

Index number.....

Library Copy

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

12th March 2021

(1.00 pm– 4.00pm) 3.00 hours

Answer all 6 (six) questions.

Write your answer in the space provided

1. A 55 year old businessman was brought to the psychiatry clinic by his family as he has been behaving abnormally for past two weeks. He has been staying awake and keeping his shop open till late night despite not having any customers. He got into arguments and became hostile when family members advised him to close the shop. He has given away goods without charging money to many customers.

enquiry family revealed that six months back he has received psychiatric treatment for a brief period for not attending to his business, refusing meals and staying at home. He has continued medication upto now with good compliance. He has a history of hypertension and one episode of transient ischemic attack one year ago.

On examination he was overfamiliar, overtalkative and insisted going home as he wants to build a factory to produce a vaccine for Covid-19

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

.....
.....

1.2. List two (02) other differential diagnoses you would consider. (10 marks)

.....
.....

1.3. Give reasons for considering each diagnoses mentioned in 1.2 (10 marks)

.....
.....
.....

Index number.....

1.4. Outline the acute management of this patient.

(40 marks)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

1.5. Name **two (02)** medications you would use in the long term management of this patient.

(10 marks)

1..... 2.....

1.6. What information from the given history you would consider in selecting above medications for this patient.

(20 marks)

1.....

.....

2.....

.....

Index number.....



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

12th March 2021

(1.00 pm – 4.00pm) 3.00 hours

Answer all 6 (six) questions.

Write your answer in the space provided

2. A 32 year old house wife called 1990 and came to Emergency Treatment Unit (ETU) thinking that she got a heart attack while watching television. After assessing her, doctors have told her that there is no problem in her heart but she only had a panic attack and not to worry. You are the family doctor of this patient.

2.1. She wants to know what a panic attack is. Explain your answer. (20 marks)

.....
.....
.....
.....

2.2. List five (05) symptoms you would expect to see in this patient, at her initial presentation to the ETU. (10 marks)

.....
.....

2.3. Name two (2) medical conditions that could mimic this presentation. (10 marks)

.....
.....

Index number.....

2.4. Name **two (02)** psychiatric co-morbid conditions commonly associated with panic attacks. (10 marks)

.....
.....

2.5. Name and outline **one (01)** measure that you would offer to this patient to prevent further episodes. (25marks)

.....
.....
.....
.....
.....

2.6. Explain the pharmacological management of this patient if she develops recurrent episodes. (15 marks)

.....
.....
.....
.....



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

12th March 2021

(1.00pm – 4.00pm) 3.00 hours

Answer all 6 (six) questions.

Write your answer in the space provided

3. A four (04) year old boy was brought to the Child Psychiatry Clinic by his mother as instructed by his pre-school teacher. According to the mother the child is very silent and easy to look after. He plays with his toys for hours and does not want to be with mother or anybody else in the family. He does not talk much and indicates needs with gestures. Mother also revealed that the child is very selective in his food and clothing preferences. At pre-school he does not interact with other children, goes out of the class and stays on the swing all day and does not comply with teacher's instructions.

3.1 Write **three (03)** possible causes for the above presentation. (15 marks)

.....
.....
.....

3.2 Write **two (02)** specific clinical features you would look for to support each of the conditions you mentioned in 3.1. (15 marks)

1.
2.
1.
2.
1.
2.

Index number.....

3.3. Write **one (01)** specific test you would request that helps you to arrive at a diagnosis. (05 marks)

.....
3.4. If the results of the test you requested comes as normal, what is the most likely diagnosis? (05 marks)

.....
3.5. Write **three (03)** facts you would tell the mother about the condition you mentioned above, at the beginning of your management. (15 marks)

.....
.....
.....

3.6. List the professionals you would involve in the long term management of the child with the condition you mentioned in 3.4 (10 marks)

1. 2.
3. 4.

3.7. What are the behaviour symptoms the above child may develop as he grows up? (15 marks)

1.
2.
3.

3.8. Write **one (01)** specific medication you may use for each of the conditions mentioned in 3.6. (15 marks)

1.
2.
3.

3.9. Write **one (01)** co-morbidity commonly associated with the condition you mentioned in 3.4 (05 marks)

1.

