

ANSWER ALL QUESTIONS 3 HRS

The marking guide lines may be extended to include other correct answers

1. Mr. Otieno, a 45 years old accountant comes to the outpatient department with a history of sadness, insomnia, feelings of worthlessness, hopelessness and fatigue. The w
10 months ago. MDD major depression

A) What is the most likely diagnosis ...major depression.....(2 mks)

List 3 differential diagnosis (3mks)

i) Abnormal grief reaction

- Abn grief rxn

ii) Bipolar I mood disorder

- HIV neuropathy

- Bipolar I mood disorder

iii) HIV neuropsychiatric manifestations

B) List at least 5 reasons for your diagnosis (5 Mks)

✓ i) Low mood for 1 month

1 month Hx of sadness
low mood

✓ ii) feelings of worthlessness

insomnia.

✓ iii) feelings of hoplessness

✓ iv) fatigue

✓ v) underlying life event- death of the wife, insomnia

→ C) List 5 factors that would help you differentiate your diagnosis from your first diffe
diagnosis (5 mks)

✓ i) presence of past psychiatric illness

✓ ii) family history of mental illness

✓ iii) memory loss

✓ iv) poor concentration

✓ v) HIV positive diagnosis

D) List 5 Key factors in the management of this patient? (10 mks)

i) Investigations (haemogram, LFTS, HIV, etc,

ii) Pharmacotherapy (antidepressant)

iii) Psychotherapy (CBT)

①

iv) ECT

v) Psychoeducation

2. A 20 year student presents to you with episodes of what appears to be unusual 'fits'. The on duty informs you that they have been seeing several students from the same school with a similar presentation the same condition. The student is accompanied by a classmate, mother and class teacher.

A) List 5 questions that you would ask the accompanying people to confirm a diagnosis of conversion disorder (5mks?)

- i) Any question on the nature of fits may (earn a mark)
- ii) Are there any underlying stressors?
- iii) Timing of the fit
- iv) Associated factors e.g. Labelle indifference
- v) Family history of epilepsy

(Other relevant question may substitute the above)

B) List at least 5 symptoms/ signs of conversion disorder (5mks?)

- i) Physical symptoms in absence of psychological illness
- ii) Labelle indifference
- iii) symptoms are worse or occur more often when there are people
- iv) presence of primary gain
- v) presence of secondary gain

C) Compare and contrast between true seizures (epileptic disorder) and pseudo seizures (conversion disorder) by listing at least 5 factors using the table below (5mks?)

Conversion (pseudo seizures)	Epileptic (true) seizures
1. gag reflex may be absent	Gag reflex usually present
2. occurs mostly when people are present	Occurs any time
3. usually do not injure self	Usually injure themselves

4. urinary/ stool incontinence not common	urinary/ stool incontinence common
5. pattern of fit varies	Fit has a pattern that is predictable

Other correct differences may earn a mark

D) List 5 Key factors in the management of the patient after a diagnosis of conversion d has been confirmed. - any five below is correct

i) Discuss the patient's belief system and educate on the clinical reality

2. ✓ Psycho education should be provided on the patient regarding their condition
3. ✓ Present at all times a caring confident, firm and approachable
4. After appropriate investigation, avoid further unnecessary investigations
5. Limit the number of invasive treatments
6. Limit the number of doctors consulted
7. Limit the time spent with patient
8. The patient has the right to care
9. Limit the amount of medication.
10. Diagnose and adequately treat co morbid psychiatric disorders (anxiety, depression, perso disorders)

E. List at least 5 Possible drugs that you could use if the diagnosis is Epilepsy (5 Marks)

- ✓ i) sodium valproate
- ✓ ii) carbamazepine
- ✓ iii) lamotrigine
- ✓ iv) Ethosuximide
- ✓ v) Oxcarbazepine

• Levetiracetam

- Phenytoin

A list of possible drugs is provided in list 2

P	5	20
H	2	20
O	20	200
R	100	200
C	100	1000

any 5 anticonvulsant from the above classes of drugs will earn full marks

3. Mr. Abuto, a 24 year old University Student is brought to you by colleagues after fighting another student. He informs you that students having been discussing him and saying nasty things about him. He had heard the student he fought telling the others that he is a homosexual. The student also complains that there is a gadget that has been implanted in his brain to monitor his thoughts.

