

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

POSTGRADUATE DIPLOMA IN CHILD HEALTH EXAMINATION –
OCTOBER/NOVEMBER 2025

Date:- 31st October 2025

Time:- 9.00 a.m. - 11.30 a.m.

STRUCTURED ESSAY PAPER

Answer **all five (05)** questions.

Answer each question in a separate book.

1. A six-year-old boy from Kelaniya is admitted to the paediatric ward with high grade fever for 3 days duration associated with headache and myalgia. He vomited twice. There was no diarrhoea. He had passed urine three times over the past 24 hours.

- 1.1. List three (03) possible differential diagnoses. (15 marks)

On day four of illness he is found to have a pulse rate of 120 beats/minute, blood pressure 100/70 mmHg and tender hepatomegaly of 2 cm. Air entry is reduced on the right side. Rest of the examination is normal.

- 1.2. What is the most likely diagnosis? (20 marks)

- 1.3. Write three (03) investigations you would order with the expected findings at this stage. (15 marks)

- 1.4. Outline the plan of management for this child over the next 48 hours. (40 marks)

- 1.5. List three (03) preventive measures to reduce spread of the condition mentioned in 1.2 in the community. (10 marks)

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2. A four-year-old boy is admitted with acute respiratory distress. He was diagnosed with asthma and is on inhaled steroid prophylaxis. He is conscious but agitated and unable to speak in sentences. He is afebrile.

His vitals are as follows:

Heart rate	160 beats/minute – sinus rhythm
Blood pressure	90/40 mmHg
Respiratory rate	50 breaths/minute

Intercostal, subcostal and supra sternal recessions present.

His saturation is 92% on face mask oxygen at 10 L/minute

- 2.1. Mention the clinical diagnosis. (15 marks)
- 2.2. State the pharmacological management of this patient within the first hour (including dose and mode of administration). (45 marks)

The patient's clinical condition does not improve with above management.

- 2.3. List three (03) other medications that you would consider at this stage. (15 marks)

The child improves after this treatment. However a few hours later he has an acute deterioration.

His vitals at this stage are:

SpO ₂	85% while on face mask oxygen 10 L/minute.
Respiratory rate	60 breaths/minute
Heart rate	180 beats/minute – sinus rhythm
Blood pressure	70/38 mmHg and poor peripheral pulse volume

Intercostal, subcostal and supra sternal recessions are present

- 2.4. Mention the most likely complication. (15 marks)
- 2.5. State two (02) specific management steps that you would take at this stage. (10 marks)

Contd...../3-

3. A two-day old term baby, birth weight 3.2 kg, born by normal vaginal delivery, is noted to have repeated episodes of bilious vomiting since early this morning. He has not passed meconium since birth. Antenatal scans were normal. On examination, he is alert, mildly dehydrated and has abdominal distension.

- 3.1. Explain the significance of bilious vomiting in a newborn. (15 marks)
- 3.2. List four (04) possible causes for this presentation. (20 marks)
- 3.3. Outline how you would examine this baby to narrow down your differential diagnoses. (20 marks)
- 3.4. List three (03) investigations you would perform to establish the diagnosis. (15 marks)
- 3.5. Describe the principles of management of a newborn with bilious vomiting until the definitive diagnosis is made. (30 marks)

4. Savindu, a 9-year-old boy is referred to the paediatric clinic, after the school medical inspection due to concerns regarding obesity. He is an otherwise healthy child with average school performance. His parents are of average height, and his mother appears obese. His father owns a grocery shop.

On examination, he has no dysmorphism. He has acanthosis nigricans involving back of neck and axillae. His height is 140cm (+1 SD to + 2SD), and his BMI is 21kg/m² (+ 2SD to + 3 SD). Rest of the general and systemic examination does not reveal any abnormalities.

- 4.1. List four (04) underlying causes of **obesity in children**. (20 marks)
- 4.2. State the most likely cause of obesity in this child, giving reasons (including why you excluded other causes). (25 marks)
- 4.3. Briefly outline medical and psychosocial problems that Savindu could face at present due to obesity. (40 marks)
- 4.4. State three (03) investigations you would request to assess for complications of obesity in this boy. (15 marks)

Contd...../4-

5. An eight-year-old girl, Shaya, is being evaluated for poor school performance. She is the third of five children in her family. The mother is a housewife, and the father is a manual labourer, and he frequently consumes alcohol. The other children are well and are developing normally.

Shaya's teacher reports that she is a pleasant and well-behaved girl, but not able to keep up with the others in her classwork.

- 5.1. State five (05) other aspects you would evaluate in the history that would help in the diagnosis and management. (20 marks)
- 5.2. State five (05) examination findings you would look for. (20 marks)
- 5.3. Mention four (04) specific evaluations/investigations you would request for poor school performance in this child. (20 marks)
- 5.4. Briefly describe 'inclusive education' in the Sri Lankan context. (40 marks)