



Library

Index number:



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

18th March 2022

(1.00pm– 4.00pm) 3.00 hours

Answer all 06 (six) questions.

Write your answer in the space provided.

1. A 23 year old female dancing teacher, a diagnosed patient with a psychiatric illness for last three years presented to the psychiatry clinic as her principal has advised her to get a medical certificate recommending that she is fit to work. She claimed that the principal is trying to jeopardize her plan of sending a group of students to "America's got talent" show. The patient has been keeping students for practices till late in the evening, about which some parents have complained to the principal. Patient's mother revealed that patient has been missing meals and spending sleepless nights working on this project over last two weeks.

In the first episode of her psychiatric illness at the age of 20 years, she stopped attending the university for one month and preferred being alone. She improved with the treatment. She was regularly followed up at the clinic and was symptom free.

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

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1.2. List two (02) possible causes for her relapse. (10marks)

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If she has been on only one medication in her remission following the first episode,

1.3. Name two (02) specific medications (from different classes) you would use to treat the current episode giving your reasons. (20 marks)

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Index number:

1.4. Name **one (01)** specific medication you would use in the long term management of this patient, giving your reasons. (20 marks)

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Three years later, this patient is referred to psychiatry unit by a VOG, two weeks following her first childbirth. The baby had to be treated for neonatal sepsis at the PBU and the patient had to stay in the ward for two weeks. Ward staff has noticed that the patient is not feeding the baby properly and was crying often. The day of the referral she tried to leave the ward with the baby and was found near the beach.

1.5. As the house officer in the unit you are called to assess this patient. List **two (02)** key points you would pay attention in your assessment. (10 marks)

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1.6. What is the ideal management setting for this patient? (05 marks)

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1.7. After transferring the patient if she refuses to take medications, name **one (01)** other treatment option you would consider at this stage. (05 marks)

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1.8. Outline the steps in carrying out the treatment method mentioned in 1.7. (20 marks)

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2. A 25 year old sales representative came to meet the Medical Officer Mental Health asking help to get rid of intrusive and distressing images which are related to injuries and deaths of people he saw during an earthquake which happened two months back. He has provided transport for injured people in his vehicle at that time.

2.1. Write **two (02)** differential diagnoses. (10 marks)

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2.2. Give **one (01)** reason **each** for considering above two diagnoses. (10 marks)

1st diagnosis.....

2nd diagnosis.....

He was having nightmares of the scene which disturbs his sleep.

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

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2.4. Write **two (02)** more questions you would ask to confirm the diagnosis. (10 marks)

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Index number:

2.5. Write **four (04)** additional information you would obtain from the patient which will help in the management. (20 marks)

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2.6. If the patient prefers psychological treatment, name **one (01)** psychotherapy suitable for this patient. (10 marks)

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2.7. Write **two (02)** supportive measures you may suggest till he starts psychotherapy. (10 marks)

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2.8. Outline the pharmacotherapy suitable for this patient giving reasons. (20 marks)

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3. A 76 year old retired teacher was brought to the psychiatry clinic by her son. According to the son the patient has progressive memory impairment for three years and poor sleep for one week duration. The patient said "I am fine and I do not have any problems". She is on treatment for diabetes mellitus for twenty years.

3.1. List **two (02)** possible diagnoses giving reasons from the history above. (20 marks)

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Further history revealed that she enjoys watching television but unable to recall any details.

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

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3.3. Name **one (01)** specific assessment you would perform and mention the expected finding. (10 marks)

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3.4. List **five (05)** investigations you would request giving reasons for selecting each. (20 marks)

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Index number:

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3.5. List **five (03)** contributory factors for her sleep problem. (09 marks)

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2.....
3.....

