

M.MED.FAMILY MEDICINE

FIRST YEAR THEORY EXAM– AUG 2013

PAPER IV - FAMILY MEDICINE AND PRIMARY CARE

TIME: THREE HOURS

MAXIMUM MARKS: 100

INSTRUCTIONS

- The paper will be for a total of **100 marks**.
- Answer **all** the Questions.
- The Paper has 2 parts – **Part A & Part B**.
- **Part A** will be **descriptive type questions** based on case scenarios (**40 marks**).
- **Part B** will have Objective type EMQs **extended matching questions (60 marks)**.
 - ✓ This will have 10 sets of these questions.
 - ✓ Each set will have 6 questions.
 - ✓ Each question will carry 1 mark.
 - ✓ Each set has a **theme** on the top. In each set there are **some options** given on the top followed by some **questions**. The options are lettered using the English Alphabets A, B, C, D and so on.

Example:

3. THEME –COMMON PSYCHIATRIC PROBLEMS [QUESTIONS. 3(i) – 3(vi)] (6marks)

From the options ‘A to H’ given below, choose the best answer for the questions 3(i) – 3(vi)

Options:

- A.** Inj. Haloperidol
- B.** Amitriptyline + counseling
- C.** Tab. Chlorpromazine
- D.** Tab. Trihexyphenidyl
- E.** Tab. Diazepam
- F.** Tab. Lithium
- G.** Inj. Fluphenazine deconoate
- H.** Tab. Risperidone

Questions: What is your treatment option in the following cases?

3(i) What is the drug of choice for Acute Psychosis?

3(ii) What is the drug of choice for Bipolar illness?

PART – A
DESCRIPTIVE QUESTIONS

(ANSWER ALL QUESTIONS)

1. Dr. Murali, a Family Physician started Anti-TB medicines for Ram, whom he investigated and found to have sputum positive tuberculosis. Dr. Murali advised Ram that both his children aged 3 and 5 should be screened for TB. **(TOTAL: 20 MARKS)**

- A. Define Screening. List and describe are the four types of screening? **(5 Marks)**
- B. List any 5 aspects of Wilson’s screening criteria **(5 Marks)**
- C. Explain in detail one of the screening tools for harmful alcohol drinking. **(5 Marks)**
- D. List and describe some of the screening tests recommended for men and women in the 25 to 64 year age-group. **(5 Marks)**

2. This is Dr. Ansari’s documentation of one of his patient Mohan’s health issues is as follows:

Mr. Mohan, 35 year old clerk, has come for the follow-up of asthma. He is a known asthmatic for the past 15 years.

His asthma is out of control for the past one month. He is waking up in the night with wheeze. He is also having a distressing cough and yellowish thick expectoration. He gets fever on and off for past two weeks.

He had one episode of blood in sputum the previous day. He has lost five kilos of weight in the last one month. He has decreased appetite as well.

His father has diabetes. He is worried whether he also has developed diabetes. He says he has stopped smoking for the past one week; otherwise he used to smoke 10 cigarettes per day for the past 15 years.

He is also very depressed as he has separated from his wife for past one year and the legal proceedings are going on. **(TOTAL: 20 MARKS)**

- A. Discuss the types of Medical records **(4 Marks)**
- B. List and explain the minimum requirements of a good medical record. **(6 Marks)**
- C. List and explain the four basic elements that Weed described as the nucleus of the POMR (Problem Oriented Medical Records). **(4 Marks)**
- D. What is ‘Problem List’? Write a problem list for Mr. Mohan **(6 Marks)**

PART – B
EXTENDED MATCHING QUESTIONS

(ANSWER ALL QUESTIONS)

1. THEME: LEVELS OF PREVENTION [QUESTIONS. 1(i) - 1(vi) (TOTAL: 6 MARKS)

From the options 'A to C' given below, choose the best answer for the questions 1(i) – 1(vi)

Options :

- A. Primary prevention.
- B. Secondary prevention
- C. Tertiary prevention

Questions: What is the level of prevention advised in the following cases?

