

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD (FAMILY MEDICINE) EXAMINATION
MAY 2004

Date : 24th May 2004

Time : 1.00 p.m. – 4.00 p.m.

STRUCTURED ESSAY QUESTION PAPER

Answer all questions.

All questions carry equal marks.

Please answer each question in a separate book.

1.
 - 1.1 List four different models proposed for the process of consultation in general / family practice. (10 marks)
 - 1.2 Describe one patient centered model. (30 marks)
 - 1.3. Discuss potential barriers to effective communication. (30 marks)
 - 1.4. Comment on “ Consultation time “ in Sri Lankan general practice. (30 marks)
2.
 - 2.1 Write short notes on the levels of prevention. (20 marks)
 - 2.2 Discuss the rationale for patient education in general / family practice. (40 marks)
 - 2.3 Describe how you would plan and carry out (incorporate) patient education programmes in your family practice. (40 marks)

3. Dinithi is an intelligent five year old girl with bronchial asthma who has been your patient for the last three years. Due to chronicity of symptoms you had put her on a beclamethasone dry powder inhaler 100 mcg bd during the last six months. Her compliance and technique had been good and she had been relatively symptom free during this period. During a weekend when you were not available she had developed a break through wheeze and been seen by a Consultant Paediatrician at a private consultation centre. She had been treated with a short course of oral steroids initially and given a prescription to change over to a combined salmeterol and fluticasone metered dose inhaler with volumatic spacer.

The parents, both middle grade private sector employees bring her to you again to get your advice on what to do. You are aware that their medical insurance cover is already maximally stretched by Dinithi's medical expenses.

- 3.1. What are the failures in health care delivery that led to this situation ?
(30 marks)
- 3.2. What could you have done to prevent this situation ?
(20 marks)
- 3.3. What advice would you give them now ?
Give reasons for your answer. (20 marks)

Dinithi's parents also express some concerns regarding the long term safety of inhaled steroids.

- 3.4. How would you allay their anxiety ?
(30 marks)

4. A 45 year old male presents to you with a total serum cholesterol report of 266 mg% found at a routine medical check up.

- 4.1. What other information would you seek in the history and examination ?
(30 marks)
- 4.2. What further investigations are indicated ?
(20 marks)
- 4.3. Outline the principles of short term and long term management of his lipid abnormality.
(50 marks)

5. A 50 year old man who works as clerk, presents to you with a history of passing blood with his stools of 6 weeks duration. He is accompanied by his wife and son-in-law.
- 5.1. List three likely causes. (15 marks)
 - 5.2. What clinical features would support each of these causes. (30 marks)
 - 5.3. Discuss the value of the most important clinical examination. (15 marks)
 - 5.4. Briefly discuss the management of each of these causes. (40 marks)
6. A 18 year old student consults her Family Physician for infrequent menstrual cycles (oligomenorrhoea).
- 6.1. List five (5) possible causes. (10 marks)
 - 6.2. What information will you obtain from the history and clinical examination to arrive at a possible diagnosis ? (40 marks)
 - 6.3. List four (4) investigations you would request giving reasons. (20 marks)
 - 6.4. What advice will you give her ? (30 marks)

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD (FAMILY MEDICINE) EXAMINATION
OCTOBER 2005

Date : 18th October 2005

Time : 1.00 p.m. – 4.00 p.m.

STRUCTURED ESSAY QUESTION PAPER

Answer all questions.

All questions carry equal marks.

Please answer each question in a separate book.

1.
 - 1.1 Describe the grief reaction. (40 marks)
 - 1.2 During a busy morning surgery your receptionist interrupts you. She tells you that Mrs. Perera is on the phone saying she thinks her mother has died. You have been treating her mother at home for a terminal illness, for some time. How would you manage this situation ? (30 marks)
 - 1.3. When a person dies, under which circumstances would you **not** issue a death certificate immediately ?. (30 marks)

2.
 - 2.1 Define sensitivity, specificity, positive predictive value and negative predictive value of a test.. (20 marks)
 - 2.2 Discuss the implications of these indices on the limitations and interpretations of the following tests in family practice..
 - 2.2.1. The IgM antibody test for Dengue in a patient on the 3rd day of fever. (30 marks)
 - 2.2.2. The monospot test for infectious Mononucleosis in patients with fever and sore throat. (25 marks)
 - 2.2.3. Upper GI endoscopy in patients with dyspepsia. (25 marks)

3. A 20 day old first born, breast fed neonate is brought to you due to “ excessive crying”. His mother is very anxious and says her breast milk is “inadequate”. The accompanying maternal grand-mother reports that the baby has no fever, is active and sucks vigorously at the breast.

