

Index number..

Head
Department of Psychiatry
Faculty of Medicine
University of Ruhuna
Galle, Sri Lanka.



FACULTY OF MEDICINE, UNIVERSITY OF RUHUNA
FINAL EXAMINATION FOR MEDICAL DEGREES
PSYCHIATRY PAPER 1

22nd January 2024

(1.00 – 4.00pm) 3 hours

Answer all six (06) questions

Write your answers in the space given

1. A 75- year-old retired teacher, a mother of three children presented to the psychiatry clinic with four(4) days history of behavioral changes. She could not recognize her children and was trying to hide under her bed saying devils are coming to get her. She was frequently losing her belongings and accusing her daughter- in-law for stealing them for last four (4) years but her children had attributed those behaviours to normal aging. She is being followed up at a medical clinic for diabetes, hypertension and ischemic heart disease.

1.1 What is the most probable diagnosis? (10 marks)

.....

1.2 Give **four (4)** reasons for the answer given in 1.1 (10 marks)

.....

.....

.....

.....

1.3. List **four (4)** possible causes for her current presentation. (10 marks)

.....

.....

.....

.....

.....

.....

Index number.....

1.4 Outline the steps of the immediate management of this patient. (20 marks)

.....

.....

.....

.....

.....

1.5 Name **two (2)** assessments you would perform once the patient recovers from the acute condition, giving reasons for doing them. (10 marks)

.....

.....

.....

.....

1.6 Outline the measures that the caregivers can take;

1.6.1 to prevent development of episodes similar to the current presentation in the future. (20 marks)

.....

.....

.....

.....

1.6.2 to minimize the long term problems this patient could develop. (20 marks)

.....

.....

.....

.....

.....

Index number.....

2. Sunil, a 40- year- old security officer in a bank is brought to the psychiatry clinic by his wife. He is having poor sleep and irritability for few weeks and had stopped attending to work saying that he is accused by the bank staff for involving in a bank robbery. He could hear them discussing about it saying “ Sunil will end up in jail for this crime” .

He has been on treatment for a psychiatric illness for 20 years. He had about six (6) relapses after defaulting treatment. This time he had stopped treatment as he could not attend night shifts due to sedation.

2.1. List the psychopathologies given in the above scenario with examples. (20 marks)

.....
.....
.....
.....

2.2. What is the most probable diagnosis? (05 marks)

.....

2.3. Write **four (4)** questions you would ask Sunil to assess the risks. (20 marks)

.....
.....
.....
.....

2.4 Name a medication you would use to treat Sunil giving reasons. (03 marks)

.....
.....

2.5 List **four (4)** common adverse effects of the medication mentioned in 2.4 (12 marks)

.....
.....
.....
.....

Index number.....

3. A 36- year- old mother of two (2) children is referred to psychiatry services from the maternity hospital three (3) weeks after her delivery. Her baby is undergoing treatment at premature baby unit as he developed fever. Ward staff has noticed that the mother is becoming less interested in expressing breast milk and being tearful from time to time. She has requested to go home several times as she has not seen her 5 year old child for the last three (3) weeks. Her sleep too has become poor. She cried during the interview pleading to send her home for couple of days.

3.1. List **two (2)** differential diagnoses. (10 marks)

.....
.....

3.2. List the features (other than mentioned in the scenario) you would look for in this patient to differentiate the two diagnoses. (10 marks)

.....
.....
.....
.....
.....

3.3. Two days later, ward staff found that the patient was missing from the ward. The security officers found her in the beach nearby and brought her back. She was agitated and was crying asking to let her go saying “ I had enough , I cannot bear this any longer”.

3.3.1. What is the most probable diagnosis? (05 marks)

.....

3.3.2. Outline the steps in her risk assessment. (15 marks)

.....
.....
.....
.....
.....
.....

Index number.....

3.4. List **four (4)** risk factors you would explore in the history for the diagnosis mentioned in 3.3.1.(20 marks)

.....
.....
.....
.....

3.5. Briefly outline the immediate management of this patient. (20 marks)

.....
.....
.....
.....

3.6. List **four (4)** problems that you would address during follow up of this patient. (8 marks)

.....
.....
.....
.....

3.7. Outline interventions for each of the problems you have mentioned in 3.7 (12 marks)

i.....

.....
.....

ii.....

iii.....

iv.....

