

Psychiatry Paper II

Date: 20.11.2020

Time: 03 hours

ANSWER ALL SIX QUESTIONS

ANSWER EACH QUESTION IN SEPARATE ANSWER BOOK

1. A 40 year old technical officer, married, father of two school going children, was brought to the emergency ward around 2 A.M, with the complaint of restlessness, unusual perspiration, trembling of hands and body, difficulty in recognizing environment, frightening experiences and behavioural disturbances from 10 P.M of the previous night. He was found to be afebrile. His heart rate was 100 per minute and his blood pressure was <sup>150</sup>170/90 mm Hg. According to his wife, he had been using alcohol for more than 10 years, but had made a promise to the family and stopped it two days back.

- 1.1 What is your provisional diagnosis? (10 marks)
- 1.2 Briefly outline how you would manage this patient for the next 72 hours. (40 marks)
- 1.3 Name two drugs which could be helpful in maintaining alcohol abstinence and mention their mode of action. (20 marks)
- 1.4 Explain the role of the family in maintaining alcohol abstinence. (30 marks)

2. A 19 year-old girl who did well in her Ordinary Level examination, gradually started neglecting her studies and showed poor performance in her Advanced Level examination. During the past two years, she gradually became socially withdrawn, and preferred to be alone. Her parents noticed that at times she stared for minutes, stood in front of the mirror for hours, muttered to herself and smiled inappropriately. Once she told her mother that she was unable to study because her classmates were plotting against her. All of a sudden she refused to take food from home for the past two days. The parents brought her to the psychiatry unit seeking your help.

- 2.1 What is your provisional diagnosis? (10 marks)
- 2.2 How would you confirm the diagnosis? (20marks)
- 2.3 Briefly describe your management plan (50 marks)
- 2.4 List five reasons for the delay in seeking medical help for mental disorders in the community (20 marks)

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3. A 30 year old woman, mother of four, presented to the mental health clinic with tears in her eyes, asking for help. She said that she was unable to look after her children as she did in the past, and found it difficult to cope with her day to day life stresses. She also stated that she didn't have a peaceful sleep nowadays. Her history revealed that she was currently living with her children and her mother in law after her husband went to Middle East a month ago. Two weeks back, she lost her cleaning job as a result of her repeated absenteeism. She was found to be anxious, agitated and dysphoric.

- 3.1 State two differential diagnoses. Of those, mention the most probable diagnosis with reasons (20 marks)
- 3.2 Mention five psychosocial stressors the woman may suffer from (20 marks)
- 3.3 Briefly describe your management plan for this woman (40 marks)
- 3.4 Discuss the psychosocial impact of single parenting (20 marks)

4. A 70 year old retired teacher presented to the mental health unit with the complaints of misplacing the household items and spending hours and hours searching for them. He was concerned over his inability to name the familiar objects and familiar persons, and find the familiar places. Now and then, he got agitated and shouted at the neighborhood people claiming that they involved in stealing his possessions to make him poor.

The collateral history obtained from his son, who is the only caregiver, suggested that his father found it extremely difficult to maintain his personal care and carry out simple tasks. Further, he said that his father appeared to be more disturbed at nights without sleep, but became relatively calm and having good sleep during day time. Apparently, the symptoms have worsened over the past one year.

- 4.1 List three differential diagnoses for the above clinical presentation. (10 marks)
- 4.2 State the most probable diagnosis with reasons. (10 marks)
- 4.3 Mention two (02) objective assessment tools that would be useful in establishing the diagnosis. (10 marks)
- 4.4 Briefly describe the pharmacological management of this patient (40 marks)
- 4.5 State how you would educate his son with regard to his father's condition. (30 marks)

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5. A 25 year old primi gravida, who delivered a baby boy two weeks back, is found to have excessive talking, marked irritability, singing and dancing for most of the time and poor sleep for one week duration. Her husband states that she has been engaged with frequent bathing of her child, washing his cloths and cleaning his room claiming that her son is a reincarnation (rebirth) of Jesus Christ. She has spent nearly one hundred thousand rupees within the past four days celebrating the birth of her "holy son". The history further revealed, that there were two episodes of mental disturbances in the past, where she was feeling persistently low in her mood and at one instance she engaged in a serious suicidal attempt. There was no family history of mental illnesses.

- 5.1 Write the most probable diagnosis of this patient giving reasons. (20 marks)
- 5.2 Briefly outline the possible risks this patient may encounter. (20 marks)
- 5.3 Briefly discuss the pharmacological management of this mother. (40 marks)
- 5.4 How you would advise the mother with regard to breastfeeding while on psychotropic medication. (20 marks)

6. A 9 year-old boy was referred to the child mental health services by his school teacher, with a history of deteriorating academic performances for the past one year. He was found to be disruptive, continuously on the move and exploring almost everything in the consultation room.

- 6.1 If the clinician suspects a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD), list the important information that should be gathered to establish the diagnosis. (25 marks)
- 6.2 If the clinician decides on commencing methylphenidate, what are the precautions measures that should be taken before initiating the medication? (25 marks)
- 6.3 State how the clinician can advise the school teacher. (25 marks)
- 6.4 Briefly discuss the prognosis of this condition (25 marks)

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