



UNIVERSITY OF JAFFNA, SRI LANKA
SECOND EXAMINATION FOR MEDICAL DEGREES PART (II)—January 2025
Academic Year 2019/2020

Community and Family Medicine-Paper II

Date: 21.01.2025

9 am to 12 noon. (3 hours)

Answer all the **six** questions.

Answer each question in a separate answer book.

1.

A 78-year-old female with a history of hypertension and osteoarthritis presents to your family medicine clinic with complaints of increased fatigue and recent weight loss. She has a bag of medicines with her, but when asked, she cannot remember how she should take these medications. When you further explore, she complains that she forgets things easily and it troubles her day-to-day activities. She recently had a fall while she was going to the toilet at night. She lives alone and has limited family support. Her daughter, who lives out of the country, is concerned about her overall well-being. She has lost interest in going out and associating with her friends and feels it would be better if she died rather than living alone. However, she has no suicidal ideas. On examination, she appears frail, with poor nutritional status and mild cognitive deficits.

- 1.1. List five (05) health problems in this patient. (20 marks)
- 1.2. Describe the management plan for the health problems that you have mentioned in question 1.1 (50 marks)
- 1.3. Discuss the importance of following in improving her health outcomes
 - 1.3.1. a multidisciplinary approach to this patient's care (15 marks)
 - 1.3.2. The family support. (15 marks)

2.

- 2.1. List two (02) types of health institutions that are placed under the administration of each of the following health authorities in Sri Lanka:
 - 2.1.1. Ministry of Health Sri Lanka (10 marks)
 - 2.1.2. Provincial Ministry of Health (10 marks)
- 2.2. Describe the role of the Regional Director of Health Services (RDHS) in health administration. (20 marks)
- 2.3. The table below shows government health spending by financing source between 1990 and 2016.

Table 1: Government health spending by financing source between 1990 and 2016 in Sri Lanka

Financing Source	Percentage of contribution						
	1990	1995	2000	2005	2010	2015	2016
Ministry of Health	39	49	56	56	58	60	61
Provincial Department of Health	47	39	33	35	35	32	32
Local Governments	11	6	4	3	2	2	2
Other government ministries, departments & agencies	3	5	4	3	3	5	4
Employees Trust Fund	0	0	0	0	0	0	0
President's fund	1	1	3	2	1	1	1

Source: Sri Lanka Health System Review (WHO 2021)

- 2.3.1. Based on the data, identify two (02) significant changes that have occurred in government health spending between 1990 and 2016. (20 marks)
- 2.3.2. Discuss how the changes you identified in 2.3.1 could affect the delivery of healthcare. (40 marks)

3.

A study compared the average blood pressure levels of pregnant women who received regular prenatal care and those who received prenatal care along with nutritional counseling. In this study, the researcher wants to determine is there any significant difference between the two groups in terms of blood pressure.

- 3.1. Name two (02) variables mentioned in the paragraph and provide the type of the variable with reasons. (20 marks)
- 3.2. Name the appropriate statistical test used to detect a significant difference given the reasons in the above two groups mentioned in 3.1. (20 marks)
- 3.3. The study reported knowledge improvement associated with nutritional counseling ($p < 0.01$). Interpret the result. (20 marks)
- 3.4. The above study also found that, despite improvements in knowledge and attitudes, the behavior intentions on intake of nutritional supplements did not significantly change. Briefly discuss the steps to be taken to overcome this issue. (40 marks)

4. The term "early childhood development" (ECD) describes a child's growth until they are eight years old. This is an important period of life because neurons form a million new connections every second, and this pace is never repeated.

4.1. List five (05) common factors inhibiting appropriate early childhood development in Sri Lanka. (15 marks)

4.2. Briefly describe two (02) of the factors mentioned in question 4.1 (30 marks)

4.3. Name five (05) programs available in Sri Lanka to enhance the ECD. (15 marks)

4.4. Discuss the role of community empowerment groups in implementing ECD programs effectively in Sri Lanka. (40 marks)

5. A **case-control study** into the relationship between regular use of aspirin and colon cancer has found that the **odds ratio** for colon cancer among aspirin users is 0.6 with a **95% confidence interval** of 0.4–9.0

5.1. Define the terms in bold letters. (30 marks)

5.2. Interpret the results. (20 marks)

5.3. Discuss the advantages and disadvantages of the case-control study design. (20marks)

5.4. Outline the usefulness of case-control studies in investigating outbreaks. (30 marks)

6. Write short notes on the following.

6.1 Motivational interview (25 marks)

6.2 Hierarchy of controls in occupational health and safety (25 marks)

6.3 Third delay in maternal deaths (25 marks)

6.4 Special surveillance for leptospirosis (25 marks)