

PSYCHIATRY

Psychiatric Aspects Of HIV/AIDS Infection:

- 1.) Outline the psychiatric syndromes that a person suffering from HIV/AIDS is likely to suffer (15m)

Suicide & Deliberate Self Harm:

- 1.) Outline the risk factors that would indicate a high suicidal intent in a HIV/AIDS patient (10m)
- 2.) A 14 year old girl in std 8 was admitted from casualty last night. She had ingested 10 diazepam tablets in an attempt to commit suicide. She is now stable. You have been asked to take a history from her before the major ward round.
 - a.) What factors will you consider when assessing the 'seriousness' of the attempt? (10m)
 - b.) How would you manage her? (10m)
 - c.) What is the prognosis? (5m)

Alcohol & Substance Related Disorders:

- 1.) List the alcohol related psychiatric disorders (10m)
- 2.) Describe the management of a patient with alcohol withdrawal delirium giving reasons for the various measures taken (15m)
- 3.) Outline DSM IV classification features of drug/alcohol dependence (7m)
- 4.) List the necessary investigations in a patient with alcohol dependence (7m)
- 5.) Outline the management of alcohol dependence (10m)
- 6.) What are the neuropsychiatric disorders associated with alcohol use? (10m)
- 7.) What are the biochemical changes in the brain underlying the behavioral aspects of alcohol (5m)

Childhood Psychiatric Disorders:

- 1.) You have been asked to give a short educational talk to mothers with disturbed children. They would like to know about the disorders listed below. They would like to have the following questions answered.
What is the meaning of the term?
What causes it?
How is it diagnosed?
What help is available for those who have the disorder?
Write short notes on each of the following to highlight these aspects:
 - a.) Autism Spectrum Disorder (5m)
 - b.) Conduct Disorder (5m)
 - c.) Spectrum Anxiety Disorder (5m)
 - d.) Nocturnal Enuresis (5m)
- 2.) Define conduct disorder giving the diagnostic criteria (5m)
- 3.) What are the biological & psychosocial risk factors associated with conduct disorders? (10m)
- 4.) Describe the evidence based treatments available for managing conduct disorder (10m)
- 5.)
 - a.) Distinguish between school refusal & school truanting
 - b.) Give examples of psychiatric disorders that may cause these conditions
 - c.) Outline management of a child who refuses to attend school

Psychotherapies:

- 1.) Define cognitive behavior therapy (5m)
- 2.) List at least 7 cognitive distortions giving examples (10m)
- 3.) Using the cognitive distortions model describe 4 ways in which anxiety is maintained (10m)
- 4.) What is behavioral therapy?
- 5.) List 5 specific techniques used in behavioral therapy
- 6.) Which behavioral techniques are used in treating anxiety disorders?
- 7.) List the psychotherapies commonly used (10m)

8.) What are the therapeutic factors in group therapy? (10m)

Schizophrenia:

- 1.) Describe the clinical syndrome of schizophrenia (5m)
- 2.) Describe the Schneiderian 1st rank symptoms of schizophrenia (10m)
- 3.) List the possible etiological factors linked to schizophrenia (10m)
- 4.) What differential diagnosis would you consider? (5m)
- 5.) List the main types of treatment of schizophrenia (10m)

Dementia:

- 1.) Describe the clinical features of Alzheimer's disease (10m)
- 2.) List the neuropathological changes seen in Alzheimer's disease (10m)
- 3.) Outline the treatment options of Alzheimer's disease (5m)
- 4.) List the known causes of Dementia
- 5.) What are the clinical features of Dementia?
- 6.) Describe the investigations you would do to confirm the diagnosis of Dementia
- 7.) Amadi has brought his 70 year old mother to the outpatient medical clinic. Previously a neat woman she has been noticed to be unconcerned about her appearance of late. She also made rude comments embarrassing everyone at a wedding party last Saturday. When she stated that she did not think highly of the bridegroom. You think that she could be suffering from dementia.
 - a.) What psychosocial history would you like to ask? (5m)
 - b.) What are 2 differential diagnosis? (5m)
 - c.) What investigations would you like to do? (5m)
 - d.) Briefly describe the causes & management of Dementia (10m)

