

**POSTGRADUATE INSTITUTE OF MEDICINE**  
**UNIVERSITY OF COLOMBO**

**POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION**  
**JULY 2008**

Date : 14<sup>th</sup> July 2008

Time : 1.00 pm. - 4.00 p.m.

**ESSAY PAPER**

**Answer all questions.**

**Answer each question in a separate book.**

1. Describe the mode of action, side effects and therapeutic use of the following drugs.
  - 1.1. Clozapine in schizophrenia. (25 marks)
  - 1.2. Sodium valproate in bipolar affective disorder. (25 marks)
  - 1.3. Venlafaxine in depressive disorder. (25 marks)
  - 1.4. Olanzapine in schizophrenia. (25 marks)
  
2. You have been appointed as the Medical Officer of Mental Health (MOMH) at the Primary Community Mental Health Centre (PCMHC), Morawaka.
  - 2.1. Draw up a plan to ensure regular follow up of patients with schizophrenia and bipolar affective disorder in your catchment area. (40 marks)
  - 2.2. Briefly outline a programme for suicide prevention. (30 marks)
  - 2.3. Outline the headings of a lecture on mental health that you would deliver to the Ordinary Level students in a secondary school. (30 marks)

3. A 28 year old female with a diagnosis of bipolar affective disorder on lithium carbonate has been referred to your clinic for follow up.
- 3.1. List the investigations you would do, giving reasons. (40 marks)
  - 3.2. What advice would you give this patient when she is planning her marriage ? (30 marks)
  - 3.3. Briefly outline the management if she presents with slurring of speech. (30 marks)
4. A 3 year old boy was brought to you by his mother for delayed speech and repetitive behaviour.
- 4.1. List 3 conditions you would consider in this child. (30 marks)
  - 4.2. What further information would you elicit from the mother to help you in your diagnosis ? (40 marks)
  - 4.3. Outline the steps you would take in the management of this child. (30 marks)
5. A 17 year old school girl was referred to you with a history of an overdose of paracetamol following a family conflict.
- 5.1. How would you assess the suicidal risk of this patient ? (60 marks)
  - 5.2. Outline the management of this patient. (40 marks)
6. A 35 year old housewife presented with a relapse of schizophrenia. She has been ill for 7 years and this is her 5<sup>th</sup> relapse.
- 6.1. List the possible causes for her frequent relapses. (30 marks)
  - 6.2. Outline the management of each of these causes. (70 marks)

- 7.
- 7.1. What are the diagnostic features of alcohol dependence syndrome ? (20 marks)
  - 7.2. List the psychiatric sequelae of alcohol dependence. (20 marks)
  - 7.3. What are the psychosocial consequences of alcohol dependence. ? (10 marks)
  - 7.4. What are the clinical features of alcohol withdrawal state ? (20 marks)
  - 7.5. Outline the management of alcohol withdrawal state. (30 marks)
8. A 40 year old female patient diagnosed to have a depressive episode 3 months ago and on continuing medication, is brought by her family to your mental health clinic at a district hospital. Describe the management of this patient, with the following presentations.
- 8.1. No improvement of symptoms. (25 marks)
  - 8.2. Over activity, irritability and increased speech. (25 marks)
  - 8.3. Refusal of food stating that her internal organs are putrefied. (25 marks)
  - 8.4. Request by patient to terminate treatment. (25 marks)

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**POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION**  
**NOVEMBER 2009**

Date : 9<sup>th</sup> November 2009

Time : 1.00 pm. - 4.00 p.m.

**ESSAY PAPER**

**Answer all questions.**

**Answer each question in a separate book.**

1. A 70 year old female presents to an out patients clinic with a 6 month history of poor memory, wandering behavior, and poor self care.
  - 1.1. Write the features in the history and examination that would help to confirm a diagnosis of dementia in this patient. (60 marks)
  - 1.2. List five (05) investigations, giving reason, you would carry out in this patient. (40 marks)
  
2. A 30 year old man is referred to you after an attempt to hang himself.
  - 2.1. List three (03) psychiatric diagnoses that could be the cause. (30 marks)
  - 2.2. Describe how you would assess the suicidal risk in this patient. (70 marks)
  
3. Describe the side effects and the therapeutic indications of the following drugs.
  - 3.1. Lithium carbonate (40 marks)
  - 3.2. Risperidone (30 marks)
  - 3.3. Imipramine (30 marks)

