



UNIVERSITY OF JAFFNA, SRI LANKA

FINAL EXAMINATION FOR MEDICAL DEGREES - JUNE 2024

Academic Year 2016/2017

PSYCHIATRY - Paper II

Date: 07.06.2024

Time: 1.30 pm - 4.30 pm

ANSWER ALL SIX QUESTIONS

ANSWER EACH QUESTION IN SEPARATE ANSWER BOOK

1. A 33-year-old school teacher presents with complaints of loss of sleep, a persistent sense of fear, and uncertainty about his future for the past three weeks. He is married and has a three-year-old son, and his wife is currently carrying a baby. He claims that he has taken a five-year no-pay leave from his school and is about to go to Canada, expecting a bright future. However, after getting the necessary visa and booking the flight tickets, he becomes nervous and worries about leaving his home and family. He has been repeatedly thinking about whether his decision was correct and contemplating how he could manage in a new country. He becomes restless and tearful. He believes that if he could cancel his flight, he would be relieved.
 - 1.1 List three differential diagnoses for this clinical scenario. (15 marks)
 - 1.2 State the most probable psychiatric diagnosis with reasons. (15 marks)
 - 1.3 Briefly describe your management plan. (50 marks)
 - 1.4 Discuss the effects of single parenting on children. (20 marks)

2. You are working as the intern medical officer in the obstetrics ward. On the third day after the uncomplicated delivery of the baby, when you are planning the discharge, the nurses mention there is a behavioural issue with the mother. The nurses say she is irritable and refusing to breastfeed the baby, saying that the baby is not her baby.
 - 2.1 State the most important diagnosis you will consider in the above presentation. (10 marks)
 - 2.2 List five (5) features in the mental state examination that would help confirm the diagnosis. (25 marks)
 - 2.3 State the immediate measures you would take until you get a psychiatric opinion. (25 marks)
 - 2.4 Briefly discuss the management of this mother and baby. (40 marks)

3. A 10-year-old boy was brought to the mental health clinic by his mother with a history of two months of aggressive behaviour at home and school. Apparently, his parents have been giving into his demands since his early years, as he suffers from asthmatic attacks, which has gradually led to his demanding behaviours escalating into aggression. He also struggles with relationships, using aggression to dominate his siblings and peers. Despite interventions from parents and teachers, his behaviour continues, severely impacting his academic and social life.
- 3.1 State the most probable diagnosis with reasons. (15 marks)
- 3.2 Name two other differential diagnoses you would consider. (10 marks)
- 3.3 Mention a factor that plays a crucial role in maintaining the child's aggressive behaviour. (10 marks)
- 3.4 List the key information you would look for in this child's history and mental state examination. (30 marks)
- 3.5 Briefly outline the management of this child. (35 marks)
4. An eighteen-year-old Advanced Level student was brought in by her parents as she seemed to have lost interest in her studies. She had been a good student who had obtained 7As in her G.C.E. Ordinary Level examination and had chosen to do the Advanced Level in the biology stream. She was refusing to attend school and was arguing with her parents about helping her migrate to England. These changes had come about within a period of eight weeks. On being asked by the doctor, she said that there was no point in studying as she had been invited by the British Prime Minister to do some special work in England. She denied using any substances.
- 4.1 Mention two possible psychopathologies in the above student based on her statement of being invited by the British Prime Minister. (10 marks)
- 4.2 Mention the two most likely differential diagnoses based on the above psychopathology. (10 marks)
- 4.3 Mention three features in the ICD-10 diagnostic criteria for each of the differential diagnoses you have mentioned above. (30 marks)
- 4.4 Briefly discuss the important factors you would consider when deciding on admitting this student. (40 marks)
- 4.5 If you were to manage this student as an outpatient, mention one medication you would have to start. (10 marks)

5. On one bright morning, a 45-year-old shopkeeper was admitted to the emergency department with the complaint of two seizure episodes from the previous night. The history revealed that he has been a regular alcohol user for the past 15 years, and his daily consumption has steadily increased over the years. He never tried to stop his alcohol intake, though he was sometimes worried about it and vowed to cease it soon. His basic physical parameters were well within normal range except for a derangement in liver enzymes, and the NCCT brain image showed no abnormalities.

5.1 State four diagnostic possibilities for his seizure episodes. (20 marks)

5.2 Mention the important components you would cover in the alcohol history. (20 marks)

5.3 Briefly describe how you would motivate him towards total abstinence from alcohol. (20 marks)

5.4 If he wishes to continue the alcohol use, discuss how you would handle his request. (20 marks)

5.5 Comment on the use of alcohol in cultural events. (20 marks)

6. Write short notes on the following:

6.1 Long-acting injectable antipsychotics (40 marks)

6.2 Empathy in medicine (30 marks)

6.3 Rehabilitation in psychiatry (30 marks)