes, milk, 2% milk, and shopping at supermarkets in Chain A or Chain B among persons infected with *Salmonella* serotype typhimurium with that among persons infected with other enteric pathogens.

	Persons infected with <i>Salmonella</i> serotype typhimurium		Persons infected with other enteric pathogens		Odds Ratio (95% confidence intervals)
	Exposed	Not Exposed	Exposed	Not Exposed	
Raw Eggs	4	45	9	34	0.3 (0.09 – 1.18)
Tomatoes	43	6	38	5	0.9 (0.2 – 3.3)
Milk	45	4	31	12	4.4 (1.3 – 14.8)
2% Milk	45	4	25	18	8.1 (2.5 – 26.6)
Shopped supermarket in chain A	46	3	29	14	7.4 (2.0 – 28.0)
Shopped supermarket in chain B	26	23	23	20	1.0 (0.4 – 2.2)

20. Based on the results of the above table, what food item is the most likely cause of this outbreak, and where was the food item most likely purchased? (2 points)

21. Which of the below epidemic patterns is illustrated by this outbreak? (1 point)

- A) Propagated
- B) Continuous Source
- C) Point Source
- D) Intermittent Source
- E) Mixed Source

**Part IV - Food Poisoning**

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Every year, thousands of cases of bacterial food poisoning are reported. In each case, a medical detective is assigned to find out how the person got food poisoning. Once the cause of the food poisoning has been determined, the medical detective can move to correct the conditions that led to the food poisoning.

Two types of bacteria that cause food poisoning are *Salmonella* and *Staphylococci*. A medical detective knows that these bacteria produce very different symptoms. So in order to determine which bacteria is the culprit, the detective will ask a series of important questions. The first thing the detective will want to know is exactly what the patient ate in the 24 hours prior to becoming ill and where the food was eaten. Other important information that the detective will gather includes how long after eating the patient became ill and whether the patient developed a fever. The detective will also want to know if the patient developed chills. Armed with answers to these questions, the detective can determine what caused the food poisoning and which meal contained the tainted food. But how?

The medical detective knows many details about these two types of bacterial food poisoning. For example, *Staphylococci* produce a toxin, or poison, that is secreted into the food source as the bacteria multiply. Once a person eats the tainted food, the toxin will be carried throughout his or her body by the bloodstream. Within a few hours after the food has been ingested, the toxin will usually cause symptoms that include diarrhea, vomiting, nausea, and abdominal cramps. Fortunately, recovery is usually complete 24 to 48 hours after the onset of the symptoms.

Like *Staphylococci*, *Salmonella* produce a toxin. This toxin, however, is contained in the bacteria's cell walls and is released only when the bacteria lyse, or burst. Because of this difference, the symptoms produced by *Salmonella* are somewhat unlike those produced by *Staphylococci*. For instance, it takes longer for a person to feel the effects of *Salmonella*, often 12 hours or more. *Salmonella* infections almost always cause diarrhea. They also generally result in a fever, chills, frequent vomiting, and abdominal pain. It may also take a patient quite a bit longer to recover from a case of *Salmonella* food poisoning.



Name of School:

9

Team Number:

Team Members:

**Now it's time for you to play medical detective. Analyze each case study to determine whether the food poisoning was caused by *Salmonella* or *Staphylococci*. Support your diagnosis based on the data provided.**

**22) Case Study 1:** A patient with food poisoning reports that he ate his last meal at about 6:00 pm. Although he felt fine the next morning, the patient became very sick at work. Due to severe abdominal pain and vomiting, the patient returned home. The patient also had a fever, chills, and severe diarrhea. He still felt sick the next day and did not fully recover for several days.

**Analysis (2 points):**

**23) Case Study 2 -** You interview a patient who is suffering from food poisoning. However, this patient shows signs of recovery and feels well enough to go back to work. You discover that the last time the patient ate was about 6:00 pm the night before. While watching television later that evening, the patient became ill and had extremely severe abdominal cramps. The patient had a mild case of diarrhea that has subsided. There was no fever.

**Analysis (2 points):**

### Bacterial Diseases

Read the descriptions of various bacterial diseases. For each disease, the bacterial agent is given in *italics*. Then diagnose the bacterial disease of fictitious patients based on the different case histories presented.

**Botulism**: very dangerous form of food poisoning: *Clostridium botulinum*. Symptoms include headache, weakness, constipation, and nerve paralysis; may cause death if respiratory organs are paralyzed.

**Cholera**: common in areas where sanitation is very poor: acute and infectious: *Vibrio cholera*. Symptoms include severe diarrhea and vomiting, extreme dehydration, muscle cramps, and prostration.

**Diphtheria**: highly contagious childhood disease: *Corynebacterium diphtheria*. Symptoms include sore throat, fever, headache, and nausea. A yellowish membrane forms in the throat that restricts breathing.

**Gonorrhea**: a sexually-transmitted disease that attacks the reproductive system: *Neisseria gonorrhoeae*. Symptoms do not appear immediately and include painful urination, pus discharged from penis or vagina. If untreated, this may result in sterility.

