

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION –
JANUARY 2020

Date :- 14th January 2020

Time :- 1.30 p.m. – 4.30 p.m.

STRUCTURED ESSAY PAPER

Answer all **eight (08)** questions.

Answer each question in a separate book.

1. A 25-year-old married school teacher is on sodium valproate and olanzapine for bipolar affective disorder. She is well adherent to medication and her mental state has been stable for the last 5 years. She is planning to have a baby.
 - 1.1. List the issues you would discuss with the above patient. (40 marks)
 - 1.2. Outline the pharmacological management of this patient. (30 marks)
 - 1.3. Outline the psycho-social management of this patient. (30 marks)

2. You are appointed to the psychiatry unit of a base hospital. You have identified the need to improve the psycho-social rehabilitation of service users as a priority.
 - 2.1. How do you carry out a needs assessment? (40 marks)
 - 2.2. Outline your plan to establish the above service. (60 marks)

3.
 - 3.1. List International Classification of Diseases-10 (ICD -10) diagnostic criteria for hyperkinetic disorder. (15 marks)
 - 3.2. List five (05) psychiatric comorbidities associated with the above condition. (15 marks)
 - 3.3. How do you educate the parents of a child diagnosed with hyperkinetic disorder? (40 marks)
 - 3.4. What advice would you give the class teacher regarding the classroom management of a child with hyperkinetic disorder? (30 marks)

Contd..../2-

4. Medical team of the hospital requests you to review a patient with possible neuroleptic malignant syndrome (NMS).
- 4.1. Name three (03) investigations and the changes you would expect in them which will support the diagnosis of NMS. (35 marks)
- 4.2. List three (03) complications of NMS. (15 marks)
- 4.3. What advice would you give the medical team regarding the management of this patient? (50 marks)
- 5.
- 5.1. List the stages of normal grief reaction. (20 marks)
- 5.2. List four (04) causes of abnormal grief. (20 marks)
- 5.3. List four (04) psychiatric disorders which may occur secondary to an abnormal grief reaction. (20 marks)
- 5.4. Outline the management of abnormal grief reaction. (40 marks)
6. The prevalence of substance use among school leavers is rising. You have been requested to draft an advocacy programme.
- 6.1. Briefly describe the contents of the programme. (40 marks)
- 6.2. List the potential stakeholders that you plan to involve in this programme. (10 marks)
- 6.3. Briefly outline steps of the process of implementing this programme. (50 marks)

Cont...../3-

7. A 19-year-old woman with no past psychiatric history was referred to you by the midwife. She had delivered her first baby 2 weeks ago and believed that the baby is an evil demon. She refused to breast feed the child. She felt low in mood and was expressing worthlessness and hopelessness.
- 7.1. List three (03) differential diagnoses. (15 marks)
- 7.2. What are the possible risks in this patient? (25 marks)
- 7.3. Outline the steps in management of this patient. (60 marks)
- 8.
- 8.1. List five (05) benefits of sex education in schools. (25 marks)
- 8.2. Describe the important points to be included if you were to speak about sex education in schools in a meeting with several school principals and the provincial director of education. (35 marks)
- 8.3. Outline the contents of a lecture that you would deliver for a group of students aged 14 - 18 years. (40 marks)