The baby had been born by emergency Caesarean section at term, weighing 3kg. The mother is a 28 year old school teacher who has maternity leave until the infant is six months old.

- 3.1. Describe the clinical features that would help you decide whether the infant is receiving adequate milk or not. (25 marks)
- 3.2. Discuss how you would manage this clinical situation thereafter. (25 marks)
- 3.3. Outline giving reasons, the advice you would give them, to ensure successful lactation. (20 marks)
- 3.4. Name **two** common breast conditions that result in problems with lactation and briefly outline your management of each of these. (30 marks)

4. A 65 year old man who had ischaemic heart disease 5 year back and on a pacemaker presents to your surgery with a one hour history suggestive of a ? faint ? vertigo. He had been having pain radiating from his neck down both arms for 1 month prior.

On examination he was sweaty, BP100/60 and had some restricted neck movements.

Urine test showed Albumin + and Sugar 1% (previously he had not been a diabetic).

- 4.1. What possible diagnoses (giving reasons) would you consider for the presentation ? (20 marks)
- 4.2. What immediate drug management would you consider before you refer him to hospital ? (20 marks)
- 4.3. What would you expect the Emergency department of the local hospital to do. ? (20 marks)
- 4.4. How would you explain the possible reasons for this presentation to the patient and accompanying relative ? (20 marks)
- 4.5. What is your possible interpretation of the urinary findings ? (20 marks)

5. A seventy year old man presents at your general practice clinic, with a history of increased frequency of micturition.
- 5.1. Describe the clinical features on which you would diagnose **benign enlargement of prostate** in this patient. (40 marks)
- 5.2. List four other causes for his symptom. (10 marks)
- 5.3. Outline the complications of benign enlargement of prostate. (20 marks)

Patient indicates that he is scared of surgery and refuses to be referred to an Urological Surgeon.

- 5.4. Discuss your management of this patient. (30 marks)
6. A teacher of age 40 years and mother of 3 children has been your regular patient. She married at the age of 21 years, had uncomplicated pregnancies and uses the safe period method for contraception. Her last child is 8 years old. She had been healthy in the past and she is a non-smoker. Her father has diabetes mellitus and her mother had breast cancer at the age of 45 years. Her sister recently had herpes zoster in the chest.
- 6.1. Outline giving reasons the clinical examinations and screening tests which would indicate her normal status of health. (40 marks)
- 6.2. Describe the plan you would recommend for her future “health checks”. (30 marks)
- 6.3. You find that she is in good health. Outline with justification the contraceptive methods you would recommend for use in the future. (30 marks)

POSTGRADUATE INSTITUTE OF MEDICINE
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MD (FAMILY MEDICINE) EXAMINATION
FEBRUARY 2011

Date : 28th February 2011

Time : 1.00 p.m. – 4.00 p.m.

STRUCTURED ESSAY QUESTION PAPER

Answer all questions.

All questions carry equal marks.

Please answer each question in a separate book.

1.
 - 1.1 Describe the main features of a ‘patient – centered consultation’ in Family Practice.. (25 marks)
 - 1.2 What are the usual presenting features of a ‘Heart Sink Patient’ (challenging patient). ? (25 marks)
 - 1.3. Describe the main points of the Stott Davis model of consultation. (20 marks)
 - 1.4. What are possible reasons for the failure of patients to comply with their management plan outlined by the Family Physician. ? (30 marks)

2.
 - 2.1 Describe briefly “safety-netting’ in general practice ? (10 marks).
 - 2.2 Discuss safety netting advice you will give to patients in general practice? (illustrate your answer with clinical scenarios.) (30 marks)
 - 2.3. Discuss how you would improve patient’s safety in general practice ? (40 marks)
 - 2.4. Describe what challenges a general practitioner would face when improving patients safety in primary care ? (20 marks)

3. Write short notes on the following :-
 - 3.1. GPs perspective of work related sickness certificates. (25 marks)
 - 3.2. The role of pharmacists in primary care. (25 marks)
 - 3.3. Home visits in general practice.. (25 marks)
 - 3.4. Life style modification for patients with essential hypertension. (25 marks)