- 1.(i). Mr. Rao is a regular patient of yours who has Diabetic retinopathy. You advise him regular eye checkup so as to be able to go for laser therapy when indicated.
- 1.(ii). You put Mr. Ganesh who has hypertension and angina on Tab. Aspirin.
- 1.(iii). You prescribe Malaria prophylaxis for Mr. Subhash who is going on an official trip to Orissa.
- 1.(iv). You, as a Family Physician is part of the Doctors association in your state lobbying for 'Alcohol Prohibition' to be implemented in your state.
- 1.(v). Ms. Sudha is a known diabetic. You advise her to take regular treatment and with that her sugars are under control.
- 1.(vi) You advice MCR footwear for your diabetic patient with peripheral neuropathy.

2. THEME: BCG vaccination [QUESTIONS 2(i) – 2(vi)] (TOTAL: 6 MARKS)

From the options 'A to K' given below, choose the best answer for the questions 2(i) - 2(vi)]

Options :

- | | |
|--|---|
| A. No active treatment required | H. Intra-lesional INH |
| B. Oral Antibiotics | I. Stop further vaccinations for 1 month |
| C. INH 10mg/kg/day for 3 to 6 months | J. Re-vaccinate the baby |
| D. Topical antibiotics | K. Do Mantou's test |
| E. Intra-lesional steroid injection | |
| F. Rifampicin 10mg/kg/day for 3 to 6 months | |
| G. INH & Rifampicin for 3 months | |

Questions: What is the management in the following scenarios?

- 2(i).** Mala is worried that there is persistence of ulceration at injection site after 2 months of BCG vaccination.
- 2(ii).** Banu's baby has developed impetigo on the BCG vaccination site, 3 weeks after the injection.
- 2(iii).** Smitha's baby has developed axillary or cervical lymphadenopathy following BCG vaccination.
- 2(iv).** Simi's baby had developed axillary or cervical lymphadenopathy following BCG vaccination. Now the nodes have caseated and have formed an abscess.
- 2(v).** Peethi has brought her baby for the third dose of DPT and OPV. On examination of the child, you find that there is no reaction at all in the BCG vaccine site.
- 2(vi).** Padma brings her baby to you and shows you a papule at the BCG vaccination site. She says she is worried about this.

3. THEME: NEWER VACCINES [QUESTIONS. 3(i) – 3(vi)] (TOTAL: 6 MARKS)

From the options ‘A to H’ given below , choose the best answer for the questions 3(i)– 3(vi):

Options :

- | | |
|--|---|
| A. 0.5ml subcutaneous in deltoid | E. 1ml subcutaneous in deltoid |
| B. 0.5ml intramuscular in deltoid | F. 1 ml intramuscular in deltoid |
| C. 0.5ml subcutaneous in anterolateral aspect of thigh | G. 1 ml subcutaneous in anterolateral aspect of thigh |
| D. 0.5ml intramuscular in anterolateral aspect of thigh | H. 1 ml intramuscular in anterolateral aspect of thigh |

Questions: What is the dosage and site of injection for the following vaccines?

3(i). Mr. Manoj brings his child for MMR vaccination.

3(ii). Bina brings her baby for Hepatitis B vaccination

3(iii). 3 year old Tariq is brought to you for Typhoid Vaccination

3(iv). Monisha wants her baby to have Hib vaccination.

3(v) . 3 year old Subashini is brought by her mother for Varicella vaccination.

3(vi) 5 year old Latha is brought by her mother for Hepatitis A vaccination.

4. THEME: HEALTH PROMOTION [QUESTIONS. 4 (i) – 4(vi)] (TOTAL: 6 MARKS)

From the options 'A to D 'given below, choose the best answer for the questions 4 (i)– 4(vi)]:

Options :

- A. Health Education
- B. Health Protection
- C. Disease Prevention
- D. Treatment

Questions:

- 4(i).** The Family Physician association in your area is lobbying for a total ban on smoking in public areas. What is this activity focused on?
- 4(ii).** With your motivation, all your pre-diabetic patients have formed a club and have decided to do exercise regularly. What is this activity focused on?
- 4(iii).** You have hired a local youth and have trained him in delivering a series of health talks in your outpatient area. What aspect of health promotion are you focusing on?
- 4(iv).** You arrange for a screening test to check urine sugar in all the people above 40 years of age in your locality. What aspect of health promotion are you focusing on?
- 4(v).** Mothers in your locality whom you educated regarding vaccination have decided to immunize all their children. What is this activity focused on?
- 4(vi)** You distribute pamphlets to your patients regarding road safety. What aspect of health promotion are you focusing on?