4. A 25 year old man is admitted to hospital. He complains that for the past 2 months he can hear people talking about him when there is no one around. He also known (without any evidence) that a person in the neighbouring house is planning to kill him. On examination his mood is normal and there is no history of substance use. His cognitive functions are normal.
- 4.1. Write the most likely diagnosis. (05 marks)
- 4.2. Write three (03) other clinical features found in this condition. (15 marks)
- 4.3. Describe the management of this patient. (80 marks)
5. A 40 year old school teacher presents with lack of interest, poor sleep and poor appetite of one month duration.
- 5.1. What other clinical features would suggest a diagnosis of depression in this patient ? (30 marks)
- 5.2. If the diagnosis is established as depression, discuss the management of this patient. (70 marks)
6. Describe the principles of management of the following patients.
- 6.1. A 10 year girl with non organic enuresis. (50 marks)
- 6.2. A 9 year old boy with attention deficit hyperactivity disorder (50 marks)
7. A mother of a 3 week old normal infant refuses to feed he baby as she believes that her baby is deformed. The family members have noticed that her behaviour is odd and that she talks to herself.
- 7.1. What is the most probable diagnosis in this patient ? (15 marks)
- 7.2. How will you assess the risk to the baby ? (35 marks)
- 7.3. Describe the management of this patient. (50 marks)
8. A 55 year old man with features of alcohol dependence comes to your clinic requesting help to give up alcohol use. He had last consumed alcohol 24 hours prior to presentation.
- 8.1. What are the features that would indicate that the patient requires in-patient care ? (30 marks)
- 8.2. Discuss five (05) strategies that would help him stop alcohol use. (70 marks)

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**POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION**  
**APRIL 2010**

Date : 20<sup>th</sup> April 2010

Time : 1.00 pm. - 4.00 p.m.

**ESSAY PAPER**

**Answer all questions.**

**Answer each question in a separate book.**

1. A 55 year old fisherman was admitted to the medical ward for treatment of a respiratory tract infection. The day after admission he became disoriented and mistook the doctor for a policeman and started arguing that he could not be arrested. The doctor noticed that he was sweating excessively and had tremors of his hands. His pulse was 120/minute and he would not allow the doctor to check the blood pressure. His fever chart did not show any fever. The nurse mentioned that he was intoxicated with alcohol on admission.

1.1. List three (03) possible cause of this presentation. (30 marks)

1.2. Describe briefly how you will manage him in the first 48 hours.  
(70 marks)

2. A 42 year old woman is referred with episodic breathlessness over a period of six months. the medical specialists are unable to find an organic cause for her presentation.

She described that this occurred the first time when she was travelling in a crowded bus. Since then she has been having these episodes whenever she was in a crowded place. During the episode she feels that she would die as she does not have enough air to breath. She had been rushed to a hospital at least on three occasions. he episodes resolved spontaneously in around thirty minutes. She now avoids going out of the house unless she is accompanied by another person.

2.1. What is the most likely psychological diagnosis ? (20 marks)

2.2. Discuss the management of this patient. (80 marks)

3.
  - 3.1. List the types of extrapyramidal effects induced by antipsychotic drugs. (20 marks)
  - 3.2. Describe the clinical features of each type listed above. (40 marks)
  - 3.3. Outline the management of each type listed above. (40 marks)
  
4. You have been appointed as the Medical Officer of Mental Health Kekirawa. Outline the headings of a lecture on mental health that you would deliver to,
  - 4.1. the pregnant mothers and their husbands at the MOH Office Kekirawa. (50 marks)
  - 4.2. the parents and teachers at Kekirawa Maha Vidyalaya. (50 marks)
  
5. A 35 year old housewife presents with multiple somatic complaints of two years duration.
  - 5.1. What other clinical features would suggest a diagnosis of somatoform disorder (medically unexplained symptoms) ? (40 marks)
  - 5.2. If the diagnosis is established as somatoform disorder, discuss the management of this patient. (60 marks)
  
6. Outline the specific information, explanation and advice you would give to patients with the following conditions.
  - 6.1. Epilepsy (40 marks)
  - 6.2. Bipolar disorder on lithium carbonate. (30 marks)
  - 6.3. Depressive episode on commencement of imipramine. (30 marks)

7. A newly married couple consult you. The husband complains that he is not able to have a intercourse as his erections are poor.
- 7.1. List five (05) possible reasons for the man's problem. (20 marks)
- 7.2. What questions would you ask the couple to clarify the diagnosis. (50 marks)
- 7.3. Discuss briefly the psychological management of the problem. (30 marks)
- 8.
- 8.1. Write the diagnostic criteria for hyperkinetic disorder. (20 marks)
- 8.2. As a Medical Officer Mental Health working in a district hospital, discuss how you would manage follow up care of a child diagnosed with hyperkinetic disorder receiving methylphenidate. (80 marks)

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**POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION**  
**MAY 2011**

Date : 24<sup>th</sup> May 2011

Time : 1.00 pm. - 4.00 p.m.

