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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**

20<sup>th</sup> November 2020

(1.00 – 4.00) 3.00 hours

Answer all 6 (six) questions.

Write your answer in the space provided

1. A 30 year old known patient with schizophrenia for 5 years has defaulted treatment for last 6 months. He has become suspicious of the neighbours and has thrown stones at their houses. He left home in fear and was found in a near by jungle a week later. He has become agresive towards the family when attempting to bring him to hospital and hence they sought the help from police. He became extremely violent at the Emergency treatment Unit. The medical officer on duty contacted you (medical officer in psychiatry) for advice.

- 1.1. List the components of initial risk assesement of this patient. (20 marks)

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- 1.2. Briefly outline the steps in managing the aggressive behaviour of this patient. (50 marks)

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1.3. List **three (3)** possible reasons for defaulting treatment.

(15 marks)

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1.4. Write **two (2)** treatment options you would consider if patient is refusing to take oral medications.

(15 marks)

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2. A 63 year old retired female teacher has come to the OPD of a district hospital to get opinion about her 6 year old grandson. As an experienced teacher who has worked many years with primary school children, she has felt that her grandson is overactive at home.

2.1 List **five (5)** questions you would ask from her to gather more information which will direct you to a diagnosis. State the psychopathology you are trying to elicit by asking each question. (25 marks)

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2.2 What is the commonest child psychiatric condition presenting with overactivity? (10 marks)

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2.3 What are the other sources of information you plan to contact? (15 marks)

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2.4 If you confirm the condition you stated in 2.2 after obtaining collateral information how would you proceed with management of this child? (20 marks)

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2.5 Write **one (1)** medication useful in treating the condition you stated in 2.2 (10 marks)

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2.6 Write **five (05)** common adverse effects of the medication you mention in 2.5 (20 marks)

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3. Twenty four year old Miss A came to Emergency Treatment Unit (ETU) following a fainting episode at a meeting. She told the doctor about this incident in detail. According to her, she was a shy person from her childhood with few close friends. She has worked as a garment factory worker and due to her good performance, recently got promoted as a supervisor. In this new position she had to meet managers and she was very worried about it for days. When she meets managers she gets sweating, blushing, dry mouth and tremors in hands. Because of this upcoming meeting, she was unable to sleep well and she thought of all possible excuses not to attend this meeting.

3.1. What is the most probable diagnosis of Miss A? (10 marks)

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3.2. Write **one (1)**

a. physical .....

b. psychological .....

c. behavioural .....

symptom from the history given to support your diagnosis. (15 marks)

3.3. Write **two (2)** other situations she might develop similar symptoms. (20 marks)

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3.4. Name **one (1)** psycho-therapy that can be used to treat Miss A. (10 marks)

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3.5. Outline the therapy you mentioned in 3.4 (25 marks)

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3.6. Write **two (2)** complications, Miss A might develop if remain untreated. (20 marks)

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Answer all 6 (six) questions.

Write your answer in the space provided

4. A 25 year old teacher was brought to the psychiatry clinic by her mother. The patient is on treatment for a psychiatric illness for 5 years and had refused to go to school for 3 months. She said "I can not teach. My thoughts were taken away by the principal. He knows every thing I think. I can hear my staff members talking about me."

4.1. Mention **three (3)** psychopathologies described in the scenario.

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(30 marks)

4.2. What is the most probable diagnosis?

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(10 marks)

4.3. List **two (2)** possible reasons for the continuation of her symptoms.

1 .....

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(20 marks)

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4.4 Outline your management for each of the reasons listed in 4.3

(40 marks)

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Write your answer in the space provided

5. A 15 year old previously healthy school girl is admitted to the casualty medical ward following ingestion of her sister's contraceptive pills. According to her mother, the girl has taken the overdose while her drunken father was quarrelling with her mother. You are the medical officer in the ward and you have examined the patient on admission. You find that her medical condition is not serious. She is very quiet and looks sad.

5.1. Mention **three (3)** measures you would take to build rapport with her. (30 marks)

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5.2. List **three (3)** components of her suicidal risk assessment (15 marks)

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5.3. In your assessment you have found that her suicidal risk is low.

5.3.1. Write **two (2)** questions you would ask her to assess her coping. (20 marks)

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5.3.2. Write **one (1)** psychological intervention you would consider to use for her. (15 marks)

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5.4. Her mother informs you that there are frequent quarrels at home due to her father's daily drinking and it interferes with girl's education. She asks you to advise him to stop drinking.

Write your response to her request. (20 marks)

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*Answer all 6 (six) questions.*

*Write your answer in the space provided*

6. A 40 year old male was admitted to the surgical ward for an elective herniotomy. During the night ward round doctor found that the patient was disturbed and fearful. He informed the doctor that there are snakes under his bed. Examination revealed parotid enlargement and tremors of hands.

6.1 What is the most probable diagnosis? (15 marks)

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6.2 Write **three (3)** investigations you would order giving reasons. (15 marks)

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6.3 Outline immediate pharmacological management of this patient. (30 marks)

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6.4 Name **one (1)** psychological intervention you can use for longterm management. (10 marks)

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6.5 Write the steps of the intervention you mentioed in 6.4. (20 marks)

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6.6 Name **one (1)** pharmacological intervention you can use for longterm management. (10 marks)

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