5. THEME: MEDICAL ETHICS [QUESTIONS. 5(i) – 5(vi)] (TOTAL: 6 MARKS)

From the options 'A to D' given below, choose the best answer for the questions . 5(i)–5(vi):

Options :

- A. Beneficence
- B. Non-maleficence
- C. Patient Autonomy
- D. Justice

Questions: Which is the most applicable ethical principle violated in the following cases?

- 5(i).** Dr. Vinay is a surgeon and he invests lot of his hospital funds in getting expensive equipment but delays the purchase of a cold freeze for vaccination.
- 5(ii).** Dr. Thirumal who practices in a rural setting is concerned about the lack of family planning and its effects on poverty in his area. So he performs a tubectomy on every multigravida on whom he does a caesarian section without getting a consent form signed.
- 5(iii).** 80 year old Paraman is suffering from terminal malignancy. He does not want any more chemotherapy as it makes him feel terrible and wants to go home. Dr. Mala insists on trying the next higher combination of drugs on him and advises to continue his hospital stay.
- 5(iv).** Dr. Shiva wants to try a new medication with unproven efficacy and uncertain side-effects on the residents of a home with mentally retarded children.
- 5(v).** Dr. Ranjan orders MRI scan for a patient with back ache. Next day he receives a cheque for Rs.3000 from the imaging centre. Now he orders an MRI scan for all his patients with backache. He reasons out, 'After all MRI scan can rule out very many back problems!'
- 5(vi).** Dr. Sridhar, a PHC Chief medical officer gets a consent form signed compulsorily by all his diabetic patients to take part in a study conducted by him on diabetes.

6. THEME – IMMUNIZATION [QUESTIONS. 6(i) – 6(vi)] (TOTAL: 6 MARKS)

From the options ‘A to E’ given below, choose the best answer for the questions 6(i) – 6(vi)

Options:

- A. Paracetamol and explanation to mother
- B. Give acellular vaccine next time
- C. Measles
- D. Pneumococcal vaccine
- E. Varicella

Questions: What is your treatment of choice in the following cases?

- 6(i).** 45 days old Monica’s baby cried continuously for 1 hour after immunisation with DPT and had fever for 2 days. What would you advise for the next dose?
- 6(ii).** 9 months old Rekha had measles immunisation and developed fever with rash, a week after immunization. What would you advise?
- 6(iii).** After reconstitution *this vaccine* should be used within 4 hours and the unused vaccine should be discarded
- 6(iv).** After reconstitution *this vaccine* should be used within 30 minutes
- 6(v).** *This vaccine* is stored in the freezer compartment of the refrigerator
- 6(vi).** Manjekar is going to have a splenectomy for hemolytic anemia .He should receive *this vaccine*

7. THEME – NINE LEVELS OF CARE [QUESTIONS. 7(i) – 7(vi)]

(TOTAL: 6 MARKS)

From the options ‘A to I’ given below, choose the best answer for the questions 7(i) – 7(vi)

Options:

- | | |
|-------------------------------------|--------------------------------|
| A. Prevention | F. Management of complications |
| B. Screening | G. Rehabilitation |
| C. Early diagnosis | H. Terminal care |
| D. Diagnosis of established disease | I. Counseling |
| E. Management of disease | |

Questions: Which level of care is demonstrated in the following cases?

- 7(i).** Mr. Shankar came with headache to you. You take a good history and do complete clinical examination and diagnose it to be a tension headache. You encourage him to talk to you about his home and work-related problems.
- 7(ii).** Malini has come with knee swelling and you on investigations find out that she has osteosarcoma. You call up an orthopedician and talk to him about her and send her to him with a referral letter.
- 7(iii).** Mr. Salim has come to you for the first time. He is a diabetic and takes medicines from different doctors irregularly. You examine him, order relevant investigations, prescribe the necessary medicines and make a follow-up plan for him.
- 7(iv).** Mr. Lal is diagnosed with TB and is on ATT. You ask him to bring his 3 year old granddaughter who lives in the same house to look for TB.
- 7(v).** Mrs. Munni comes to you with cough and fever for 2 days. You find on examination that her radial pulse rate- 90/min, B.P-100/70mmHg and respiratory rate is 28/min. You suspect that she has pneumonia and start her on antibiotics. She comes to you well in 2 days' time.
- 7(vi).** You teach Raghu how to give subcutaneous morphine injections for his father who has a pancoast tumour of the lung with severe pain.