A) What is the most likely diagnosis in this patient? [2 Mark]

Schizophrenia

B) List 3 differential diagnoses [3 Mark]

① Delusional disorder ② Drug induced psychosis ③ Schizophreniform disorder

C) List at least 5 questions you would ask to confirm your diagnosis (5 mks)

1. i) Duration of illness ✓
2. ii) Use of substances of abuse ✓
3. iii) Symptoms associated with organic brain syndrome ✓
4. iv) Enquire on other symptoms of schizophrenia ✓
5. v) deterioration of personality and functioning ✓

any other question to confirm schizophrenia will earn a mark

4 (A) List 5 disorders that are classified under anxiety disorders in the DSM IV (5mks)

Any 5 disorders below will earn full marks

- ■ Panic disorder with or without agoraphobia
- ■ Agoraphobia without history of panic disorders
- ■ Specific and social phobias
- ■ Obsessive-compulsive disorder
- ■ Post-traumatic stress disorder Acute stress disorder
- ■ Generalized anxiety disorder
- ■ Anxiety disorder due to a general medical condition
- ■ Substance induced anxiety disorder
- ■ Anxiety not otherwise specified (this including mixed anxiety-depressive disorder)

B) List 5 clinical features of at least 1 disorder that you have listed above (5 mks)

Mark according to choose disorder chosen

DSM-IV

both 1 & 2 req

- i) recurrent unexpected panic attacks occur during 4 of the following group
- ii) & reach peak within 10 minutes - tachycardia, palpitations, sweating, shaking, feeling
- iii) chest pain, dizziness, fear of losing control/flying,
- iv) At least 1 attack has been followed by 1 month of 1 of the following
- v) - Persistent concern
change in beh.
- worry about going crazy
c. substance
D. Gen med / psych condition

C) List at least 5 physiological symptoms that are associated with anxiety disorders (5mks)

- ✓ i) Sweating
- ✓ ii) Palpitations
- ✓ iii) Headache
- ✓ iv) Urinary urgency
- ✓ v) abdominal upset

any other symptom related to anxiety will earn a mark

D) List 5 medical conditions that you need to rule out before confirming a diagnosis of anxiety disorder with prominent physiological symptoms

1. HTH
2. ADHD
3. Tics/Tourette (obsess.)
4. MI
5. P.E.

✓ i) Hypertension

6 DSM IV -

T₂ SSRIs + TCA

✓ v) is the occupational functioning maintained

any other question relevant to dementia earns a mark

→ C) List at least 5 preliminary medical investigations you would like to do (5mks)

- ✓ i) CTSCAN
- ✓ ii) HAEMOGRAM
- ✓ iii) LFT
- ✓ iv) Urea and electrolytes
- ✓ v) VDRL, HIV

→ D) Outline 5 clinical features of your first diagnosis (5 mks)

- ✓ i) age above 65 years
- ✓ ii) memory loss
- ✓ iii) deterioration of personality
- ✓ iv) loss of social and occupational functioning
- ✓ v) confabulation

any other clinical feature of dementia will earn a mark

→ E) List 5 Key factors in the management of the patient (5mks)

- ✓ i) investigations
- ✓ ii) psychoeducation
- ✓ iii) family therapy
- ✓ iv) pharmacotherapy
- ✓ v) advice the relatives on nursing and other environment and nutritional issues

6.

