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

**29<sup>th</sup> November 2019**

**(1.00 – 4.00) 3.00 hours**

**Answer all 6 (six) questions.**

**Write your answer in the space provided**

1. A 24 year old university student 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 2.00 o'clock in the morning.  
She claims that she got a call from the Ministry of Megapolis to hand over the project she has designed to convert Galle city to an Eco Village. 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 no reason to be in the ward. The warden said that the student did not attend the university for two months and returned only a month ago.

1.1. What is the most probable diagnosis? (15 marks)

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1.2. List four (4) other features you would expect to elicit from the history and mental state examination (MSE) to confirm the diagnosis mentioned in 1.1 (20 marks)

- History 1.....
- 2.....
- 3.....
- 4.....

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- MSE 1.....  
2.....  
3.....  
4.....

1.3. Outline the risk assessment of this patient.

(20 marks)

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1.4. Outline the immediate management of this patient.

(25 marks)

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1.5 List four (4) important aspects you need to address in the long term management of this patient.  
(20 marks)

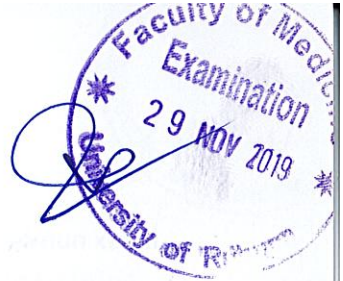
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2. A 23 year old female undergraduate complains of experiencing episodes of palpitations, headaches, tremulousness, difficulty in concentration and feeling uneasiness for the past three months. These episodes occurred when she had to present in front of the class. She gets excused from classes when she knows that there is a task for her. Since this affects her grades, she came to the medical clinic.

2.1 . Write one **(1)** each physical, psychological and behavioural symptom from the history given. (15 marks)

- a. Physical.....
- b. Psychological.....
- c. Behavioural.....

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

.....

2.3. Write two **(2)** additional facts you want to find out in history, mental state examination and physical examination to confirm the diagnosis mentioned in 2.2

(15 marks)

- a. History .....
- .....
- b. Mental state examination .....
- .....
- c. Physical examination .....
- .....

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2.4. Name one **(1)** medication that is used to treat this condition (10 marks)

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2.5. Name one **(1)** psychological treatment that is used to treat this condition (10 marks)

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2.6. Outline the therapy you mentioned in 2. 5. (30 marks)

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2.7. Write one **(1)** complication this patient might develop if not treated. (10 marks)

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3.1. Sri Lanka has high rates of suicides. Mention two (2) strategies which would help to bring down rates. (20 marks)

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3.2. List two (2) common methods of suicidal deaths in Sri Lanka? (10 marks)

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3.3. A 38 year old previously healthy mother of two children was admitted to the medical casualty unit following self-ingestion of kerosene oil. She revealed the doctor that she did it as her drunken husband forced her to leave home immediately accusing her that she had wasted his hard earned money.

3.3.1. Did she likely to have suicidal intention? (05 marks)

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3.3.2. Provide evidence from the history to support your answer given for 3.3.1 (20marks)

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3.3.3 Write two **(2)** questions you would ask from this patient to gather additional information to assess her intention. (20 marks)

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3.3.4. Name one **(1)** psychological intervention you would suggest for her? (5 marks)

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3.3.5. Briefly outline the intervention mentioned in 3.3.4 (20 marks)

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4. A 70 year old retired teacher was brought to the psychiatry clinic by her daughter. The patient has been accusing her daughter of stealing her money when she could not locate them. The patient insisted that her parents are still living and she could remember her children's names but not those of her grand children.

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

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4.2. Justify the diagnosis given in 4.1 using the available information. (10 marks)

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4.3 Name one (1) specific medication you would use for the condition mentioned in 4.1 (20 marks)

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4.4 List four (4) problems she would develop with the progression of the condition.

(20 marks)

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4.5 Describe how you would manage the problems mentioned in 4.4

(40 marks)

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5. A 4 ½ years old preschool boy was brought to a child psychiatrist by his parents because they noted him different from other children at preschool. The child does not comply with tasks given by his teacher and does whatever the activity he wants to do. Teacher also has informed the mother that child walks out of the class while others engage in academic tasks. During consultation child tried to take things on consultant's table, climbed the examination bed and tried to walkout of the room.

5.1 What is the likely diagnosis? (10 marks)

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5.2 Write two (2) features elicited in the given scenario to support your diagnosis. (20 marks)

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5.3 Write two (2) other features you would look for, to support your diagnosis. (20 marks)

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5.4 Name one (1) specific medication you would use to treat this child. (10 marks)

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5.5 Write two (2) common co-morbidities of your diagnosis. (10 marks)

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5.6 Outline your assessment when this child comes to follow up clinic. (30 marks)

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6. A -56 -year old fisherman presented to the emergency department with generalized tonic colonic seizures. On examination, he had sweating and tremors in out stretched hands. This is the third presentation to hospital with seizures within last 6 months, but there is no past history of epilepsy prior to that. In previous two presentations, he was assessed by the medical team before discharge. Medical team informed him that he does not need to attend to the medical outpatient clinic but need help for his alcohol problem and refer him to psychiatry clinic. But he did not comply with that referral.

6.1 .List two (2) differential diagnoses for his presentation. ( 10 marks )

1.....

2.....

6.2. Write the most probable diagnosis giving reasons. ( 20 marks )

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6.3. List two (2) most relevant questions you would ask from this patient in initial assessment and management (20 marks)

1.....

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2.....  
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6.4. List four **(4)** important symptoms and signs you would expect to elicit from this patient other than what is already given. (20 marks)

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2.....  
3.....  
4.....

6.5. Briefly describe the initial management of this patient. (20 marks)

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6.6. Write two **(2)** pharmacological agents you can use in long term management of alcohol problem of this patient. (10 marks)

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2.....