



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

05th August 2022

(1.00 – 4.00pm) 3 hours

Answer all six (06) questions

Answer each part in a separate answer book.

1. A 25 year old trainee teacher with a history of psychiatric illness is admitted to psychiatry unit by the warden of the hostel as she was found attempting to leave the hostel around 3.00 o'clock in the morning. She claims that she got a call from the minister of education to hand over the national online educational plan she has designed. Her roommate says that she has not taken her medication for past few days and has been spending sleepless nights, skipping her meals and working on her project. On examination she was irritable and insisted on leaving as she has to attend lectures. The warden said that the trainee teacher did not attend the lectures for two months and returned to hostel only a month ago.
 - 1.1. What is the most probable diagnosis? (05 marks)
 - 1.2. List **four (4)** other features you would expect to elicit in the history and mental state examination (MSE) to confirm the diagnosis mentioned in 1.1 (20 marks)
(History -4 features MSE -4 features)
 - 1.3. Outline the risk assessment of this patient. (20 marks)
 - 1.4. Outline the immediate management of this patient. (20 marks)
 - 1.5. List **five (5)** problems you need to address in the long term management of this patient (10 marks)
 - 1.6. Briefly describe how you would manage **one (1)** of the problems mentioned in 1.5 (25 marks)

2. A 78 year old retired bank officer had been forgetting her keys and money for past three years. For past two days she is confused, agitated and said that she sees her parents around her.
 - 2.1. What is the most probable diagnosis? (10 marks)
 - 2.2. List **five (5)** common causes for recent worsening of her symptoms. (10 marks)
 - 2.3. Name **five (5)** investigations you would order for this patient giving reasons. (30 marks)
 - 2.4. Name **one (1)** medication you would use to manage the current presentation. (10 marks)

2.5. Write the key points you would provide the caregiver about the patient's condition. (40 marks)

3. A 4-year old boy was brought to the child psychiatry clinic by his mother with a letter given by the child's preschool teacher. The letter stated that the boy does not interact with other kids. He is more interested in playing with wheels of toy cars rather than participating in group activities.

3.1. What is the most possible diagnosis? (10 marks)

3.2. Name **two (2)** other symptoms you would expect to find in this patient. (20 marks)

3.3. List **one (1)** assessment and **one (1)** investigation you would perform giving reasons. (20 marks)

3.4. Write a reply to preschool teacher stating how she could provide help in the management of this child. (25 marks)

3.5. What advice and information you would give to child's mother regarding his condition and management. (25 marks)

4. An 18 year old A/L student was admitted to a medical ward following overdose of metformin tablets prescribed for her mother. She revealed that her parents warned her and took away her phone as she was caught calling a boy two days ago. She is medically stable and is ready to be discharged.

4.1 Write **three (3)** questions the doctor could ask to assess planning of her self-harm. (30 marks)

4.2. Write **two (2)** facts the doctor could elicit in the history that can be used to assess her suicidal risk. (20 marks)

In the psychiatric assessment it was revealed that she does not have any psychiatric condition.

4.3 Mention **one (1)** non pharmacological intervention you would suggest to help her. (10 marks)

4.4. Briefly outline the steps of above mentioned intervention (20 marks)

4.5. At the discharge her mother asks the doctor whether the girl should be allowed to use the phone. Write information the doctor could provide to help the mother to make a decision. (20 marks)

5. A 30 year old male was admitted to medical casualty complaining of severe headache. He was shouting and scolding the ward staff for the poor quality of care and wanted to walk out of the ward.

5.1. List **three (3)** possible causes for his behaviour. (15 marks)

5.2. Write **two (2)** questions you would ask in the history to differentiate the causes given in 5.1. (20 marks)

5.3. Outline the management of aggressive behaviour of this patient. (40 marks)

5.4. Outline the steps of monitoring after rapid tranquilization (25 marks)

6. A 30 year old Samurdi officer came to the Psychiatry Clinic to seek help for his difficulty. He complains that he develops tremors, weakness of his body and forgets words when he talks in front of others. He mentioned that his difficulties improve following intake of a can of beer. He has been avoiding monthly meetings as he is scared of being caught smelling of alcohol. He is worried that he will lose his job.

6.1. What are the problems you have identified in this patient (20 marks)

6.2. He told the doctor "At the only monthly meeting I attended without a drink, I was laughed at, as I could not correctly answer the questions. Is alcohol an effective solution to overcome my difficulties?"

6.2.1. What is your answer to his question? (10 marks)

6.2.2. Explain reasons for your answer to the above question. (20 marks)

6.3 Name **one (1)** medication you would prescribe him to take instead of alcohol. (10 marks)

6.4. Briefly describe interventions you would carry out for the two problems mentioned in 6.1 (40 marks)