

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

POSTGRADUATE DIPLOMA IN PALLIATIVE MEDICINE
EXAMINATION – JULY 2019

Date :- 17th July 2019

Time :- 1.30 p.m. – 3.30 p.m.

STRUCTURED ESSAY QUESTION PAPER

Answer **all five (05)** questions.

Answer each question in a separate book.

1. You are the medical officer of the Palliative Care Unit at National Cancer Institute Maharagama. You received a telephone call from the husband of a patient under your care. She is a 52 year old patient diagnosed with metastatic breast cancer. According to the husband she is unable to get down from the bed and walk to the toilet since this morning. She has complained that her legs are weak and has pain around her waist. Her clinic notes revealed that she has liver metastases and has completed a course of palliative chemotherapy 2 months ago. They live 20 km away from the hospital and are from a poor socioeconomic background.
 - 1.1. What is the probable diagnosis? (15 marks)
 - 1.2. What is the advice you give to the husband of the patient? (10 marks)
 - 1.3. Patients' husband says that, he is not having enough money at this moment. What would you do? (15 marks)
 - 1.4. Briefly state the initial management of this patient? (30 marks)
 - 1.5. What are the specific management options available? (20 marks)
 - 1.6. What would be the impact of delay in the treatment of this condition? (10 marks)

2. A 35-year-old female tea plucker from Avissawella was diagnosed with carcinoma of oesophagus in 2015.

She was admitted to the ward, following a diagnosis of multiple metastases in bones, liver and lungs. She is a mother of 5 children and her husband is a manual worker in the same estate.

Her body weight is 60 kg. Her liver and renal functions are within the normal range.

- 2.1. You are the on-call medical officer in the ward.
Outline the three (03) main steps in the basic approach to her pain management. (15 marks)
 - 2.2. Name the drug of choice for the management of her severe pain. (10 marks)
 - 2.3. Briefly outline the
 - 2.3.1. route (05 marks)
 - 2.3.2. calculation of dose (15 marks)
 - 2.3.3. management of side effects (10 marks)
- of the drug mention in 2.2. above within the first 48 hours.
- 2.4. She was pain free after 48 hours and ready to be discharged.
Write down the medications, doses and frequency you would prescribe on her discharge. (25 marks)
 - 2.5. She has returned to your clinic with severe pain after 2 months.
Enumerate four (04) probable causes for poor control of her pain. (20 marks)

3. A 73-year-old man is brought to the clinic by her daughter complaining of progressive memory loss of two years duration. She forgets daily chores and at times is unable to identify relatives. Daughter is the main carer of the patient. Daughter is a teacher and she has two school going children.

- 3.1. What is the most likely diagnosis? (10 marks)
- 3.2. Mention two (02) reversible causes. (10 marks)
- 3.3. List five (05) behavioural and psychological symptoms associated with the condition mentioned in 3.1. (20 marks)
- 3.4. Outline non-pharmacological interventions for the above symptoms. (40 marks)
- 3.5. State two (02) other important aspects in managing this patient. (20 marks)

4. A 7-year-old boy was diagnosed to have Duchene muscular dystrophy. He is the second child of healthy parents. He has a healthy sister who is 10 years old. Father is a 38 year old teacher. Mother is a 33 year old housewife who studied up to A/L.

Pediatrician has decided to start on steroids and arranged for multidisciplinary care team for future management.

You are invited as a member of palliative care team in his management.

- 4.1. List four (04) of your goals/roles in the care of this child and family. (20 marks)
- 4.2. Mention four (04) anticipated complications during the course of the illness. (20 marks)
- 4.3. Mention one (01) distressing symptom and briefly outline the management (30 marks)
- 4.4 Five years later, you are seeing this child in non ambulatory stage with severe respiratory distress.
Outline five (05) important areas you address at this stage. (30 marks)

5. A 69-year-old man is diagnosed to have an inoperable oesophageal carcinoma. Radiotherapy was ineffective. The patient has severe anorexia even with smell of food. He also has difficulty in swallowing for solids and liquids. He has lost about 5 kg over the last 3 months. He has developed fever with rigors and cough during the last 3 days. He is now having shortness of breath. He has some pain which relieves with morphine. He has not opened bowel for last 4 days. The patient is living with the daughter. Daughter is very supportive.

- 5.1. What is his acute problem and how do you treat it? (20 marks)
- 5.2. Give two (02) causes for his nausea. (10 marks)
- 5.3. Name one (01) pharmacological agent and route of administration you would choose to manage nausea. (10 marks)
- 5.4. Give two (02) non-pharmacological measures you would take to manage nausea. (10 marks)

The patient develops an intractable hiccup.

- 5.5. List two (02) pharmacological agents to manage hiccup and the route of administration. (15 marks)
56. Briefly outline the management of nutrition of this patient. (35 marks)