8. THEME: CALGARY-CAMBRIDGE MODEL OF COMMUNICATION
[QUESTIONS. 8(i) – 8(vi)] (TOTAL: 6 MARKS)

From the options 'A to F' given below, choose the best answer for the questions 8(i) – 8(vi)]

Options:

- | | |
|--------------------------|---------------------------|
| A. Initiating a session | D. Building relationship |
| B. Gathering information | E. Shared decision making |
| C. Providing structure | F. Safety netting |

Questions: Which aspect of the Calgary-Cambridge model have the following doctors portrayed in their consultation?

8(i). Dr. Nath tells his patient, “I do not expect anything to go wrong till I see you again next Friday, but in case you develop any breathing difficulty or tightness in the chest, please feel free to call my clinic. The phone number is on your folder.”

8(ii). Babu has a heart block. Dr. Rao discusses the various options available with the patient and his family and helps them plan the next step.

8(iii). Dr. Surya is being consulted by a depressed middle aged lady. He maintains eye contact, his facial expression is sympathetic and he gives periodic vocal cues.

8(iv). Dr. Sinha always ‘signposts’ using transitional statements when he progresses from one section of his consultation to the other.

8(v). Dr. Kumar to his patient: “This headache , I understand is bothering you much. Do you have some thoughts about why you are having this headache? ”.

8(vi). Dr. Raj listens to the patient’s opening statement without interrupting.

**9. THEME – HEALTH PROMOTION APPROACHES [QUESTIONS. 9(i) – 9(vi)]
(TOTAL: 6 MARKS)**

From the options ‘A to B’ given below, choose the best answer for the questions 9(i) – 9(vi)

Options:

- A. Traditional Approach

- B. Holistic approach

Questions: Which health promotion approach do the following cases portray?:

- 9(i).** Dr. Lal told Mr. Shankar who has COPD , “Smoking is the reason for all your health problems. Stop it!”
- 9(ii).** Dr. Malini told Mr. Abdul, “Whenever you feel like going to the shop to buy some cigarettes, is it possible to call your nurse counselor and have a chat with him?”
- 9(iii).** Dr. Pasha told Mr. Salim, “Whenever you feel like going to the shop to buy some cigarettes, you should immediately do vigorous exercise for 15 minutes.”
- 9(iv).** Dr. Saraswati told Mr. Lallu “Why don’t we meet again next week and continue the discussion we had the other day about smoking and health!”
- 9(v).** Dr. Munni does very superficial health promotion. She says, “The people in my locality are terrible. They always want to smoke, drink and gamble. It is very difficult to change them!”
- 9(vi).** Mr. Moni was admitted with severe alcoholic gastritis and on rounds his doctor told him, “You better stop drinking or you will get liver problem and die soon.”.

10. THEME – MEDICAL DOCUMENTATION

**[(QUESTIONS. 10(i) – 10(vi)]
(TOTAL: 6 MARKS)**

From the options ‘A to B’ given below, choose the best answer for the questions 10(i) – 10(vi)

Options:

A. True

B. False

Questions:

10(i) . A problem is anything that requires diagnosis or management or that interferes with quality of life as perceived by the patient.

10(ii). The elements of the Source oriented medical records (SOMR) are: Data base, Problem list, Initial plan and Progress notes.

10(iii). There is no proof that sharing the record with the patient improves quality of care, but it improves the patient’s understanding about the disease.

10(iv). Family practice record will have well-established diseases as well as symptoms at undifferentiated stage of illness.

10(v). In Family practice records, minor problems that resolve but then recur with excessive frequency may assume the status of major problems.

10(vi). Source oriented medical record (SOMR) is a diary of past events, consisting of laboratory data, radiological reports, physicians’ reports, and consultants’ reports.