**ESSAY PAPER**

**Answer all questions.**

**Answer each question in a separate book.**

1. A 45 year old postman is brought by his wife as he is drinking alcohol excessively. His postmaster has also complained that he was smelling of alcohol while at work. He also appeared tremulous in the mornings.
  - 1.1. State the features of alcohol dependence you will try to elicit in this postman. (30 marks)
  - 1.2. Briefly describe how you will detoxify him. (40 marks)
  - 1.3. List the psychosocial problems you will assess in this person. (30 marks)
  
2. A 20 year old male is brought to the out-patient department following an episode of aggression and restlessness.
  - 2.1. Mention how you will manage the initial aggression. (30 marks)
  - 2.2. List the important differential diagnoses in this patient. (20 marks)
  - 2.3. Describe briefly how you will plan the further management. (50 marks)
  
3. A 30 year old mother with a three week old baby is brought to you by the husband as she is refusing to feed the child and appears confused at times. She is not talking to the husband and is not allowing him to touch the baby.
  - 3.1. List the differential diagnoses you will consider in this mother. (30 marks)
  - 3.2. Discuss how you will assess and manage this mother. (70 marks)

4. Briefly outline the principles of management of the following conditions
- 4.1. A ten year old school boy referred by the paediatrician for vomiting and headache for one month with poor school attendance. (40 marks)
  - 4.2. A twelve year old boy with primary nocturnal enuresis. (30 marks)
  - 4.3. A four year old girl with temper tantrums, (30 marks)
5. A 45 year old female school teacher presents with poor sleep, tiredness and headaches. She has been seen by a neurologist who is unable to find a neurological reason for her symptoms. She appears distressed as she is finding it difficult to continue with her school work and neglects her housework as she lies in bed when she is at home.
- 5.1. What is the most probable diagnosis. (10 marks)
  - 5.2. Describe briefly how you will assess and manage this teacher. (90 marks)
6. A 22 year old army soldier is brought to the emergency department with multiple cut injuries to the forearm. He says he cut his arms as he finds it difficult to cope with his problems. He has faced multiple social and psychological difficulties recently. He also admits to consuming alcohol more than he used to and taking cannabis with his friends while on leave. He had been overstaying his leave for more than one month.
- 6.1. List **four (4)** possible causes for this presentation. (30 marks)
  - 6.2. Outline the risk assessment in this patient. (70 marks)
7. A 70 year old retired accountant is brought by his son as his memory has been deteriorating over a period of six months. The son is particularly concerned as there is a change in his behavior and he has been found to be urinating in public.
- 7.1. Mention the differential diagnoses in the patient. (20 marks)
  - 7.2. List the investigations you will request. (30 marks)
  - 7.3. Outline the management of this patient. (50 marks)
8. You are appointed as a doctor in charge of mental health to Passara. At the monthly conference, it is brought to your notice that most psychiatric patients in this area are not being treated and are found to wander on the streets.
- Describe your plan to address this issue. (100 marks)

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**POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION**  
**DECEMBER 2012**

Date : 17<sup>th</sup> December 2012

Time : 1.00 pm. - 4.00 p.m.

**ESSAY PAPER**

**Answer all questions.**

**Answer each question in a separate book.**

1. A 17 year old male presents with a history of school refusal. He states that his class mates are conspiring against him and calling him names for the last 2 months. He is withdrawn and parents have observed him muttering to self while making gestures. Further assessment reveals no evidence of substance use
  - 1.1. What is the most likely diagnosis ? (20 marks)
  - 1.2. Describe in detail the possible symptoms and signs related to thought and perception that you would expect in the mental state examination. (80 marks)
  
2. Describe a programme to reduce treatment gap in commonly encountered psychiatric illnesses in your MOH area. (100 marks)
  
3. A 35 year old mother of three children brings her 38 year old husband with problems related to excessive use of alcohol. Although he admits that he takes alcohol, he denies that it is a problem to his family and doesn't wish to stop the habit.
  - 3.1. State what other important areas you would consider in the assessment. (40 marks)
  - 3.2. Describe the management (60 marks)
  
4. A 30 Year old "*Samurdhi Niladhari*" presents with inability to address gatherings as he develops fear and difficulty in breathing leading to avoidance of such situations.
  - 4.1. What is the most likely diagnosis ? (20 marks)
  - 4.2. List the other symptoms that you would expect. (30 marks)
  - 4.3. Describe briefly how you would manage him. (50 marks)
  
