

Master copy

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

POSTGRADUATE DIPLOMA IN PSYCHIATRY (REPEAT)
EXAMINATION – FEBRAURY - 2023

Date :- 6th February 2023

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 60-year-old man is referred to you from a medical ward following medical management of an overdose of his own oral hypoglycaemic medications. He quotes his unremitting back pain as the reason for attempting suicide but generally appears guarded and does not reveal much information regarding his relationship with the family. Collateral information from the family reveals a long history of suspecting and accusing his wife of having an extra marital relationship.
 - 1.1. List the differential diagnoses that you would consider in this patient. (20 marks)
 - 1.2. What additional information would you gather in the history and mental state examination to assess the risks in this patient? (40 marks)
 - 1.3. Outline his management. (40 marks)

2.
 - 2.1. List the causative factors for school refusal. (30 marks)
 - 2.2. Briefly describe the prognosis. (10 marks)
 - 2.3. Outline the principles of management. (60 marks)

Contd...../2-

3. A 42-year-old female, is referred by the Consultant Cardiologist with a history of recent onset of overwhelming fear. She reports that she has fears and thoughts that something bad will happen to her whenever she thinks of going out. She attributes the onset of this fear to a chest pain she has experienced during a temple festival and recalls how she was terrified as it was not easy to negotiate crowd to reach the hospital. She is yet to overcome the thoughts and fears of undergoing the same experience again, whenever she goes outside. She has been able to do all her household work as usual within her home.
- 3.1. State the most likely diagnosis. Give your reasons. (15 marks)
- 3.2. What further information you will obtain in the history and mental state examination to exclude other possible differential diagnoses? (30 marks)
- 3.3. Name two (02) first line medications that you would use in this patient. (10 marks)
- 3.4. List three (03) side effects of one (01) of the medications you have listed in 3.3. (15 marks)
- 3.5. Briefly describe the psychological management of this patient. (30 marks)
4. A 33-year-old mother, having a two-month-old baby was referred from the psychiatry clinic for follow up at a local mental health clinic. She had a diagnosis card mentioning postpartum psychosis and that she was discharged on olanzapine 10 mg nocte.
- 4.1. What are the aspects you assess in this clinic visit? (30 marks)
- 4.2. Name two (02) relevant investigations that you would request for the following visit. (20 marks)
- 4.3. If the husband is accompanying the patient, outline five (05) key aspects of your discussion with him. (30 marks)
- 4.4. State two (02) community resources you can mobilize to support this mother. (20 marks)

5. A 68-year-old male has had a stroke while working in his office four weeks ago. After the initial treatment in the medical ward he was referred for physiotherapy. At the multidisciplinary team meeting the nurses and physiotherapists felt he was depressed. He had multiple non specific complaints and poor sleep. He was not very cooperative with physiotherapy. He has been referred for a psychiatric assessment.

On examination he had an upper motor neuron deficit of left side with grade five weakness of his upper and lower limbs. He had no urinary or faecal incontinence. The MRI brain showed an infarct in the territory of the right middle cerebral artery. He was on Telmisartan for hypertension, statins for hypercholesterolaemia and aspirin.

- 5.1. Name a tool that can be used to screen for depression. (10 marks)
- 5.2. Name an antidepressant that can be safely commenced on this patient. (10 marks)
- 5.3. List two (02) recognized side effects of this antidepressant which may cause difficulties in the patient. (10 marks)
- 5.4. List three (03) recognized cognitive issues that can arise following this stroke. (30 marks)
- 5.5. List five (05) predictors of dementia following stroke. (30 marks)
- 5.6. When should you start cognitive rehabilitation? (10 marks)
6. A 50-year-old banker decides to stop drinking alcohol after a religious ceremony. Two days after stopping alcohol he is unable to sleep and feels restless. On examination fine tremor was observed. He is well oriented and behaves appropriate to the interview setting. The patient's wife mentions that a few years ago a similar incident happened when the patient tried to stop drinking and during that episode he got confused and saw snakes inside the house and had a fit and was admitted to hospital.
- 6.1. What is the reason for his current presentation? (10 marks)
- 6.2. What are the features of the previous episode suggestive of? (10 marks)
- 6.3. Giving reasons, mention if you would admit this patient to hospital and treat him or would you treat him as an outpatient? (30 marks)
- 6.4. Describe the acute management of this patient. (50 marks)

7. You are working in a general psychiatry unit in a base hospital. You get a call from 1926 stating about a 30-year-old man in your area with schizophrenia, who has relapsed following discontinuation of depot medications. The wife of the patient is requesting mental health team to visit home and readminister the depot.
- 7.1. Write three (03) things you would do before visiting home. (30 marks)
- 7.2. Write two (02) ethical concerns regarding home visits. (20 marks)
- 7.3. Write two (02) things you would do to address the concerns mentioned in 7.2. (30 marks)
- 7.4. When you reach home, you find the patient is violent and you feel concerned about the safety of the team.
Write two (02) things you would do. (20 marks)
8. You are the Medical Officer of Mental Health (MOMH) at a district hospital. A 25-year-old single girl diagnosed with bipolar affective disorder is referred to you for follow up from the nearby General Hospital psychiatry unit. She has been discharged four weeks ago following her second manic episode. She is on lithium carbonate 750 mg nocte, olanzapine 20mg nocte, haloperidol 5 mg three time a day and benzhexol 2 mg twice a day.
- 8.1. Outline five (05) important aspects you will focus in your assessment at this clinic visit. (25 marks)
- 8.2. List the investigations you will plan and their frequency. (25 marks)
- 8.3. Briefly discuss your long term pharmacological management plan. (30 marks)
- 8.4. The mother wants to know whether it is possible for her to get married in the near future.
How would you respond to her question? (20 marks)