A) List 5 DSM IV diagnostic criteria for substance dependence (5mks)

- ✓ i) Tolerance
- ✓ ii) Withdrawal symptoms
- iii)

Change of priority

iv)

continued use against medical advice

v) reinstatement after a period of abstinence

B) List 5 important Medical investigations in a patient with alcohol dependence (5mks)

i) haemogram

ii) LFTs

iii) VDRL

v) HIV

Toxicology screen

Any relevant investigation may earn a mark

C) List 5 signs of delirium tremens (5mks)

i) Tremors

ii) illusions

iii) poor memory

iv) poor concentration

v) poor attention

(any other relevant sign may earn a mark

D) List 5 steps in the detoxification of a patient with alcohol dependence who presents delirium tremens (5mks)

i) Relevant investigations

ii) Vitamin supplementation- especially B&C - pabrinex

iii) Benzodiazepines → chlordiazepoxide & diazepam

iv) treat co morbidities → Psychotic disorders

→ Folate therapy

v) motivate for rehabilitation → Psych therapy → CBT
= → CBT Psychosocial

E) List 5 possible steps that you can take to manage the alcohol dependence of the successful detoxification (5mks).

- ✓ Rehabilitation
- ✓ i) Group therapy
- ✓ ii) drugs that help in relapse prevention
- ✓ iii) antabuse drugs e.g disulfuram
- ✓ iv) Family therapy
- ✓ v) advice to join AA → Alcohol anonymous

any relevant five may earn a mark each

7. A 25 year old woman, Njeri gave birth 2 months ago. She is brought to the department by the husband because he found her crying with the baby laid on the floor assortment of knives she was mumbling something about "Sacrifice". The medical re examined Njeri and declared that she has no obvious medical illness. The Psychiatrist been called and she has requested you to assess Njeri before she arrives.

A) List at least your diagnosis followed by 3 differential diagnosis starting with probable and ending with the weakest and indicating a reason for each. [12 Mks]

Puerperal psychosis:

i) Depression – infanticidal tendencies

Reason)

ii) Bipolar mood disorder

Reason) delivered 2 months ago, puerperal psychosis is basically a bipolar I mood disorder

iii) Schizophrenia-

Reason- hallucinatory behaviour

B) List at least 4 important additional questions you would like to know from husband or a close relative to assist in the diagnosis (4mks)

- i) past psychiatric hx
- ii) family history of mental illness
- iii) sleep pattern
- iv) how many times has she delivered

Any other relevant question to confirm puerperal psychosis may earn a mark

C) List at least 4 abnormal findings in the mental state examination which if present you to confirm your diagnosis

- i) mood abnormalities
- ii) delusions
- iii) hallucinations
- iv) suicidal, homicidal ideas

any other relevant answer may earn a mark

D) List 5 steps in the management plan of the patient (5mks)

- i) Investigations
- ii) pharmacotherapy- mood stabilizers, antipsychotics, hypnotics
- iii) psychotherapy- any relevant
- iv) ECT
- v) Nursing instructions- breastfeeding, homicidal suicidal caution etc- any of this r mark

STATION _____

CASE and COMMENTS

Key Points	Maxin mark										
Social graces/ courtesy Greets patient (0.25 mark) Obtains consent for examination (0.25 mark) Shows empathy (0.5 mark)	1										
Correct technique and logical sequence demonstrated Inspection (1 mark) Palpation (1 mark) Percussion (where applicable) (1 mark) Auscultation (where applicable) (1 mark)	4										
Correctness of clinical findings (To pre-determined by examiners based on the case)	10										
<table border="1"><tbody><tr><td>Found all signs</td><td>10 marks</td></tr><tr><td>Found 75% of signs</td><td>7.5 marks</td></tr><tr><td>Found 50% of signs</td><td>5 marks</td></tr><tr><td>Found 25% of signs</td><td>2.5 marks</td></tr><tr><td>Found no signs</td><td>0 marks</td></tr></tbody></table>	Found all signs	10 marks	Found 75% of signs	7.5 marks	Found 50% of signs	5 marks	Found 25% of signs	2.5 marks	Found no signs	0 marks	
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Diagnostic formulation and work-up Most likely diagnosis (2 marks) Justification of most likely diagnosis (4 marks) 2 Aetiological causes (2 marks) 2 Priority investigations (2 mark)	10										
Total Marks	25										

Signature _____

Date _____