

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

POSTGRADUATE DIPLOMA IN PSYCHIATRY EXAMINATION
JANUARY 2022

Date:- 11th January 2022

Time:- 1.00 p.m. – 4.00 p.m.

ESSAY PAPER

Answer all eight (08) questions.

Answer each question in a separate book.

1. A 62-year-old carpenter was admitted to the surgical casualty ward with a fracture of the distal radius following a road traffic accident. He was under the influence of alcohol at the time of the accident. The staff noticed a behavioural change in him on the third day of admission. They observed that he was confused, and he identified staff members as terrorists. You are requested to assess this patient as the on-call medical officer in psychiatry.
 - 1.1. What is the most likely diagnosis in this patient? (10 marks)
 - 1.2. List four (04) other possible causes for his change in behaviour. (20 marks)
 - 1.3. Describe the immediate management of this patient. (40 marks)
 - 1.4. Outline how you would help him to stop alcohol using psychological methods. (30 marks)

2. You are the medical officer of mental health at a district hospital. A 25-year-old woman is referred to you for follow up from a nearby teaching hospital psychiatry unit.

She has been diagnosed with resistant schizophrenia and has been started on clozapine four months ago. She is currently on clozapine 250 mg daily.

The mother is happy with the improvement in psychotic symptoms but claims the daughter is not doing any work at home. She spends the whole day in the room and must be prompted to even do her daily activities. The daughter feels the mother is overinvolved and critical.

 - 2.1. Define resistant schizophrenia. (20 marks)
 - 2.2. List four (04) side effects of clozapine and outline how you would manage each. (40 marks)
 - 2.3. Describe the long term non-pharmacological management of this patient. (40 marks)

3. A previously well 35-year-old female clerk presents with being unable to visit places where many people are present for three months. She had fainted in the supermarket several times and now must be accompanied by her husband when she goes shopping. She feels dizzy and her heart starts pounding before the fainting attack. Her husband drops her at the workplace in his motorbike and she has been attending work regularly despite these symptoms. She is referred from the OPD medical clinic for psychiatry assessment after excluding medical causes.

- 3.1. List two (02) differential diagnoses in this patient. (20 marks)
- 3.2. Describe how you would educate the patient about the symptoms and the illness. (40 marks)
- 3.3. Name two (02) medications from two (02) different classes which will be effective for this patient's symptoms. (20 marks)
- 3.4. Name two (02) side effects each for above medications. (20 marks)

4. You are the medical officer of mental health working in a base hospital with no inpatient psychiatry unit. Your supervising consultant is in the nearest general hospital. A 28-year-old mother who delivered a baby two weeks ago is referred from the obstetrics unit with disturbed behaviour. She is crying and appears fearful. She rejects the baby and refuses to breastfeed claiming that the baby is possessed by the devil.

The obstetrician and physician have assessed her and ruled out physical causes as being the reason for her current presentation.

- 4.1. Mention two (02) differential diagnoses for the above presentation. (20 marks)
- 4.2. List three (03) risk factors for developing one (01) of the above conditions. (15 marks)
- 4.3. Outline five (05) important steps you will take immediately to manage this patient. (50 marks)
- 4.4. Mention three (03) important steps in the long term management of this patient. (15 marks)

5. A 65-year-old retired banker is brought by his daughter, with the complaint that he is increasingly irritable and aggressive over the past three days. He is a diagnosed patient with dementia for the past two years.

5.1. List four (04) **ethical principles** that should be considered in the management of an aggressive patient who is refusing admission.

(20 marks)

5.2. Describe the factors that you would consider, when assessing this patient's capacity to consent to treatment.

(50 marks)

5.3. Briefly outline the steps that you would take to assess testamentary capacity of this patient.

(30 marks)

6. A 28-year-old woman is brought to the psychiatry clinic by her husband as she was observed to be increasingly irritable and argumentative. She is more concerned about her appearance than before and has recently started a 'plant sale' which was seen as abnormal by her husband as she was not interested in growing plants before. She is doing work very energetically and has withdrawn a lot of money recently from her bank account. There were no abnormal beliefs expressed by her.

She is on venlafaxine 150mg in the morning for depressive disorder for one year.

6.1. Give the most likely diagnosis for her presentation with reasons.

(20 marks)

6.2. Outline her management.

(50 marks)

6.3. Two months following this episode, she requests to discontinue the medication claiming that she had been on treatment for over one year.

Briefly explain how you would advise.

(30 marks)

7. A 70-year-old vegetable vendor presents with gradually worsening forgetfulness over the last 6 months. She has continued her job with the help from her fellow vendors in handling money and in using public transport. She is hospitalized with cellulitis in her foot for two days. The treating team has observed that she is disoriented with visual hallucinations and refers her for psychiatry assessment.
- 7.1. What is the most likely explanation for her current presentation?
(20 marks)
 - 7.2. What advice will you give to the treating team regarding the management of her acute psychiatric presentation?
(40 marks)
 - 7.3. Her confusion has improved after treatment.
Outline further management of this patient's psychiatric condition.
(40 marks)
8. Several maternal suicide deaths have occurred in your MOH area in the last two years. You have been asked to formulate an intervention programme to reduce the maternal suicide rate under the supervision of the consultant psychiatrist and the Regional Director of Health Services.
- 8.1. List three (03) resources that can be used to gather information regarding maternal suicides in the area before designing the intervention.
(15 marks)
 - 8.2. Name three (03) categories of persons at whom you would target this programme.
(15 marks)
 - 8.3. List two (02) indicators you will use to measure the outcome of this programme.
(20 marks)
 - 8.4. Discuss the intervention strategies that you would propose for early detection of post-partum mothers with depression.
(50 marks)