.....

Index number.....

4. A 21-year-old previously healthy woman presents to Emergency Treatment Unit with sudden onset numbness and weakness of her legs which spreads from her knees down to the toes two days before her wedding.

4.1. Write **two (2)** probable differential diagnoses for this patient's presentation.

a. one medical diagnosis (10 marks)

.....

b. one psychiatric diagnosis (10 marks)

.....

4.2. State how you would differentiate the above-mentioned differential diagnoses by,

a. history (10 marks)

.....

.....

b. physical examination (10 marks)

.....

.....

c. mental state examination (10 marks)

.....

.....

d. investigations (10 marks)

.....

.....

Index number.....

4.3. Outline the initial management of this patient till you receive the results of the investigations. (25 marks)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

The house officer observed that numbness and weakness fluctuate during the day. She is not affected emotionally by her symptoms and the investigations came as normal.

4.4. What is the diagnosis? (05marks)

.....

4.5. How would you explain to the patient the importance of involvement of the psychiatrist for further management of her condition? (10 marks)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Index number.....

5. A 14-year old school girl was brought by her parents to the child psychiatry clinic. She has been missing from home frequently and was found by police in the city late in the evening on two (2) occasions. She has not been to school regularly despite leaving home to go to school daily. Mother has found that money is missing from her wallet and the bank account as well. Girl has told the mother that she was not given the marks of the term test but mother found later that the girl's marks were low. Farther who was working in Dubai had to return to Sri Lanka two weeks ago as mother was unable to handle troublesome behaviours of the girl by herself.

5.1. What is the most probable diagnosis? (10 marks)

.....

5.2. State **three (3)** reasons for your diagnosis from the given scenario. (10 marks)

.....
.....
.....

5.3. List **five (5)** other features you would look for in this girl to support your diagnosis mentioned in 5.1 (10 marks)

.....
.....
.....
.....
.....

5.4. List **five (5)** aetiological factors of the diagnosis mentioned in 5.1 (20 marks)

.....
.....
.....
.....
.....

Index number.....

5.5. List **four (4)** risks associated with the girl's behavior. (16 marks)

.....
.....
.....
.....

5.6. List **two (2)** comorbid conditions associated with the diagnosis mentioned in 5.1 (06 marks)

.....
.....

5.7. List **four (4)** different services you would liaise with, in the management of this girl. (08 marks)

.....
.....
.....
.....

5.8. Mention the support you would obtain from each of the services listed in 5.7, in the management of this girl. (20 marks)

1.....
.....
2.....
.....
3.....
.....
4.....
.....

Index number.....

6. Shanthi, a 25-year-old unmarried woman was brought to the psychiatry clinic by her mother. Shanthi revealed to the doctor that she worked in a garment factory and all her problems started while she was walking home from work one evening in January 2023. She felt her heart beating fast, dizzy and she could not move. She was taken to the hospital and was told that there was no medical cause for her 'episode'. Since then, she had many similar episodes in different places and she is in constant fear of developing another one.

6.1. What is the 'episode' Shanthi describes? (05 marks)

.....

6.2. Mention **four (4)** other symptoms (not mentioned in the scenario) Shanthi may have experienced. (20 marks)

Physiological:

- a.....
- b.....

Psychological:

- a.....
- b.....

6.3. List **three (3)** probable differential diagnoses. (15 marks)

.....
.....
.....

6.4. Write the most probable diagnosis out of the 3 conditions you have mentioned above. (05 marks)

.....

6.5. Support your answer for 6.4 with evidence from the scenario. (10 marks)

.....
.....
.....

Index number.....

Shanthi said that 6 months later she stopped going to work as she developed an ‘episode’ in the bus and currently she is unable to travel in public transport without her family member.

6.6. What is her most probable diagnosis? (05 marks)

.....

6.7. Write **two (2)** cognitive symptoms and **two (2)** behavioural symptoms of the condition you have mentioned in 6.6 (10 marks)

Cognitive: a..... b.....

Behavioural a..... b.....

6.8. Mother wants to know about Shanthi’s illness. **Write three (3)** facts you would provide in educating her mother. (15 marks)

.....

.....

.....

.....

6.9. Name and mention steps of **one (1) psychological** intervention you would use to treat Shanthi. (15 marks)

.....

.....

.....

.....

.....

.....

.....

.....