- 8.) What is alcohol withdrawal delirium?
- 9.) Outline the clinical features of alcohol withdrawal delirium
- 10.) Outline the treatment of delirium tremens (both short term & long term) (10m)

Somatoform Disorders:

- 1.) List the somatoform disorders (7m)
- 2.) Discuss one of the somatoform disorders (18m)
- 3.) A 20 year old student presents to you with episodes of what appears to be unusual 'fits'. The nurse on duty informs you that they have been seeing several students from the same school suffering from the same condition. The student accompanied by classmate, mother & class teacher.
 - a.) What history would you ask accompanying people to confirm the diagnosis of conversion disorder? (7m)
 - b.) What are the symptoms and signs of conversion disorders (7m)
 - c.) How do convulsions in conversion disorder differ from those of epilepsy? (5m)
 - d.) Outline the management of conversion disorder (5m)

Mood Disorders:

- 1.) Outline the clinical features of a manic episode (10m)
- 2.) Discuss the management of a manic episode (15m)
- 3.) Mr. Otieno, a 45 year old accountant comes to the outpatient department with symptoms suggestive of depression. His wife died 10months ago.
 - a.) List the clinical features of depression (5m)
 - b.) What are the possible differential diagnosis (5m)
 - c.) What investigations, physical & psychosocial, would you carry out to confirm the diagnosis?

- d.) How would you differentiate abnormal grief reaction from depression (5m)
- e.) How would you manage this patient? Assume that the patient is suffering from major depressive illness (10m)
- 4.) Using specific examples describe the 3 levels of prevention in mental health (5m)
- 5.) How may depressive illness be prevented? (5m)
- 6.) Describe the course & prognosis of a depressive illness (15m)
- 7.) a.) Describe the puerperal mental disorders (5m)
b.) how are they treated? (10m)
c.) describe the treatment of bipolar mood disorder in pregnancy (10m)

Electroconvulsive Therapy:

- 1.) Describe electroconvulsive therapy procedure (20m)
- 2.) Outline the theories on its mode of action (5m)

Mental Health Act:

- 1.) Describe the organization of the mental health services in Kenya (25m)

Anxiety Disorders:

- 1.) Outline the anxiety disorders listed under the DSM IV classification (5m)
- 2.) List the clinical features of post-traumatic stress disorder (10m)
- 3.) List the clinical features of generalized anxiety disorders (10m)
- 4.) Irene masumbuko a 24 year old college student is referred to the psychiatric clinic from the medical outpatient clinic with complaints of palpitations & fear. A physician has ruled out medical condition & thinks that she could benefit from psychological help. At the psychiatric clinic

the psychiatrist on duty has asked you to assess the patient & will be discussing the case with you later.

- a.) What other symptoms & signs would help you to confirm diagnosis of anxiety disorders? (5m)
 - b.) What other different types of anxiety disorders would you be seeking to rule out? (5m)
 - c.) What psychosocial problems would you wish to enquire about in this case? (3m)
 - d.) From your discussion with a psychiatrist she determines that the patient is suffering from generalized anxiety disorder. She would like to treat the patient using cognitive behavioral therapy. She would like to explain this therapy to the patient since she has been called for another emergency. What would you tell the patient? (10m)
- 5.) A 21 year old woman Wanjiku who gave birth to a healthy baby boy 2 weeks ago was brought in the hospital emergency department by her husband because when he came home from work he found her crying & she had laid the baby on the kitchen floor & had several knives nearby. She was mumbling something about 'sacrifice'. Wanjiku has been examined by the medical registrar & she appeared dehydrated and exhausted but was otherwise declared to have no obvious medical illness. The psychiatrist on call has been alerted & she has asked you to assess Wanjiru before she arrives.
- a.) What are the possible psychiatric diagnosis you would like to rule out. State which is the most likely diagnosis. Give reasons for your choice (10m)
 - b.) What additional information would you like to get from her husband? (5m)
 - c.) Discuss with the psychiatrist your management plan (10m)

Personality Disorders:

- 1.) What is antisocial personal disorder?
- 2.) What are the features of antisocial personality disorder?
- 3.) What is the medical relevance of antisocial personality disorders?