4. Identify the ethical principles that are relevant in the situations mentioned below and discuss how you would resolve them giving reasons for your decision.
 - 4.1. A 75 year old man with a history of ischaemic heart disease refuses to be admitted to hospital for treatment of a myocardial infarction as he says he prefers to die at home rather than be in an ICU. (30 marks)
 - 4.2. Mr. and Mrs. X. are your regular patients. Mr. X who is a 45 year old businessman consults you with a HIV positive report and requests you not to tell his wife. (40 marks)
 - 4.3. You are on a light from Colombo to London and the Captain announces that they need the services of a doctor. Since you appear to be the only doctor on board, you volunteer to help. You find that this particular passenger is under the influence of alcohol and has turned aggressive. (30 marks)

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD (FAMILY MEDICINE) EXAMINATION
APRIL 2012

Date : 2nd April 2012

Time : 1.00 p.m. – 4.00 p.m.

STRUCTURED ESSAY QUESTION PAPER

Answer all questions.

All questions carry equal marks.

Please answer each question in a separate book.

1.
 - 1.1 Describe the characteristics of healthy families. (20 marks)
 - 1.2 Briefly outline how the above knowledge helps the family doctor in practice. (15 marks)
 - 1.3 List six (06) presenting complaints suggestive of family dysfunction. (10 marks)
Illustrate your answer with four (04) clinical scenarios. (20 marks)
 - 1.4 Discuss the following statement. “family life cycle is important in understanding family dynamics”. (35 marks)

2.
 - 2.1 Define terminal care/end of life care ? (10 marks).

Mrs. Sirisena is 86 year old. She is discharged from hospital with a left sided hemiplegia following a cerebro-vascular accident. She is conscious. You find that she is unable to walk. You are requested to do a house visit to see her.
 - 2.2 Discuss the advantages of this home visit ? (20 marks)
 - 2.3 Describe how you would organize the doctor’s bag. (15 marks)
 - 2.4 Discuss how you will provide care to Mrs. Sirisena during this visit and thereafter ? (30 marks)
 - 2.5 “Several studies in Sri Lanka have shown that family doctors are reluctant to do home visits”. Discuss this statement. (25 marks)

3.
 - 3.1. State what you understand by person centered care. (20 marks)
 - 3.2. Briefly discuss how it can positively influences consultation process and outcomes ?. (30 marks)
 - 3.3. Describe how it can positively influence health outcomes ? (20 marks)
 - 3.4. Discuss the argument that this model compromises doctor's influence required for positive consultation process and outcomes. (30 marks)

4. You have completed your specialist training in family medicine and decide to dive into the business of medicine. You select a growing rural town that was close to urban areas but still deeply under-served by physicians. Within a month, you are averaging 10 new patients daily, and developing a good reputation among the residents. The practice is prospering..
 - 4.1. Describe what steps you would take in the improvement of practice efficiency. (40 marks)
 - 4.2. Describe how the above steps would ensure you to achieve patient satisfaction.. (60 marks)

POSTGRADUATE INSTITUTE OF MEDICINE
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MD (FAMILY MEDICINE) EXAMINATION
JULY 2013

Date : 15th July 2013

Time : 1.00 p.m. – 4.00 p.m.

STRUCTURED ESSAY QUESTION PAPER

Answer all questions.

All questions carry equal marks.

Please answer each question in a separate book.

Q1.

- 1.1 List the basic tasks in a family practice consultation. (35 marks)
- 1.2 Briefly describe these tasks.. (65 marks)

Q2.

Recently you have noticed that prescribing antimicrobial agents by the part time doctors employed at your practice is becoming increasingly irrational. Based on latest scientific evidence you plan to formulate practice guidelines.

- 2.1 During the initial phase of literature review of antibiotic treatment you come across numerous studies published.
From the available literature, list the type of studies based on the evidence hierarchy that you would select to formulate your practice guidelines. (50 marks).
- 2.2 Describe five (05) advantages and five disadvantages of the use of guidelines in general practice. (50 marks)

Q3.

- 3.1. List the principles of prescribing in general practice.. (30 marks)
- 3.2. What community resources should a general practitioner be aware of to provide optimal health care to his/her patients ? (40 marks)
- 3.3. Write a short note on medical confidentiality in general practice. ? (30 marks)

Q4.

Encounters with “difficult patients” is a not an unusual occurrence in general practice.

Describe :

4.1. Patient factors.. (30 marks)

4.2. Physician factors (30 marks)

4.3. Situational factors. (40 marks)

that you would think would contribute to such encounters.