

FINAL EXAMINATION FOR MEDICAL DEGREES-NOVEMBER 2019

Psychiatry Paper II

Date: 29.11.2019

Time: 03 hours

ANSWER ALL SIX QUESTIONS**Answer each question in separate answer book.****Part A**

1. A 45-year-old, married, father of two school going children, employed as a technical officer at a higher education institution, presented to the medical ward around 2 A.M, with the complaint of restlessness, trembling of hands and body, frightening experiences, unusual perspiration and mild degree of fever since previous evening. He was accompanied by his wife, who revealed that her husband has made a promise and stopped taking his usual drink for the past two days.

- 1.1 What is your provisional diagnosis? (10 marks)
1.2 Briefly outline how you would manage this patient for the next 48 hours. (40 marks)
1.3 Name two drugs which could be helpful in maintaining alcohol abstinence and mention their mechanism of action. (20 marks)
1.4 Explain the role of a family in maintaining alcohol abstinence? (30 marks)

2. A 19-year-old girl who did well in her Ordinary Level examination, gradually started to neglect her studies and did poorly in her Advanced Level examination. She became socially withdrawn, and preferred to be alone. Her parents noticed that at times she stared for minutes, stood in front of mirror for hours, talked to herself and smiled inappropriately. She told her mother that her classmates were jealous about her and plotting against her. The parents brought her to the emergency ward since she was refusing her food intake and self-care.

- 2.1 What is your provisional diagnosis? (10 marks)
2.2 How would you confirm the diagnosis during the mental state examination (30marks)
2.3 Briefly describe your management plan (60 marks)

3. A 28-year-old woman, mother of two, presented to the mental health unit with tearfulness and asked for help. She said that she was unable to look after her children as she did in the past, and find it difficult to cope with her day to day life stresses. She also stated that she doesn't have a peaceful sleep nowadays. Her history revealed that her husband has gone to Middle East a month back and she has lost her job as a receptionist about two weeks ago as a result of her repeated absenteeism. She was found to be anxious, agitated and dysphoric.

- 3.1 State three differential diagnoses and mention the most probable diagnosis with reasons (20 marks)
- 3.2 Briefly describe your management plan for this woman (40 marks)
- 3.3 Discuss the psychosocial impact of single parenthood (40 marks)

Part B

4. A 72-year-old retired teacher presented to the mental health unit with the complaints of misplacing the household items and spending hours searching for them. He was concerned over his inability to name the familiar objects and find the familiar places. 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 he hardly engaged in his daily activities without prompts, and found it extremely difficult to carry out even relatively simple tasks. Further, he appeared to be more disturbed at nights by screaming and wandering within the house. According to the son, the symptoms worsened over the past one year.

- 4.1 List three (03) possible differential diagnoses you would consider in the above clinical presentation. (15 marks)
- 4.2 State the most probable diagnosis with reasons. (15 marks)
- 4.3 State two (02) objective assessment tools that would be useful in establishing the diagnosis. (10 marks)
- 4.4 Describe briefly how you would manage this patient. (35 marks)
- 4.5 State how you would educate his son with regard to his father's condition. (25 marks)

5. A 23-year-old primi gravida, who delivered a baby boy two weeks back is found to have excessive talking, sleep disturbances, singing and dancing for the past one week. Her husband states that she was engaged in bathing the child, washing his cloths and cleaning the baby's room frequently and at inappropriate instances, claiming that her son and the environment should be kept clean, as he is a reincarnation (rebirth) of Jesus Christ. She has spent nearly one hundred thousand rupees within the past three days celebrating her "holy son's" birth. The history revealed, that there were episodic mental disturbances in the past where she was feeling persistently low mood and at an instance she engaged in a serious suicidal attempt. There was no family history of mental illnesses.

5.1 List the most probable diagnosis of this patient giving reasons. (20 marks)

5.2 Briefly outline the risk assessment of this patient. (20 marks)

5.3 Briefly discuss the pharmacological management of this mother. (30 marks)

5.4 State briefly how you would advise if her husband requests your permission for separating the baby from the mother till she becomes asymptomatic. (15 marks)

5.5 State how you would advise the mother with regard to breastfeeding while on psychotropic medication. (15 marks)

6. A 7-year-old boy was referred to the child mental health services by his schoolteacher, 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 you would gather to establish the diagnosis. (25 marks)

6.2 If the clinician decided on commencing methylphenidate, briefly discuss the precautions measures that should be taken before initiating the medication. (25 marks)

6.3 Briefly discuss the important aspects that the clinician should consider while communicating to his teacher. (25 marks)

6.4 Mention how the clinician could advise his parents. (25 marks)

7-10

10 marks
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