



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

08 May 2017

(1.00 – 3.30pm) 2 1/2 hours

Answer all 5 (Five) questions.

Answer each part in a separate answer book.

1. A 23-year old previously healthy female English teacher was admitted to accident and emergency unit (A&E) with sudden onset chest pain, shortness of breath, tightness of throat and fear of impending death.

After thorough history, examination and investigations (ECG, Troponin, RBS) you diagnosed her as having a panic attack.

Answer the following questions asked by the patient.

- 1.1. Why do I get these symptoms? (20 marks)
- 1.2. Is it possible that an underlying medical problem is causing my current symptoms?
Please explain. (20 marks)
- 1.3. Do I need to get any other tests done? If so what are they? (20 marks)
- 1.4. What are the benefits I get if I see a mental health specialist? Please explain. (20 marks)
- 1.5. Is there anything I can do to help my symptoms? (20 marks)

2. A 30-year old manual laborer who is being treated for acute pancreatitis at a surgical ward developed abnormal behavior on 3rd day of admission. He was having poor sleep and was seeing group of small people walking around his bed.

On examination he was having bilateral parotid swelling and tremors of hands.

- 2.1. Write five (5) questions you would ask from the patient to arrive at a diagnosis. (15 marks)
- 2.2. What is the most likely diagnosis? (10 marks)
- 2.3. Name three (3) complications of the condition mentioned in 2.2. (15 marks)
- 2.4. Describe the steps you would have taken within first 24 hours of admission to prevent development of the condition mentioned in 2.2. (30 marks)
- 2.5. Name one (1) medication you would use in the long term management of this patient. (10 marks)
- 2.6. Describe briefly one (1) non pharmacological intervention you would use in the long term treatment of this patient. (20 marks)

3. A 50-year old mechanic has been treated in the surgical ward for neck injuries following hanging. His wife revealed that her husband came home late in the night, locked himself in the room and did not respond to her calls. The family broke the door open and found him hanging. Now he is medically stable. His wife complains that he does not talk about the reason for his attempt. You are the medical officer in the ward and your consultant asks you to talk to him.

3.1. Write **two (2)** measures you would take to encourage him to talk about his attempt. (20 marks)

3.2. What additional information (not provided in the history) would help you to assess his intention. (20 marks)

3.3. Write **two (2)** possible diagnoses you would consider. (20 marks)

3.4. List **two (2)** clinical features of each of the diagnoses mentioned in 3.3 (20 marks)

3.5. Name **one (1)** psychological intervention used to treat **one (1)** of the diagnoses mentioned in 3.3 (10 marks)

3.6. Write **one (1)** measure you would take, if the patient denies having any memory of his attempt. (10 marks)

4. A 25-year old unmarried unemployed man was brought to the psychiatry clinic by his parents with the third relapse of a psychiatric illness during past 5 years. He said "My neighbors are talking about me and they are trying to kill me but I can kill them as I have the power of God".

4.1. List **two (2)** possible diagnoses. (10 Marks)

4.2. Write **five (5)** features each from the history and mental state examination to differentiate diagnoses mentioned in 4.1. (30 Marks)

4.3. Describe briefly the immediate management of this patient. (30 Marks)

4.4. Outline the relapse prevention plan for this patient. (30 Marks)

5. 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.

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

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

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

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

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