

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD (PSYCHIATRY) EXAMINATION (2013 PROSPECTUS)
SEPTEMBER 2019

Date:- 24th September 2019

Time:- 9.00 a.m. – 12.00 noon

STRUCTURED ESSAY PAPER

Answer all ten (10) questions.

Each question to be answered in a separate book.

1. A 75-year-old man is brought to hospital with a history of recurrent falls, tremulousness, difficulty walking, visual hallucinations and marked progressive forgetfulness. He has had all these features for the past two years. He is not on any medication.
On assessment his MMSE is 16, and neurological examination reveals a generalized rigidity and resting tremor. CT brain reveals cerebral atrophy.
 - 1.1. List and justify the three (03) most likely differential diagnoses.
(30 marks)
 - 1.2. A neurologist suggests prescribing levodopa for this patient's rigidity and tremor.
Discuss the pros and cons of prescribing levodopa for this patient.
(20 marks)
 - 1.3. Briefly outline the principles of long-term management of this patient.
(50 marks)

2. A 36-year-old, single, unemployed female is brought to you for assessment. She claims to be in a long-term relationship with a famous surgeon in your hospital. According to her, he visits her weekly. She claims that because he did not visit her the previous week, she went to see him at the hospital. The surgeon did not recognize her and complained, at which point the hospital security asked her to leave. She believes that people are jealous of her and this is part of a conspiracy against her.

- 2.1. Outline the assessment of this patient. (40 marks)
- 2.2. Discuss the evidence base for pharmacological treatment of delusional disorder. (20 marks)
- 2.3. The surgeon concerned contacts you and requests that this patient be imprisoned.
Discuss how you would respond to this situation. (40 marks)

3. The high court has requested you to provide a report on the mental state of a mother in prison who has killed her first baby at three weeks of age. On examination she is perplexed and says that she fulfilled her responsibility by "getting rid of the devil as the baby was possessed by demons". She further states that she was told by God to kill the 'devil' who will bring bad luck to her family.

- 3.1. List the psychiatric legal issues that need to be addressed in the report that you need to submit to court. (50 marks)
- 3.2. The husband asks you whether he should divorce his wife. How will you respond to his question? (25 marks)
- 3.3. Discuss the legal construct of criminal responsibility of the alleged accused, with the help of the relevant section of the penal code of Sri Lanka. (25 marks)

4. A 26-year-old mother, who delivered her first baby 3 days ago, is referred from the maternity hospital due to abnormal behaviour for the past two days. She has refused to take meals, or use the diapers brought for the baby, by the husband. She refuses to use her phone claiming that her conversations are being recorded. She is not sleeping at night. The nurses have observed that she is preoccupied and perplexed at times. The baby had to be given expressed breast milk as the mother was not able to feed the baby.

The patient's mother attributes the behavioural change to the domestic violence perpetrated by her son in law.

- 4.1. Briefly describe the immediate management of this patient. (30 marks)
- 4.2. Briefly discuss how you would collaborate with other services or agencies in the management of this patient. (40 marks)
- 4.3. How would you address the concerns raised by the patient's mother? (30 marks)

5.

- 5.1. A 14-year-old girl consults you with a complaint of being attracted to same sex individuals.
List and justify the steps of the management of this girl. (40 marks)
- 5.2. Outline the treatment of a transsexual patient who seeks help in changing his sex to that of a female in the Sri Lankan setting. (60 marks)

6.

- 6.1. What are the clinical features that will help to differentiate bipolar depression from unipolar depression? (40 marks)
- 6.2. Briefly discuss options for treatment of bipolar depression. (60 marks)

7. A 24-year-old woman with paranoid schizophrenia, has recently been diagnosed with breast cancer, for which she refuses any intervention. The oncologist seeks your urgent assistance in managing this patient.

- 7.1. Describe the assessment of capacity to refuse oncological treatment, in this patient. (50 marks)
- 7.2. Outline what you would discuss with the oncologist based on the outcome of your assessment. (50 marks)

8.

- 8.1. List five (05) cognitive factors that may contribute to the causation of social phobia. (20 marks)
- 8.2. Outline the components of cognitive behavioural treatment of a patient diagnosed with panic disorder. (40 marks)
- 8.3. List the essential elements of psychological assistance of a victim of a natural disaster such as a landslide. (40 marks)

9.

- 9.1. Outline the factors that contribute to secure attachment in early childhood. (40 marks)
- 9.2. List the disorders of attachment. (10 marks)
- 9.3. How would you differentiate the above disorders of attachment from other neurodevelopmental disorders in childhood? (20 marks)
- 9.4. Briefly explain the ethical principles in relation to adoption of a child. (30 marks)

10. You are a consultant psychiatrist, and Dr. Thomas is a final year registrar working with you. Over the last 2 months, he has been more distracted and irritable. He has also been presenting as untidy in his appearance. Nursing staff have complained that he has been rude to them. Patients have now also started complaining about his manner. You decide to meet him and think you may have smelt alcohol on his breath.

- 10.1. Discuss what further information you would seek to understand this situation. (30 marks)
- 10.2. Outline what interventions and further plans you would discuss with Dr. Thomas. (30 marks)
- 10.3. Outline the key ethical and professional issues highlighted by this situation. (40 marks)

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD (PSYCHIATRY) EXAMINATION (2013 PROSPECTUS)
SEPTEMBER 2019

Date :- 23rd September 2019

Time:- 1.30 p.m. – 2.30 p.m.

ESSAY PAPER

Answer only **one (01)** out of **three (03)** questions.

1. “Maternal mental health services in Sri Lanka are well developed”. Critically analyse this statement and give your opinion.

2. “A comprehensive mental health service needs to cater to the growing needs of its service users with personality disorders. However, this is not possible in Sri Lanka, mainly due to budgetary and other constraints”. Critically analyse this statement and give your opinion.

3. “Cure sometimes, relieve often, comfort always”. Critically analyse this statement and give your opinion in relation to the practice of psychiatry in Sri Lanka.