5. A 26 year old mother who delivered her first baby by LSCS about three weeks ago was brought to you as she has been irritable, sleeping poorly, over talkative and wandering about during the last two weeks. She frequently tells her neighbours that her newly born baby is very special and will rule the country in the future. It has been further revealed that she has taken treatment from her family practitioner about two years ago as she felt persistently sad and lost enthusiasm for a few months following disappointment of an intimate relationship.
  - 5.1. What is the most likely diagnosis? (20 marks)
  - 5.2. Discuss the important areas in the assessment (40 marks)
  - 5.3. Describe the management (40 marks)

6. A 67 year old man presents for the first time with six month history of lethargy, slowness, tremors of hands and forgetfulness.
- 6.1. List **three** differential diagnosis. (15 marks)
  - 6.2. Discuss the assessment of this patient (45 marks)
  - 6.3. Discuss the management of one of the above mentioned in (a) (40 marks)
7. A 7yr old boy is referred to you by the Peadiatrician with a history of poor school performance. He is found to be having problems with finishing assignments in the allocated time and tend to disturb other children in the class. The teacher reports that he needs several repetitive instructions to complete a task. He enjoys physical activity and good at sports.
- 7.1. What is the most likely diagnosis? (30 marks)
  - 7.2. List **five** other clinical features of this condition (30 marks)
  - 7.3. Describe briefly the management of this child (40 marks)
8. State the pharmacological basis of the following
- 8.1. Use of intravenous thiamin in patients with chronic alcohol abuse (20 marks)
  - 8.2. Use of clonidine in opiate withdrawal state (20 marks)
  - 8.3. Use of folic acid in patients receiving long term sodium valproate (20 marks)
  - 8.4. Avoidance of concurrent use of thiazide diuretics in patients on lithium carbonate (20 marks)
  - 8.5. Use of sildenafil in erectile dysfunction (20 marks)

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**POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION**  
**SEPTEMBER 2013**

Date : 17<sup>th</sup> September 2013

Time : 1.00 pm. - 4.00 p.m.

**ESSAY PAPER**

**Answer all questions.**

**Answer each question in a separate book.**

1. A 70 year old female patient presented with aggressive behaviour towards her husband, as she suspected him of having a relationship with a neighbouring women for the last several months. She also complains that somebody was stealing her belongings during the same period. Mental state examination revealed significant impairment of short term memory.
  - 1.1. List three (03) possible diagnoses. (30 marks)
  - 1.2. List five (05) investigations giving reasons. (30 marks)
  - 1.3. Briefly discuss the management of most possible diagnosis. (40 marks)
  
2. A 22 year old university student gradually stopped attending lectures as he suspected that there is a conspiracy against him by a group of students belonging to a particular political group. He firmly believed that his movements are under the control of that student group.
  - 2.1. What is the most possible diagnosis? (20 marks)
  - 2.2. List five (05) other symptoms that can be elicited in the MSE. (30 marks)
  - 2.3. Briefly discuss the management of this student. (50 marks)

3. You have been appointed as the MO/MH Morawaka and you find that the incidence of suicide is high in that area.

Describe how you would develop a programme to reduce the incidence of suicide in your area. (100 marks)

4. A 30 year old teacher presents to the psychiatry clinic one month after her second child birth. The baby was delivered premature and had to be kept in the PBU for two weeks. Her husband says she is tearful, irritable and having poor sleep for last two weeks. Patient claims that she does not have enough breast milk.

4.1. What is the likely diagnosis? (20 marks)

4.2. What other information is necessary to confirm your diagnosis? (30 marks)

4.3. Describe the management of this patient. (50 marks)

5. A mother complained about her 15 year old daughter that she washes her feet three times before she goes to sleep. She demands the mother for new bed sheets whenever she goes to the bed and gets irritable when her demands are not met.

5.1. What is the most likely diagnosis? (20 marks)

5.2. Describe the other possible symptoms of her illness. (30 marks)

5.3. Describe the therapeutic interventions for her illness. (50 marks)

6.

6.1. List the side effects and toxic effects of lithium carbonate. (30 marks)

6.2. Describe common side effects and the monitoring of clozapine therapy. (30 marks)

6.3. List the clinical features of neuroleptic malignant syndrome.(40 marks)

7. A General Practitioner referred a 12 year old girl for school refusal. Her mother has noticed that her school performance has deteriorated.
- 7.1. List four (04) possible diagnoses. (20 marks)
- 7.2. What other information is necessary to arrive at the most probable diagnosis? (40 marks)
- 7.3. How do you manage this patient ? (40 marks)
8. A 45 year old school teacher is referred to you by the consultant psychiatrist following Electro Convulsive Therapy (ECT) for a severe depressive episode.
- 8.1. What common side effects of ECT that he would experience? (40 marks)
- 8.2. Describe the long term management of this patient. (60 marks)