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

24th February 2023

(1.00 – 4.00pm)3 hours

Answer all six (06) questions

Write your answers in the space given

1. A 35 year old teacher, mother of three children, was brought to the psychiatry clinic by her husband. She has been having a psychiatric illness for the past 10 years. Patient’s husband has found a suicidal note written by her the previous day. Patient reveals to the doctor that she does not want to be a burden to her husband. Her husband says that patient has been repeatedly saying she is having an incurable cancer and she is already dying. She has stopped going to work too.

There were three similar episodes in the past but she has stopped taking treatment when she felt better.

1.1. Mention **two (02)** differential diagnoses and support them with the given history. (20 marks)

Diagnosis 1:

Evidence :

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Diagnosis 2:

Evidence :

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1.2. What information you would elicit in the history to exclude one of the two diagnoses mentioned in 1.1 (10 marks)

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1.3. Write **three (03)** features you would elicit in the **mental state examination** to confirm the diagnosis. (15 marks)

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1.4. List **five (05)** key features you would look for in the history to assess the severity of **current suicidal intention**. (15 marks)

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

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1.6. Which treatment option you would consider if the patient refuses to take medications? (05 marks)

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1.7. Outline the steps in preparing the patient for treatment mentioned in 1.6. (15 marks)

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2. Miss K , a 22 year old first year university student is brought to the psychiatry clinic by her parents. She is refusing to go to the university over last three months. She claims that the monitor of her group is posting messages directed at her in their WhatsApp group. She shows the messages which say “Our group mate is singing tonight, please be there to support her, It is going to be fun!” Miss K claims that she was planning to sing a song at the ‘social night’ and monitor is trying to humiliate her in-front of other batchmates. She further says her answer scripts at the last examination were collected by the leader of the student union and therefore she would fail the examination. She feels distressed believing the monitor who harasses her gets to know whatever she is planning to do.

Mother claims that the girl is now confined to her room and keeps awake at night checking messages in her phone.

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

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2.2. Name the **psychopathology** given in the history **with evidence**. (15 marks)

i.....

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ii.....

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iii.....

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2.7. Name **three (03)** factors that are likely to contribute to a relapse of this patient’s illness and your suggestions to prevent each. (15 marks)

i.....
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ii.....
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iii.....
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3. Mother of a 19 year old A/L student, Sama, came to meet their family doctor to get some medication for Sama’s “gastric problem”. According to the mother, Sama was good at studies and was involved in many extra-curricular activities like sports and dancing. Mother has noticed that Sama goes to the toilet soon after dinner and she has heard her vomiting several times over the past few weeks. When questioned, Sama has said she had just regurgitation of food. Mother has found many wrappings of junk food like chocolate in a corner of Sama’s room which she thinks is the responsible cause for the gastric problem.

3.1. Write **two (02)** other aspects in the history you would explore when you talk with Sama. (20 marks)

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3.2. Write **two (02)** physical examination findings you would expect to find if it is self induced vomiting. (20 marks)

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3.3. If you find evidence to support self induced vomiting and her BMI is 18.5 Kg/M², what is the most probable diagnosis? (10 marks)

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3.4. Sama revealed that all these started when she had less marks for the last term test held one year ago. At the test she was not sure of her self and had to read the questions and the answers she wrote at least four times before moving to the next question. Due to this re-checking, she did not have adequate time to answer all the questions. Since then she has to check everything four times.

What other diagnosis you would consider in her? (10 marks)

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3.5. How do you confirm the diagnosis given in 3.4? (15 marks)

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3.6. How would you educate the mother about Sama's illness? (25 marks)

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4. A 70 year old female was brought to the psychiatry clinic by her son. The son complained that his mother accuses him of stealing her belongings because she could not locate where she kept them. This has been going on for about a year.

During last six months she had poor sleep and wandering behaviour.

She was noticed to be talking to imaginary people and was accusing her daughter-in-law for attempting to poison her over last three months.

On examination she has tremors in her hands, slurring of speech and difficulty in walking. She is not on any medications at present.

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

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4.2 What is the other medical speciality you would liaise with for the management of this patient? (10 marks)

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4.3 Draft a referral letter to the relevant specialist you have mentioned in 4.2 (20 marks)

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4.4. List psychiatric and behavioural problems **given in the history of this patient.** (10 marks)

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iv.....

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4.5 Name **one (01)** medication you would use to treat **each of the problems** mentioned in 4.4, giving reasons for selecting that medication. (20 marks)

i.....

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ii.....

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iii.....

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iv.....

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v.....
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4.6. Outline the **non- pharmacological** management of the problems mentioned in 4.4

(30 marks)

i.....
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ii
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iii.....
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iv
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v.....
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5. A 50 year old clerk came to the psychiatry clinic to seek help for his poor sleep. He revealed that he has been drinking a quarter bottle of arrack at night and it has helped him to sleep in the past. For last two months he has increased his drinking but still he could not fall asleep. He has difficulty getting up in the morning and has not gone to work for a week. His younger son has passed away due to an accident three months back.

5.1. Mention **two (02)** causes for his sleep problems from the given history. (10 marks)

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5.2. What is his most probable diagnosis? (10 marks)

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5.3. Write **three (03)** questions you would ask him to confirm the diagnosis mentioned in 5.2.

(30 marks)

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5.4. Name **one (01)** medication you would use to treat him giving reasons.

(10 marks)

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5.5. Patient says that he hears the voice of his deceased son when he is alone at home. He asks whether he is having a mental illness. How would you respond?

(20 marks)

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5.6. He says that he wants to stop his drinking but it has helped him to manage his life after his son's death. Briefly outline psychological intervention you would use to help him. (20 marks)

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6. A mother of an 8 year old boy came to the Child Psychiatry Clinic with a referral note from a consultant paediatrician. The child has been missing school frequently due to having physical symptoms almost daily. This has started one month after starting grade three at school. According to the referral note of the paediatrician, the child does not show any signs of an illness and detailed investigations done are reported normal.

6.1. List **five (05)** possible causes which can give rise to the above case scenario. (10 marks)

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6.2. Write **one (01)** specific question you would ask to support **each** of your answers in 6.1.

(10 marks)

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6.3. Name and describe briefly, identification and principles of the management of **one condition of the child** which can give rise to above scenario. (20 marks)

Condition.....

Identification:.....

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Principles of management:.....

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6.4 Name and describe briefly, identification and principles of the management of **one family issue** which can give rise to the above scenario. (20 marks)

Condition.....

Identification:.....

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Principles of management:.....

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6.5 Name and describe briefly, identification and principles of the management of **one problem related to school** which can give rise to the above scenario. (20 marks)

Condition.....

Identification:.....

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Principles of management:.....

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6.6. List two (**02**) medications which might be used in a child with above problem, naming the specific condition helped by each medication. (20 marks)

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