

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

**POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION -**  
**SEPTEMBER 2018**

**Date :-** 7<sup>th</sup> September 2018

**Time :-** 1.30 p.m. – 4.30 p.m.

**ESSAY PAPER**

Answer all questions.

Answer each question in a separate book.

1. A 29 year old single male bank officer, with a previous history of mental illness, gradually stopped going to work during the last two months. He suspected that there is a conspiracy against him by his superiors. He strongly believes his thoughts and emotions are being controlled by the central bank governor. On examination he was found to have a perplexed mood.
  - 1.1. What is the most likely diagnosis? (10 marks)
  - 1.2. Give your reasons for the stated diagnosis. (20 marks)
  - 1.3. List five (05) other features you could elicit in the mental state examination that supports your diagnosis. (20 marks)
  - 1.4. Briefly discuss the management of this patient. (50 marks)
  
2. A 25 year old labourer was brought to the hospital with disorientation and coarse tremors. He is a diagnosed patient with bipolar disorder and has been stable on lithium carbonate 750 mg nocte. He had been working in a construction site the whole previous week, and it had been very hot outside.
  - 2.1. What is the most likely cause for his current presentation? (20 marks)
  - 2.2. List three (03) important steps in the immediate management, giving one (01) reason for each of your answers. (30 marks)
  - 2.3. Describe the further management of this patient after he recovers from the acute stage including advice that would be given. (50 marks)

3. An 8 year old boy is seen in the clinic with a complaint of wetting the bed at night. He has never been dry at night but has been dry during day time since 5 years of age.
  - 3.1. What is the probable diagnosis? (10 marks)
  - 3.2. List the main areas in his assessment. (40 marks)
  - 3.3. Briefly describe the behavioural management of this child. (50 marks)
  
4. Cannabis abuse among young people is found to be increasing in Sri Lanka.
  - 4.1. Briefly describe the clinical features of cannabis intoxication. (30 marks)
  - 4.2. Briefly describe the adverse effects of cannabis abuse. (30 marks)
  - 4.3. Explain the non-pharmacological management of a 21 year old male presenting with cannabis dependence. (40 marks)
  
5. A 32 year old mother of two children is admitted with a history of attempted self-harm by trying to strangle herself. She felt hopeless and sad, with lack of energy and loss of interest in activities that she enjoyed earlier for about two months. She was unable to engage in daily tasks. She claimed that her husband physically and verbally abused her. She continued to express strong suicidal ideation after admission.
  - 5.1. What is the most likely diagnosis? (10 marks)
  - 5.2. Describe the reasons for arriving at the above diagnosis. (20 marks)
  - 5.3. What further information would be required to complete your assessment? (30 marks)
  - 5.4. How would you manage this patient? (40 marks)

6. Outline the management of the following clinical scenarios.
- 6.1. A 55 year old woman on monthly intramuscular fluphenazine decanoate 50 mg presents with tremors, rigidity and bradykinesia. (20 marks)
  - 6.2. A 25 year old man on oral haloperidol 10 mg bd presents with restlessness and inability to stay in one place. (20 marks)
  - 6.3. A 21 year old single girl on risperidone 4mg nocte presents with amenorrhea and galactorrhoea. (20 marks)
  - 6.4. A 23 year old girl on olanzapine presents with excessive weight gain. (20 marks)
  - 6.5. A 32 year old man on clozapine 550 mg presents with tonic-clonic seizures. (20 marks)
7. A 68 year old male was brought to the clinic by his daughter complaining of progressive loss of memory and wandering for 3 year duration. Over the last six months, he has been accusing the relatives of stealing his belongings.
- 7.1. What is the most likely diagnosis? (10 marks)
  - 7.2. List five (05) important investigations. (10 marks)
  - 7.3. The diagnosis card states that the patient has perseveration, agnosia and confabulation. Briefly define these terms. (30 marks)
  - 7.4. Outline how you would manage this patient. (50 marks)
8. You are asked to prepare an intervention programme to reduce alcohol consumption in the medical officer of health area under the supervision of the area consultant psychiatrist and the regional director of health services (RDHS).
- 8.1. Name three (03) aspects that you would consider before designing the intervention. (15 marks)
  - 8.2. Name three (03) possible target groups. (15 marks)
  - 8.3. List four (04) possible outcomes. (20 marks)
  - 8.4. Discuss how you would evaluate the outcome. (50 marks)