Index number.....



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

12th March 2021

(1.00pm – 4.00pm) 3.00 hours

Answer all 6 (six) questions.

Write your answer in the space provided

4. A 34 year old system analyst presents to the psychiatry clinic as advised by her husband. She reveals that her husband who returned from overseas 3 days ago was found to have PCR positive for Covid 19 and was sent to a treatment centre. She complains that since then her sleep is disturbed, she has hardly eaten anything and also has fought with her in laws

● 4.1. What is the clinical condition she is having? (10 marks)

.....

4.2 Mention **four (04)** other symptoms she might be experiencing. (20 marks)

.....
.....
.....
.....

● 4.3 Write information you would include in educating her about her condition. (20 marks)

.....
.....
.....
.....

Index number.....

4.4. She further reveals that she has been working from home since lockdown and she also has to home school her 10 year old child who is not sent to school since reopening of schools following closure due to COVID pandemic. As she does not go to work, her in laws refuse to look after her 4 year old child.

She says that since recently she feels tension in head when she has to meet deadlines at work.

4.4 .1. Name and describe **one (01)** helpful technique she could use at such moments. (20 marks)

.....

.....

.....

.....

.....

4.5. She says that she is thinking about resigning from the job as she will have to spend more time home schooling her children if current situation continues. She asks the doctor whether it would solve her difficulties.

4.5.1. Name **one (01)** intervention which could be used to find an answer to her question. (10 marks)

.....

4.5.2. Describe the intervention you mentioned in 4.5. (20 marks)

.....

.....

.....

.....

.....

.....

Index number.....



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

12th March 2021

(1.00pm – 4.00pm) 3.00 hours

Answer all 6 (six) questions.

Write your answer in the space provided

5. A 30 year old unemployed, unmarried graduate was brought to the psychiatry clinic by her father. She had frequent relapses of a psychiatric illness for last 10 years. Each relapse was precipitated when she stopped medications. She said " I was abducted by aliens and a chip was inserted to my brain. Now my thoughts are known to them and they control me through the chip.."

5.1. Name and describe **three (03)** psychopathologies seen in this scenario. (15 marks)

.....
.....
.....

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

.....

5.3. List **three (03)** possible causes for this patient's poor treatment adherence. (15 marks)

- 1.
- 2.
- 3.

5.4. Briefly describe your interventions for causes mentioned in 5.4 (15 marks)

1.
.....

Index number.....

2.

.....

3.

.....

5.5. List **three (03)** problems you would address in the long term management of this patient. (15 marks)

1.

2.

3.

5.6. Briefly describe your interventions for problems mentioned in 5.5 (30 marks)

1.

.....

.....

2.

.....

.....

3.

.....

.....

.....

Index number.....



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

12th March 2021

(1.00pm – 4.00pm) 3.00 hours

Answer all 6 (six) questions.

Write your answer in the space provided

6. A 24 year old male was brought to the hospital by police when he became violent, disoriented and irrational in a public place. He has no history of psychiatric disorder, head injury or acute medical problems. He denies the use of any psychoactive substance.

6.1. Name the most appropriate investigation you would order to find evidence for substance use. (10 marks)

1.

6.2 The investigation revealed he had used a high dose of cannabis. What is the most appropriate diagnosis? (05 marks)

.....

6.3 List three (03) physical symptoms you would expect to elicit in him. (15 marks)

1.....

2.....

3.....

Index number.....

6.4 Write **three (03)** acute psychological symptoms you may see in him (15 marks)

- 1.....
- 2.....
- 3.....

6.5 Write **three (03)** long term psychological / psychiatric conditions you may see in him. (15 marks)

- 1.....
- 2.....
- 3.....

6.6. Draw the diagram of "Prochaska and DiClemente" Cycle of change. (20 marks)

6.7 Currently this patient has no idea to stop using cannabis. He does not believe cannabis use has any adverse effects on his life or health. Name the stage he is currently in, in relation to the Cycle of change. (10 marks)

.....

6.8 He also smokes 10 -15 cigarettes per day. Name two (02) medications that can be prescribed to help him to stop or reduce his smoking. (10 marks)

.....
.....