

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD (PSYCHIATRY) EXAMINATION - SEPTEMBER, 2020

Date :- 21st September 2020

Time:- 1.30 p.m. – 2.30 p.m.

ESSAY PAPER

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

1. Has community psychiatry failed in Sri Lanka?
2. Sri Lankan psychiatry has altered its service delivery in the face of sociocultural changes in the past and must be prepared to do so again.
3. The role of the psychiatrist in primary prevention of psychiatric disorders.

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MD (PSYCHIATRY) EXAMINATION – SEPTEMBER 2020

Date:- 22nd September 2020

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 65-year-old retired unskilled estate worker was brought in for an assessment. She was accompanied by her daughter to translate as the patient does not speak your language. The daughter complained “my mother is losing her head” since she is a little forgetful and quite worried about the mother’s poor memory. The patient got lost in a crowd when the family went on a pilgrimage. The patient believes there is some malevolent charms against her and that is why she is “losing her mind”.
 - 1.1. State the strategies for appropriate communication in the assessment. (30 marks)
 - 1.2. Compare and contrast MMSE and MoCA. (30 marks)
 - 1.3. Describe the psychosocial management principles in this patient. (40 marks)
2. A priest of a temple in a rural village seeks your advice to manage eight members of five different families. The affected individuals show episodic trance and possessional states. A well-known local healer manages all the patients who are purportedly possessed by a "devil" from time to time. The healer claims that it is the result of a "curse" on the village. The village priest believes that this condition is going to be a local "epidemic".
 - 2.1. What is the probable cause and explanations for this phenomenon? (30 marks)
 - 2.2. How would you assess this situation? (35 marks)
 - 2.3. What are the steps in your management of the situation? (35 marks)

3. You have been invited to a debate with a psychiatrist, who is renowned for arguing that psychiatric medications are invented by the pharmaceutical industry and do more harm than good.
 - 3.1. Denote three (03) points (with brief explanation) you would raise in defence of an argument on the utility of psychiatric medication. (30 marks)
 - 3.2. The critical psychiatrist proposes that patients with schizophrenia who are stable should come off their medication. How would you respond? (30 marks)
 - 3.3. Comment on the impact of critical psychiatry and antipsychiatry movements on the profession of psychiatry. (40 marks)
4. There is a lot of focus on the impact of trauma, especially in early life, on the subsequent emergence of mental illness. A psychologist has joined your team and is advising the ward nurses that the delusions expressed by a patient with established schizophrenia are a product of trauma in early life.
 - 4.1. How will you explain the interplay between trauma and experience of mental illness to the nurses? (40 marks)
 - 4.2. How will you communicate with the psychologist in a professional manner to explain a bio-psycho-social model of illness? (30 marks)
 - 4.3. What will you advise in response to a suggestion that the delusions may be treated by offering the patient trauma informed psychological therapies? (30 marks)
5. A 24-year-old female in her first pregnancy with a POA of twenty weeks was referred to you after her ultrasound scan revealed that she is carrying an anencephalic foetus. She is distressed and had attempted to harm herself after writing a letter stating that she does not want to carry-on with this pregnancy. The gynaecologist has requested to assess the patient and give your opinion regarding termination of pregnancy.
 - 5.1. What advice would you give when liaising with the gynaecology team? (30 marks)
 - 5.2. Outline the legal provision available for a termination of this pregnancy. (30 marks)
 - 5.3. Outline the ethical issues in relation to the above case. (40 marks)

- 6.
- 6.1. Outline the neurobiology of nicotine addiction. (30 marks)
- 6.2. Outline the associations between tobacco smoking and mental illness. (30 marks)
- 6.3. List the available pharmacological and non-pharmacological treatment methods available to treat nicotine addiction. (20 marks)
- 6.4. Give the level of evidence for each intervention mentioned in 6.3 above (20 marks)
7. You were called to see a patient in the medical ward. He was admitted due to frontal headache, body aches and pains, difficulty in falling asleep and reduced appetite for the past four weeks. He gives a history suggestive of viral fever six weeks back which has settled with paracetamol. His examination findings and investigations were normal apart from high systolic blood pressure.
He was referred as his wife has noticed a recent behavioural change. According to her, he was a jovial person but now is moody and irritable. He shouts and assaults his 6-year-old son for minor reasons such as watching a cartoon.
He is a restaurant manager and after COVID-19 pandemic his demands at work have doubled due to increased number of guests because of promotion schemes. He also admitted that his boss is criticising his work and making heavy demands on him.
- 7.1. Write the possible differential diagnoses giving reasons. (30 marks)
- 7.2. Name and explain one unhealthy defence mechanism seen in this patient. (15 marks)
- 7.3. Suggest a healthy defence mechanism he can use instead of the unhealthy one. (15 marks)
- 7.4. List possible psychological interventions that you can use for this patient giving reasons. (40 marks)
8. A 22-year-old female diagnosed with borderline personality disorder was admitted to the psychiatry ward. In the ward, she overdoses with an unknown amount of psychotropic medications that she had in her bag. Her clinic book indicates she was prescribed venlafaxine and lithium carbonate.
- 8.1. Describe your immediate management of this patient. (40marks)
- 8.2. Outline the evidence based long term management of borderline personality disorder (40 marks)
- 8.3. List measures you can take to prevent self-harm attempts in psychiatry units. (20 marks)

9. A 24-year-old female with bipolar affective disorder presents to your clinic, with her husband. For the past two years she has been stable and functioning well (as a secretary) on lithium and risperidone. The couple ask you "Is it ok to have a baby?" They have been married for one year and have no children. The onset of her illness was at 17 years of age. During the first five years of her illness she had many, severe relapses of bipolar affective disorder, requiring hospitalization. In the past, when manic she had been very disturbed. She has a history of a serious suicidal attempt by jumping from a height, five years ago.

9.1. Describe what would you say in response to the couple's question. (30 marks)

9.2. Discuss the prescription of the following mood stabilizers during pregnancy and breastfeeding:

9.2.1. Lithium (20 marks)

9.2.2. Sodium valproate (20 marks)

9.3. An obstetrician colleague, who has seen the above patient, strongly recommends permanent contraception (sterilization) after delivery of the child, due to the psychiatric risks.

How you would respond to your colleague? (30 marks)

10.

10.1. Name the types of child maltreatment that may present to hospital services. (10 marks)

10.2. Outline the physical and behavioural manifestations in the child and the parent in child maltreatment. (30 marks)

10.3. List the neurobiological changes associated with child maltreatment. (30 marks)

10.4. Outline the collaboration and advocacy necessary in the management of child maltreatment. (30 marks)