



UNIVERSITY OF JAFFNA, SRI LANKA
FINAL EXAMINATION FOR MEDICAL DEGREES - JULY 2023
ACADEMIC YEAR 2015/2016

PSYCHIATRY - PAPER II

Date: 14.07.2023

Time: 03 hours

Answer each question in a separate answer book.

1. A 45-year-old businessman presents to the mental health unit with his wife. The history reveals that he is in the process of recovering from a cerebrovascular accident which occurred a month ago. Though he has recovered from most of the neurological deficits, according to his wife, he has been worrying about his health, and disengaging from family members and social gatherings for the past two weeks. He has also lost interest in his business and is mostly seen on the bed. On examination, he looks very sad and tearful, talks slowly and shows indifference to his surroundings. He denies of having hallucinations or delusions.
 - 1.1 Mention three (03) possibilities for the current clinical presentation. (15 marks)
 - 1.2 State the most probable diagnosis with reasons. (15 marks)
 - 1.3 Briefly describe your management plan for the condition mentioned in 1.2. (50 marks)
 - 1.4 Name four (04) multi-disciplinary team members and their role in managing this clinical scenario. (20 marks)

2. Mr. Rajiv is 28 now. He was diagnosed with schizophrenia when he was 21. During the past seven years, he never complied with his medications for more than a few months, which has resulted in several relapses and a number of admissions to psychiatry inpatient unit. He is single and living with his elderly mother. He has recently lost his fifth job and is currently unemployed. He denies using alcohol and drugs, but admits smoking beedis.
 - 2.1 Mention five (05) problems you identified in Rajiv's case history. (20 marks)
 - 2.2 State five (05) possible reasons for Rajiv's poor drug compliance. (20 marks)
 - 2.3 Briefly describe four (04) practical approaches that are useful to improve Rajiv's medication adherence. (40 marks)
 - 2.4 Discuss the relationship between schizophrenia, unemployment, and smoking. (20 marks)

3. A 28-year-old woman with a POA of 32 weeks presents to the antenatal clinic after missing two scheduled clinic visits. The history revealed that her husband had recently migrated to France with the hope of obtaining a permanent residency there. She sold all her jewelries and borrowed a large sum of money for his illegal journey. While she was living with her mother, dreaming about green pastures, her mother died suddenly a month ago, leaving her alone at their home.
 - 3.1 List the psychosocial problems this woman has. (20 marks)
 - 3.2 Explain the usefulness of Edinburgh Postnatal Depression Scale in this clinical scenario. (20 marks)
 - 3.3 Briefly describe the psychosocial interventions you would adapt in the management of this pregnant mother. (40 marks)
 - 3.4 Discuss in brief about the psychosocial dimension of single parenting. (20 marks)

4. An 8-year-old boy with two younger siblings was brought to the clinic due to concerns raised by his teacher. The boy demonstrates difficulty paying attention in school, forgets to complete assignments, and is easily distracted. He fails to follow advice, blurts out answers without waiting his turn, and frequently interrupts others. The boy's mother is highly distressed as she raises three children alone and deals with her husband's addiction to multiple substances.
 - 4.1 State the most likely diagnosis with reasons. (15 marks)
 - 4.2 Mention two (02) differential diagnoses. (10 marks)
 - 4.3 Briefly outline the additional information required in the history. (25 marks)
 - 4.4 Name two (02) medications effective in treating the child's condition. (10 marks)
 - 4.5 List two (02) side effects of one of the medications mentioned in 4.4. (10 marks)
 - 4.6 Briefly describe nonpharmacological interventions which are useful in improving the child's condition. (30 marks)

5. Briefly elaborate your psychological approach for the following clinical scenarios.
 - 5.1 A 35-year-old primigravida woman who is preoccupied with and worrying about the delivery, and ruminating about labour pain. (30 marks)
 - 5.2 A 67-year-old man with stage IV chronic kidney disease refuses dialysis as he is fed up with his life and feels that he is a burden to his family. (30 marks)
 - 5.3 A 21-year-old woman who presents to the emergency department with repeated self-harming behaviours. (40 marks)

6. A 24-year-old undergraduate student of classical music presents to the mental health unit seeking help for his extreme anxiety and inability to do well in his performance-related examinations. He describes himself as a music enthusiast who generally performs well during the studio recording sessions and in the absence of a large audience.

6.1 State the most probable diagnosis with reasons. (10 marks)

6.2 List ten (10) important things you would explore in the history. (20 marks)

6.3 Name one (01) medicine which is effective in the management. (10 marks)

6.4 Mention five (05) common side effects of the medicine you mentioned in 5.3. (20 marks)

6.5 Briefly describe the important steps of a recommended psychotherapy for the condition you mentioned in 5.1. (20 marks)

6.6 Discuss the role of music in mental wellbeing. (20 marks)