**Lobar Pneumonia**: inflammation of the lung; leading cause of death in infants and elderly: *Streptococcus pneumonia*. Solidified lung tissue prevents air from entering alveoli.

**Scarlet Fever**: contagious childhood disease: *Group A beta-hemolytic streptococci*. Symptoms include sore throat, swelling of lymph nodes in neck, bright red rash, nausea, hot dry skin, and a fever.

**Tetanus**: fatal unless treated: *Clostridium tetani*. Symptoms include lockjaw, muscle spasms, convulsions, stiffness, restlessness, headache, and chills. Bacterial organisms enter body through a puncture wound.

**Typhoid Fever**: transmitted by contaminated water and food: *Salmonella typhosa*. Symptoms include sore throat, high fever, loss of appetite, diarrhea and constipation, and period of sweating and chills.

**Whooping Cough**: infectious disease common in children under 10: *Bordetella pertussis*. Symptoms include chills, vomiting, and bluish skin because extreme coughing prevents air from entering the alveoli.

**Note: Questions 24 – 40 are 1 point each.**

- 24) \_\_\_\_\_ **Patient A:** 82 years old. Has generally poor health. Has sharp chest pains and blood streaked saliva. High fever and rapid pulse rate. X-Ray confirms solid material in lung tissue.
- 25) \_\_\_\_\_ **Patient B:** 6 years old. Mother thought child has a slight cold until a red rash broke out. Child is listless and has a slight fever.
- 26) \_\_\_\_\_ **Patient C:** Recently traveled to an undeveloped country and unknowingly consumed contaminated food and water. Proper toilet facilities were nonexistent. Exhibits severe muscle cramps dehydration.
- 27) \_\_\_\_\_ **Patient D:** Food handler in rural areas where proper toilet facilities are not always available. Exhibits a very high fever and the chills. Blood in his stool.
- 28) \_\_\_\_\_ **Patient E:** 30 years old. Recently discovered a whitish fluid being discharged by penis. Has had sever pain in urination for the last several weeks. Additional tests have shown that inflamed testes have resulted in sterility.
- 29) \_\_\_\_\_ **Patient F:** Teenager walking barefoot in a construction area has been punctured with a rusty nail. Several days later he exhibited mild convulsions that rapidly became more severe.
- 30) \_\_\_\_\_ **Patient G:** Has recently eaten food from a damaged can. Has difficulty in seeing, swallowing, and breathing.

## Part V – Multiple Choice

31) Infection by which of the following does NOT typically cause life-threatening illness?

- A) *Salmonella*
- B) *Clostridium Botulinum*
- C) *Campylobacter jejuni*
- D) Calciviruses

32) A foodborne illness caused by \_\_\_\_\_ would be considered an infection.

- A) Bacteria
- B) Insecticides
- C) Mercury
- D) Melamine

33) After eating canned corn, Diana suffered severe gastrointestinal illness and muscle paralysis. While being treated at the hospital doctors told Diana that her acute symptoms were likely due to bacterial contamination of the canned corn she had consumed. Which of the following organisms is the most likely culprit for Diana's illness?

- A) *Campylobacter jejuni*
- B) *Salmonella*
- C) *Clostridium botulinum*
- D) *Cryptosporidium parvum*

34) Which of the following pathogens is protozoan rather than bacterial or viral?

- A) *Clostridium botulinum*
- B) *Salmonella*
- C) *E- Coli*
- D) *Cryptosporidium parvum*

35) Which of the following can be used to inhibit bacterial growth?

- A) Dehydration
- B) High levels of salt
- C) High levels of sugar
- D) Low pH
- E) All of the above

36) Which of the following agencies is responsible for monitoring domestic and imported meat and poultry?

- A) Food and Drug Administration
- B) Environmental Protection Agency
- C) Food Safety and Inspection Service
- D) Bureau of Alcohol, Tobacco, Firearms, and Explosives

37) Which of the following is NOT a safe food handling practice?

- A) Storing cooked and fresh meat in the same container
- B) Cleaning cutting boards and knives thoroughly after using with fresh meat
- C) Prompt refrigeration of fresh and cooked foods in separate containers
- D) Thoroughly cooking poultry before eating

38) A physician should be consulted for which of the following symptoms of diarrheal illness?

- A) Diarrhea lasting 1 day
- B) Temperature of 98 degrees Fahrenheit
- C) Blood in stool
- D) Upset stomach

Name of School:

14

Team Number:

Team Members:

39) Which type of agent does NOT enter our bodies through the ingestion of food contaminated with fecal matter?

- A) Salmonella
- B) E Coli
- C) Caliciviruses
- D) Campylobacter jejuni

40) Why do so many foodborne illnesses go unreported?

- A) Some ill people do not seek medical attention
- B) Proper diagnostic tests may not be performed
- C) The state does not monitor that particular illness
- D) All of the above are reasons

**Multiple Choice Total from the last three (3) pages: \_\_\_\_\_/10**