

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD (PSYCHIATRY) EXAMINATION– OCTOBER 2023

Date: 17th October 2023

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. The obstetrician in your hospital has referred an unmarried 20-year-old female with a period of amenorrhoea (POA) of 30 weeks. She is living with her partner who is dependent on heroin, and she discloses that she is injecting heroin. The partner has been forcing her to inject heroin herself and assaults her if she refuses or tries to leave him. She has no obstetric complications at present.
 - 1.1. Briefly state the risks if she develops heroin withdrawal. (30 marks)
 - 1.2. State the evidence-based management of heroin withdrawal during pregnancy. (30 marks)
 - 1.3. The obstetrician plans to discharge her soon. Briefly describe the care plan options for the patient until delivery. (40 marks)

2. A 23-year-old male PhD student is referred because he has become too anxious to go into his laboratory. His research is focused on genetic aspects of vector borne disease. He has become fearful of becoming infected with an illness through his lab experiments. For the first 18 months of his PhD he did not have these concerns; they began in late 2021. His professor has reassured him that this is not possible due to the highly refined nature of the genetic material that is being studied. The student acknowledges the logic of this but nevertheless fears becoming “contaminated” and infecting himself or somehow carrying infected material home to his family. He had been bathing and changing his clothes excessively and thereafter he stopped going to the lab completely. The student has also become less socially involved, is not sleeping well and has lost a little weight.
 - 2.1. Give one (01) most likely diagnosis and two (02) key differential diagnoses. For each, identify the aspects of the history that support the diagnosis and further information that would help rule in or rule out each diagnosis. (40 marks)
 - 2.2. Describe the key elements of your treatment recommendations for this young man, focusing on your preferred diagnosis. (60 marks)

Contd...../2-

3. You are a consultant psychiatrist working in a Base Hospital. The consultant Judicial Medical Officer (JMO) of the hospital has referred a woman for a comprehensive psychiatric-legal report.
The woman is a 43-year-old mother of three girls aged 11, 07 and 02 years respectively. She is a known patient with longstanding schizophrenia and has been followed up at the psychiatric clinic by your predecessor.
She and her three children had initially been produced to the consultant JMO by the local police when she lodged a complaint alleging that she was raped by a group of adolescent boys from her neighbourhood. She further claims that her husband's friend videorecorded her being raped by the group of boys.
- 3.1. List four (04) psychiatric-legal issues that you would address in your report.
(20 marks)
- 3.2. Outline your assessment of the patient with regards to any two of the issues you mentioned above.
(50 marks)
- 3.3. The consultant JMO specifically requests you to comment on whether the woman was telling the truth.
Describe with reasons how you would respond to the JMO's request.
(30 marks)
4. Briefly discuss the ethical principles that will guide your decisions in the following scenarios.
- 4.1. A 17-year-old female has been diagnosed with schizophrenia. You are her treating physician, and her parents insist that you do not divulge the diagnosis to her. They feel that she will be very upset with the diagnosis as she is sure to google and find out about the condition.
(50 marks)
- 4.2. You are the consultant psychiatrist of a district general hospital. You are contacted by a colleague who is coordinating the Sri Lankan arm of a multinational study on a novel treatment for resistant depression. Ethics approval has been obtained from the country in which the drug was designed. He requests patients in your ward and clinic be involved in this study which will involve a randomized group of patients receiving the trial drug instead of established management.
(50 marks)

- 5.
- 5.1. Briefly describe three (03) features that distinguish between paraphilia and paraphilic disorders. (30 marks)
- 5.2. Outline medico-legal and ethical issues that are important in the assessment and management of paraphilic disorders. (70 marks)
6. A 45-year-old male bus driver is brought to the psychiatry clinic with behavioural changes six months after sustaining a head injury. The MRI scan shows bilateral frontal lobe damage.
- 6.1. Describe the neuropsychiatric manifestations that you expect to see in this patient. (40 marks)
- 6.2. Outline what you would discuss with the patient and his wife regarding further management and prognosis of the patient. (60 marks)
7. You are working as the consultant psychiatrist in Polonnaruwa. You have been invited by the regional director of health services (RDHS) to assist in developing services to reduce the prevalence of psychoactive substance use in the area.
- 7.1. What information will you gather before responding to the request made by the RDHS. (20 marks)
- 7.2. Outline the evidence-based strategies for reducing the prevalence of psychoactive substance use in the community. (30 marks)
- 7.3. Briefly describe how you would design a programme to reduce the prevalence of psychoactive substance use in the Polonnaruwa district. (50 marks)
8. A 53-year-old female who reached menopause within the past year presents with features of a moderate depressive disorder for the first time.
- 8.1. Outline the evidence for the role of menopause in the aetiology of depressive disorder. (30 marks)
- 8.2. If this female were to ask you whether hormone replacement therapy (HRT) would improve her depression, how would you respond? (30 marks)
- 8.3. Briefly discuss the psychosocial factors you would explore with regards to her depression. (40 marks)

9. A 13-year-old girl is referred by a consultant paediatrician after ruling out organic causes, with a history of recurrent vomiting over the past three months. The parents relate this to an incident of bullying about her body shape. Vomiting tends to happen in the mornings and sometimes during school. The parents are concerned as the child misses school frequently and has become increasingly withdrawn at home.
- 9.1. List four (04) most likely differential diagnoses. (20 marks)
- 9.2. Briefly describe how you would establish an aetiological formulation and a working diagnosis in this patient. (50 marks)
- 9.3. Briefly outline how you will work with school authorities and other key stakeholders to address and prevent bullying at this school. (30 marks)
10. A 23-year-old bank clerk is diagnosed with schizophrenia by you a few months ago. She has been treated with optimal doses of risperidone and later olanzapine for an adequate period with good compliance but poor response. You have now recommended starting clozapine.
- 10.1. The parents are reluctant to commence clozapine as they believe it has dangerous side effects. Briefly outline how you would respond in this situation. (20 marks)
- 10.2. The patient is ultimately commenced on clozapine and responds well to treatment. She is on clozapine 400 mg nocte and has re-commenced work. But she has developed severe obsessional symptoms, which has affected her work at the bank. Briefly discuss the pharmacological treatment options to manage her obsessional symptoms. (40 marks)
- 10.3. The parents inform you that they have found a suitable partner for her. He is a young man who has a diagnosis of schizophrenia but has recovered and is working in a private company. The couple and the families have agreed on the marriage. The parents and the couple seek your advice regarding marriage and having children. Outline how you would respond. (40 marks)