

POSTGRADUATE INSTITUTE OF MEDICINE  
UNIVERSITY OF COLOMBO

MD (FAMILY MEDICINE) EXAMINATION – OCTOBER 2021

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*2021/10/25*  
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Date: 26<sup>th</sup> October 2021

Time: 9.00 a.m. – 12.00 noon

STRUCTURED ESSAY QUESTION PAPER

Answer **all six (06)** questions.  
Each question carries fifty (50) marks.  
Answer each question in a separate book.

1. Development of a doctor patient relationship as a **partnership** is an essential skill to be acquired in the management of a patient in family practice.
  - 1.1. Discuss how you may achieve patient adherence to prescribed treatment and advise to lifestyle changes in patient management as a specialist family physician. Illustrate your answer with case scenarios from your experience. (30 marks)
  - 1.2. Briefly describe the changes that are taking place in the society that can help a family physician to strengthen the doctor patient relationship. (20 marks)
2.
  - 2.1. Describe the aspects that need to be considered in introducing a new screening programme to a population. (30 marks)
  - 2.2. Outline how you, as a specialist family physician, would ensure successful implementation of a cervical cancer screening programme in your practice population. (20 marks)

Contd...../2-

3. Mrs. Perera 65 years, presented to you with right sided headache, and excessive tiredness during last one week. She had no headaches in the recent past. Her pain gets aggravated with combing her hair. Her blood pressure 140/ 80 mm/Hg.

She has brought the following reports.

FBC	WBC	7.7 $10^9$	(4-11)
	Neutrophils	56.6%	(40-80)
	Lymphocytes	32.7%	(20-40)
	Monocytes	6.2%	(02-0)
	Eosinophils	4.0%	(01-06)
	Basophils	0.55%	(< 0.1-0.2)
	Haemoglobin	12.2 g/dl	(12-15)
	RBC	4.5 $10^{12}$	(4.5-5.3 )
	MCV	88.2	(76-96 )
	Haematocrit	42	(40-45)
	MCH	30.1	(27-33)
	MCHC	34.1	(32-36)
	RDW	12.6	(12-18)
	Platelets	281 $10^9$	(150-400)
ESR		90 mm/h	
CRP		45 mg/dl	

- 3.1. What further information you need to evaluate this patient? (20 marks)
- 3.2. According to the information provided, what is the most likely diagnosis? (5 marks)
- 3.3. Discuss how you would manage this patient. (25 marks)

Contd...../3-

4. A 55-year-old, male, hypertensive patient presents with his routine report for his annual checkup. He works in the bank who sponsor his checkup. He currently takes tablet Telmesartan 40mg once daily for his blood pressure. He does not complain of any other symptoms.

Examination: BP 160/94mmHg, Pule 78/min, BMI 25, No ankle oedema  
Cardiovascular, respiratory systems and abdominal examination are normal

His reports are given below

Urinalysis:

Protein -ve  
Glucose -ve  
Microscopy normal

HbA1c: 5.5

Lipid profile

Serum Cholesterol 200mg/dl  
Triglycerides 150mg/dl  
HDL 45mg/dl  
LDL 110mg/dl

Serum Creatinine: 1.6mg/dl eGFR 47.9 ml/min/1.73 m<sup>2</sup>

His previous reports one year ago had been normal.

- 4.1. List four (04) issues present in this patient. (10 marks)
- 4.2. List two (02) probable reason for his raised serum creatinine? (10 marks)
- 4.3. Discuss your long-term management plan for this patient as a specialist family physician. (30 marks)

5. A 78-year-old Mr. Siriwardane consults you with his daughter and complains that he is forgetful, and it interferes with his day to day activities. He first experienced this problem about 6 months back and says it seems to be progressive.

5.1. List items of information you would elicit in the history. (10 marks)

5.2. List two (02) tools that can be used to screen cognitive impairment. (5 marks)

5.3. List five (05) reversible causes of cognitive impairment. (5 marks)

5.4. List the investigations you would request in this patient. (10 marks)

History, clinical examination including cognitive assessment and investigations were suggestive of moderate dementia due to Alzheimer's disease. No other comorbidities.

5.5. Outline your long-term plan of management of this patient. (20 marks)

6. Mrs. Perera has brought her eldest daughter, 18-year-old Ms. Maleesha to your family practice because of an increasingly visible brown colored skin rash at the back of the neck. She also says that Maleesha's acne is getting worse despite her applying a number of creams and mentions about facial hair especially on the chin. Mrs. Perera adds that Maleesha's menstrual periods have become irregular and scanty over the past year.

Examination:

Weight: 65 Kg, Height 152 cm, Blood Pressure 120/74, Pulse 78/m regular

Neck –hyperpigmented skin that covers the back and lateral aspects

Face – moderate acne and increased hair

- 6.1. List three (3) likely conditions that may explain Ms. Maleesha's given presentation. (10 marks)
- 6.2. List four (4) investigations (laboratory and imaging), that you may request at this consultation giving reasons. (12 marks)

Mrs. Perera and Maleesha are back with the investigation results. You confirm the diagnosis, explain about Maleesha's condition and arrange a referral.

Mrs. Perera says that over the past few months Maleesha's behaviour has changed. She has dropped out from extracurricular activities at school. Most of the time she is confined to her room and does not want to go out with friends. She asks whether this is also related to her condition.

- 6.3. What is the most likely cause? Briefly outline how would you confirm this by talking to Maleesha? (12 marks)
- 6.4. What other health promotive actions will you offer for Maleesha's family? (16 marks)