

**POSTGRADUATE INSTITUTE OF MEDICINE**  
**UNIVERSITY OF COLOMBO**

**MD (FAMILY MEDICINE) EXAMINATION – JANUARY 2023**

Date: 24<sup>th</sup> January 2023

Time: 1.00 p.m. – 4.00 p.m.

**STRUCTURED ESSAY QUESTION PAPER**

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

1.
  - 1.1. Describe the profile of 5-star doctor. (15 marks)
  - 1.2. Discuss the role that could be played by a family physician as a coordinator of health care for the wellbeing of his registered population specially during the current economic crisis in the country. (15 marks)
  - 1.3. Use the following case scenarios to illustrate coordination of care in family practice. (20 marks)
    - 1.3.1. An 80-year-old female discharged from hospital after a stroke. (10 marks)
    - 1.3.2. A 7-year-old boy with cerebral palsy. (10 marks)
2.
  - 2.1. State what you understand by adolescent health in relation to family medicine. (10 marks)
  - 2.2. Outline the barriers adolescents face when accessing primary health care services in Sri Lanka. (15 marks)
  - 2.3. Discuss the potential future implications in relation to long term health and help seeking behaviour in adolescence. Use examples from mental health, sexual health, and substance misuse. (25 marks)

Contd...../2-

3. 34-year-old Mrs. Pathirana complains of heavy menstrual bleeding for the last eight months. She has been married for 10 years and has an 8-year-old child. Her husband is 35 years old and is in good health. They have been trying for a second child for the last 3 years. Her BMI is 29 kg/m<sup>2</sup>.
- 3.1. List five (05) probable causes related to Mrs Pathirana for her failure to conceive. (15 marks)
- 3.2. Discuss the information you would gather from the history and examination to evaluate her problem? (30 marks)
- 3.3. List five (05) investigations you order for her. (05 marks)
4. Mrs. Senevirathne is a 32-year-old housewife. She has 2 children, 5-year-old Senuri and 4 months old Senesha. Mrs Senevirathne brings her daughter Senuri as she has started soiling her clothes with faeces.
- 4.1. State two (02) common underlying causes for this presentation. (05 marks)
- 4.2. Outline the information you would gather from history and examination in evaluating this child. (15 marks)
- 4.3. List two (02) complications of this condition. (05 marks)
- 4.4. Describe the management of one condition you have mentioned in 4.1. (15 marks)
- 4.5. Outline four (04) opportunistic health promotion activities you would discuss as a family physician during this consultation. (10 marks)

Contd...../3-

5. 28-year-old Mr. Palitha complains of snoring and excessive sleepiness during daytime for the last 6 months. He is a school teacher, married and is a father of a one-year-old son. On examination, his BMI is  $29\text{kg/m}^2$ .  
Blood pressure (BP) – 150/90 mmHg.  
His medical record shows a BP of 145/85 mmHg one year ago.
- 5.1. Discuss the information you would gather from the history to evaluate his problem. (25 marks)
- 5.2. List five (05) examinations you would perform in relation to snoring. (05 marks)
- 5.3. List five (05) investigations you would perform in relation to the blood pressure reading. (05 marks)
- 5.4. State five (05) causes for elevated blood pressure in a young adult giving reasons. (15 marks)
6. A 65-year-old previously healthy male presented complaining of poor stream and straining at micturition for the last 5 months. He has no other complaints. His recent fasting blood sugar and lipid profile reports are within normal limits.  
Examination findings:  
Not pale, afebrile, No ankle oedema  
BP - 160/90mmHg, pulse - 72/min, regular, good volume  
Abdomen - Not distended, No hepatosplenomegaly  
Digital rectal examination - Prostate enlarged
- 6.1. List two (02) other clinical signs you would look for during the abdominal palpation. (05 marks)
- 6.2. List two (02) other clinical signs you would elicit during digital rectal examination. (05 marks)
- 6.3. Outline your plan of management at this consultation. (10 marks)
- 6.4. List five (05) reasons for elevation of prostate specific antigen (PSA) other than carcinoma of the prostate. (05 marks)
- 6.5. Patient came back with a PSA report of 50 ng/ml (normal < 4 ng /ml). His repeat BP is 150/90 mmHg.  
Discuss your plan of management of this patient. (25 marks)