

POSTGRADUATE INSTITUTE OF MEDICINE  
UNIVERSITY OF COLOMBO

MD (PSYCHIATRY) EXAMINATION – NOVEMBER/DECEMBER 2024

Date:- 26<sup>th</sup> November 2024

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. A 35-year-old librarian, living with her mother was referred to you by a physician for your opinion and follow up labeling her as an “extremely difficult patient”. She was presenting repeatedly with symptoms of shortness of breath, itchy rashes, loose motions and headaches for two years. Investigations did not reveal any identifiable medical pathology.
  - 1.1. List five (05) likely psychiatric diagnoses. (15 marks)
  - 1.2. Briefly explain the aetiological relationship between this patient’s symptoms and a psychiatric diagnosis you have mentioned above. (50 marks)
  - 1.3. Outline the current understanding of the pathophysiology of abdominal symptoms in relation to psychological presentations. (35 marks)
  
2. A 5-year-old child was brought by his father seeking help for his son’s hyperactivity in unfamiliar situations. According to his pre-school teacher he is very compliant, finishes his work promptly and has been the best student in the class.

The parents feel embarrassed when taking him to social events, public places and relatives’ homes, as he jumps and wiggles when he is very happy or overjoyed. He usually plays on his own and is particularly fascinated with small sticks.

  - 2.1. What is the probable diagnosis? (10 marks)
  - 2.2. Mention how you would assess this child to confirm the above diagnosis. (40 marks)
  - 2.3. Outline the plan of management for this child. (50 marks)

Contd.../2-

3. A 37-year-old married man presented with erectile dysfunction of recent onset.
- 3.1. List five (05) features in the history that suggest psychological causation for erectile dysfunction in this patient. (25 marks)
- 3.2. Briefly describe the pathophysiology of psychogenic erectile dysfunction. (25 marks)
- 3.3. Outline the important steps in the psychological management of this patient. (50 marks)
4. A general problem when applying evidence from randomized trials and meta-analysis to routine clinical work is that clinical trials are often conducted in rather 'ideal' conditions.
- 4.1. Explain briefly the 'ideal' conditions seen in clinical trials. (30 marks)
- 4.2. Explain the terms in relation to clinical trials: (30 marks)
- 4.2.1. Efficacy
- 4.2.2. Effectiveness
- 4.2.3. Efficiency
- 4.3. Briefly outline the main ethical issues in conducting clinical trials among psychiatric patients. (40 marks)
5. A 70-year-old retired nursing sister had repeated presentations to the medical ward with hypoglycaemic episodes after mixing up her diabetic medication.
- 5.1. List the possible reasons for the above presentation. (20 marks)
- 5.2. Outline the assessment of this patient. (40 marks)
- 5.3. Discuss your discharge plan for the patient. (40 marks)

Contd.../3-

6. A 35-year-old man with a past history of bipolar disorder was referred from the surgical ward, three days after emergency laparotomy due to agitation, trying to escape from the ward claiming that people were trying to kill him. He also could not identify his father who was his bystander. He was stable on lithium carbonate 750 mg and olanzapine 5 mg until the day of the referral. There was no head injury. He was running a high fever.

6.1. Write the response to the referral from the surgeon after your assessment of this patient. (60 marks)

6.2. Outline the supportive guidance you will give to the nursing team on the non pharmacological management of the agitation. (40 marks)

7. A 32-year-old management assistant with a history of bipolar disorder plans to conceive. Her current medications are risperidone 4 mg, lithium 800 mg and lamotrigine 200 mg. She is concerned about the teratogenic risks of her medication and requests advice on discontinuation. Her husband is opposed to altering the drug regimen, fearing a relapse.

7.1. Outline the risks of continuing her current medication during the pregnancy. (30 marks)

7.2. Mention the challenges that may arise if the current medication is discontinued. (20 marks)

7.3. Briefly describe the approach to your discussion with the couple to facilitate their decision. (50 marks)

8. A 22-year-old university student was brought to the mental health clinic as he had broken into his batchmates' room with a wooden pole and destroyed his computer. He confessed that he was compelled to do so as this person made him sad and angry by emitting radiation from his computer for a period of six months.

He had difficulty with his academic work and started to use cannabis as a batchmate told him that cannabis improves memory.

8.1. List the two (02) most likely differential diagnoses. (10 marks)

8.2. Briefly describe temporal progression and how the above two (02) diagnoses may be interlinked. (40 marks)

8.3. Outline the management plan considering your above interlinked diagnoses. (50 marks)

9. You are the consultant psychiatrist at a District General Hospital. A patient is brought from the prison with a letter from a magistrate requesting you to give a report on his psychological status. The prison documents only mention that he was involved in a fight and he is a drug user.

The patient says this is a made up story by his family as they are angry with him. He says he only drinks alcohol but the police planted drugs on him.

- 9.1. Briefly outline the assessment of this person. (50 marks)
- 9.2. Mention the key areas that you will address in your report. (50 marks)

- 10.A 52-year-old man with a young family has presented to your clinic after a coronary artery bypass graft (CABG) as he is unable to give up his smoking. He smokes nearly 20 cigarettes per day. He knows he should stop as he is aware of the future risks.

- 10.1. Outline the management strategies that would be useful for this patient.

- 10.1.1. Psychological (50 marks)
- 10.1.2. Pharmacological (50 marks)