3.6. Briefly describe how you would manage each of the causes mentioned in 3.5 (21 marks)

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2.....
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3.....
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3.7. The patient's son asked you about the prognosis of the condition mentioned in 3.2. Write the information you would provide him. (15 marks)

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4. Mother of a nine years old boy came to the Child Psychiatry Clinic at Teaching Hospital, Karapitiya (THK) with a referral letter from the Lady Ridgeway Hospital (LRH), Colombo written six months ago. The referral letter says that the child is diagnosed with ADHD and is on methylphenidate treatment. As the family is going to move to Galle referral was done to arrange follow up care at THK. Mother said that she has been in Galle last six months and gave the medication bought from a pharmacy as she was scared to come to the hospital due to Covid-19 problem.

4.1. List key information you would gather in the first day at the clinic to plan and provide best follow up care to this child. (30 marks)

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....

4.2. This mother asks you how long the child needs to take treatment. Briefly describe your answer.

(10 marks)

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Index number:

4.3 Write **four (04)** common side effects of methylphenidate, describing what measures are helpful to minimize them. (20 marks)

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Mother reveals that the child is now in Grade 4 and is having poor academic performance.
4.4 What steps would you take to determine the cause for that? (10 marks)

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4.5 List **four (04)** interventions you would suggest the mother to practice at home to improve child's academic performances. (12 marks)

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4.6 List **four (04)** measures you would request the class teacher of the child to practice at school to help the child. (08 marks)

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4.7 Mother has also brought her 17 year old son to the clinic. He too was treated for ADHD as a child. He is not on any medications at present, but having difficulties in coping with his studies. Name the medication you would prescribe him, giving your reasons. (10 marks)

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5. A 49 year old Samurdhi bank officer was admitted to a medical ward following convulsions. He revealed that he had been consuming alcohol for 20 years but did not have money to buy alcohol for 3 days prior to the admission. He also mentioned that his drinking has not caused any problems and it helps as he feels confident to talk to customers after a drink.

5.1. Write the most probable diagnosis of this patient. (05 marks)

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5.2. Mention one (01) medication you would use to treat this patient. (05 marks)

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5.3. Write four (04) questions you would ask this patient when taking a comprehensive drinking history. (20 marks)

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5.4. Name the stage this patient is in the cycle of change, giving your reasons. (25 marks)

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Index number:

The house officer in the ward decides to use brief intervention to address this patient's alcohol consumption.

5.5. Briefly describe this intervention (20 marks)

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5.6. Is brief intervention the most effective psychological intervention for this patient? Support your answer by giving evidence. (15 marks)

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5.7. Name **one (01)** possible comorbid condition present in this patient considering the positive effect of drinking he reports. (05 marks)

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5.8. Name **one(01)** psychological intervention which can be used to help the above mentioned condition. (05 marks)

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6. Mr. A, 36 year old law student, was brought to the local mental health service by his father. For last three months, Mr. A became increasingly agitated and refused to come out of his room, claiming he had been monitored by " Chinese agents "using special antennas. He further claims Chinese agents know his thoughts and command him to collect data of Sri Lankan police stations.

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

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6.2. What is the most common class of medication used to treat this patient? (05 marks)

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6.3. Name **two (02)** medications from the above class of medications you would use in this patient giving reasons. (10 marks)

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6.4. On history taking, it was found that he was off medication for the last five months. Write **four (04)** possible causes for Mr. A's poor adherence to medications. (20 marks)

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Index number:

Mr. A was first diagnosed to have a psychiatric illness 14 years ago. Mr. A's father, a well-known lawyer in the area, appeared to be in shame and frustration about his son's illness. Addressing you, he claims, "Doctor, I want my son to be a lawyer like me. So I spend much money on his education. Everything would be okay if he becomes a lawyer and get married, but he is very lazy and not studying enough. That is why he fails exams".

6.5. Considering the given history, name **two (02)** other reasons other than the poor adherence to medication that can cause Mr. A's current presentation. (10 marks)

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6.6 Outline briefly the interventions you would use for the reasons mentioned in 6.5 (30 marks)

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6.7 Write **three (03)** services in the community you can use to help Mr A. (15 marks)

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