

**FACULTY OF MEDICINE,  
UNIVERSITY OF RUHUNA  
FINAL EXAMINATION FOR MEDICAL DEGREES  
6<sup>TH</sup> MAY 2016  
PSYCHIATRY PAPER 1**

*(1.00 – 3.30pm) 2 1/2hours*

*Answer all 5 questions.*

*Answer each part in a separate answer book.*

1 A 75-year-old retired teacher presented with poor sleep, lack of energy, anhedonia and poor memory for one month duration.

1.1. List **two** possible diagnoses. (20 marks)

1.2. Write **two** other clinical features you would expect in each diagnosis mentioned in 1.1 (20 marks)

1.3. Mention **two** investigations or assessments you would order to differentiate diagnoses mentioned in 1.1 (20 marks)

1.4. Name **one** medication you would use to treat each diagnosis mentioned in 1.1 (20 marks)

1.5. Outline the long term management of one of the diagnoses mentioned in 1.1 (20 marks)

2. A 7-year-old boy was brought to Child Psychiatry clinic by his mother because his class teacher wanted this child seen by a doctor. Mother was told by the teacher that the child does not stay seated in the class, often walks around the class and does not complete work. Mother reveals that when at home child quarrels with younger sister often and shows risky behaviors.

2.1. Mention **three** direct questions you would ask the mother with the view of arriving at a diagnosis. (30 marks)

2.2. What is the most likely diagnosis? (10 marks)

2.3. Write **three** other conditions which can co-exist with your diagnosis mentioned in 2.2. (30 marks)

2.4. State **one** specific medication use to treat the diagnosis mentioned in 2.2. (10 marks)

2.5. State **four** common adverse effect of the medication mentioned in 2.4. (20 marks)

3. A 19-year-old female garment factory worker came to the outpatient department (OPD) because she has had episodic difficulty in breathing for the past three months. She says she was raped by a known person five months back and has little memory of the event. She did not seek medical care at that time. The patient said she had not told anybody about the incident and continued to attend work. However, she said she felt sad and anxious about what had happened, and has been having difficulty in sleeping due to frightening nightmares.

3.1. What is the most likely diagnosis? (20 marks)

3.2. Write **two** more questions you would ask in the history to confirm the diagnosis? (30 marks)

3.3. Write **two** relevant aspects (other than the psychiatric condition) you may need to address in her. (20 marks)

3.4. Describe the immediate management. (30 marks)

4. A 35 year- old clerk who has been attending the psychiatry clinic for past 10 years said that he was given several different medications over the years which he has taken regularly. He claimed that he is still hearing voices commenting on his actions and is being controlled by the internet.

4.1. What is the most probable diagnosis? (20 marks)

4.2. Name **one** medication you would use to treat this patient at this stage. (10 marks)

4.3. Name **four** investigations you would order before starting above treatment. (20 marks)

4.4. Describe briefly how you would monitor this patient during follow up. (30 marks)

4.5. List **five** common side effects of the above medication. (20 marks)

5.1. What is deliberate self-harm? (10 marks)

5.2. Write difference between attempted suicide and deliberate self-harm. (10 marks)

5.3. A 23- year old unemployed girl was admitted to a medical ward following ingestion of one packet of 'Prinso' (a detergent). It was revealed that she ingested it after her parents advised her to stop her love affair.

5.3.1 Write **two** questions the doctor could ask to assess her knowledge of the lethality of 'Prinso'. (20 marks)

5.3.2. Write **two** questions which will help the doctor to determine whether her act was impulsive. (30 marks)

5.3.3. At the discharge her mother requests the doctor to advise the girl to stop her affair. How should the doctor respond to the mother? (10 marks)

5.3.4. Explain reasons for your answer for 5.3.3. (20 marks)