

M.MED.FAMILY MEDICINE

II 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. 46 year old Mr. Manichand comes to you with a Urinary tract infection and on investigating him, you find that his blood sugars are very high. On questioning, Mr. Manichand says that, 4 years ago, he was told that his sugars were high, but he did not take any medicines except some herbal tonic he drinks everyday since then which is supposed to reduce blood sugar level. He has never checked his blood sugars in between. You send him for further investigations to look for complications. He is found to have Retinopathy for which he needs Laser therapy and his creatinine is 2mg/dl.

(TOTAL: 20 MARKS)

- A. What are your roles as a Family Physician in treating Mr. Manichand? **(5 Marks)**

- B. Describe in detail the principles of Chronic Disease follow-up and how you will apply it to Mr. Manichand. **(10 Marks)**

- C. How will you counsel Mr. Manichand regarding his problems, the possible solutions and further treatment plan? **(5 Marks)**

2. Mr. Hari who met with an accident on a highway is brought to your clinic. He was found be conscious and his blood pressure was 70/ 50 mm of hg and he was bleeding profusely from the fractured left leg.

(TOTAL: 20 MARKS)

- A. Explain the principles of ‘referral in Family Practice’ and how you will apply it to Mr. Hari? To where and to whom will your refer him? **(12 Marks)**

- B. Write a referral letter for Mr. Hari **(8 Marks)**

PART – B
EXTENDED MATCHING QUESTIONS

(ANSWER ALL QUESTIONS)

1. THEME: TYPES OF REFERRALS [QUESTIONS. 1(i) - 1(vi) (TOTAL: 6 MARKS)

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

Options :

A. Interval Referral

C. Split Referral

B. Collateral Referral

D. Cross Referral

Questions: What is the type of referral which is described in the following cases?

- 1.(i). Mr. Ganesh is seen by you for complaints of acute abdominal pain and you refer him to a surgeon for Appendectomy.
- 1.(ii). Mr. Prakash , whom you are treating for diabetes has developed retinopathy and you refer him to an ophthalmologist for Laser therapy.
- 1.(iii). You find that Mrs. Parvathy, who is being taken care of by you in your antenatal clinic, has a valvular heart problem and you refer her to a cardiologist for opinion and treatment.
- 1.(iv). Mr. Raja comes to you with a compound fracture of his forearm. You refer him to an Orthopedician for an open reduction.
- 1.(v). Ms. Suja goes to a doctor with head ache for 2 months and the doctor referred her to an ophthalmologist, Neurophysician, ENT specialist and a Psychologist for checkup.
- 1.(vi) In your antenatal clinic, you do an ultrasound for Mrs. Shyama who is an elderly primi and find that she has a large fibroid complicating pregnancy. You refer her to a Gynaecologist for further care and safe delivery.

2. THEME: RED FLAGS [QUESTIONS 2(i) – 2(vi)] (TOTAL: 6 MARKS)

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

Options :

- A. Red Flag for Backache
- B. Not a Red Flag for backache

Questions: Choose from the Options below which of the following is and which is not a red flag for Backache

2(i). Age of 58

2(ii). Persistent fever

2(iii). History of cancer

2(iv). Unremitting night pain

2(v). Cauda Equina syndrome

2(vi). Early morning pain

**3. THEME: MALARIA PROPHYLAXIS [QUESTIONS. 3(i) – 3(vi)]
(TOTAL: 6 MARKS)**

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

Options :

- A. Tab. Chloroquine 300 mg base same day each week 1 wk before, during, 4 wk after exposure at 10 weeks
- B. Tab. Chloroquine 600 mg base same day each week 1 wk before, during, 4 wk after exposure at 10 weeks
- C. Cap Doxycycline 100 mg same day each week, 1 wk before, during, 4 weeks after
- D. Tab. Chloroquine 150 mg base same day each week 1 wk before, during, 4 wk after exposure at 10 weeks
- E. Tab. Mefloquine 500 mg same day each week
- F. Tab Proguanil 200 mg (2 tabs) same day each week 1 day before, during, 4 weeks after
- G. Tab. Mefloquine 750mg same day each week
- H. Tab Proguanil 100 mg (1 tab) same day each week 1 day before, during, 4 weeks after
- I. Tab Proguanil 50 mg (½tabs) same day each week 1 day before, during, 4 weeks after
- J. Cap Doxycycline 200 mg each day, 2 days before, during, 4 weeks after

Questions:

- 3(i)** . Mr. Manoj is going for an official assignment to Bihar and you want to start Chloroquin prophylaxis for him. Which regime will you follow?
- 3(ii)**. Mina is going to a malaria-prone area for her work for 5 weeks and you know that it is a chloroquin resistant area. What will be your alternative drug and its dose?
- 3(iii)**. Mina is also taking her 3 year old son with her to that chloroquin resistant malaria-prone area? What will be your drug of choice and its dose?
- 3(iv)** . Monisha went to a malaria-prone area and he was given malaria prophylaxis, but that drug caused photosensitivity reaction. What drug can it be?
- 3(v)** . 32 year old Subash , a business executive is attending a 1-week conference in Brazil which also involves some field trips. What will be your drug of choice and its dose?
- 3(vi)** Which of the above drugs can be used only on a person who has a body weight of above 45 kg?

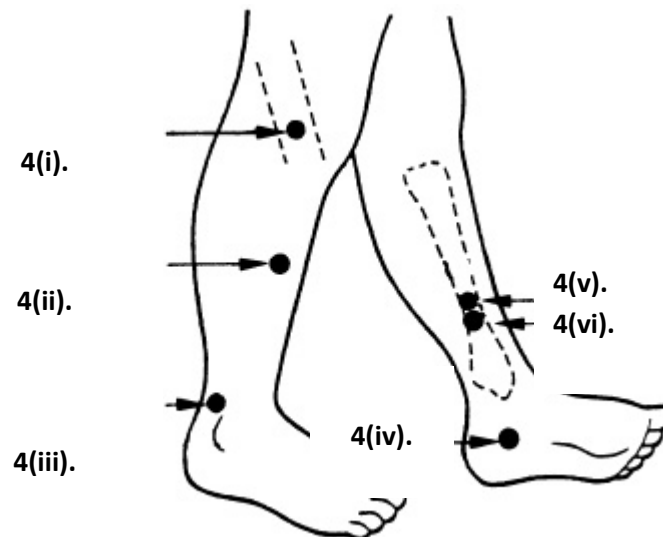
4. THEME: OVERUSE SYNDROMES OF LEGS [QUESTIONS. 4 (i) – 4(vi)] (TOTAL: 6 MARKS)

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

Options :

- | | |
|--------------------------------|----------------------------------|
| A. Plantar Fasciitis | D. Tibial stress fracture |
| B. Ilio-tibial band tendinitis | E. Anterior compartment syndrome |
| C. Tibila stress syndrome | F. Achilles tendinitis |

Questions: Name the correct sites of the overuse syndromes of the leg in the picture given below:



5. THEME: ANKLE LIGAMENT INJURIES [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. Anterior Talo-Fibular (ATFL)
- B. Calcaneo-Fibular Ligament (CFL)
- C. Posterior talofibular ligament (PTFL)
- D. Medial Ligament

Questions:

- 5(i).** Farah, an athlete slipped from the stairs and her right foot went into inversion in a plantar flexed state. Which ligament is she most likely to injure?
- 5(ii).** Mohan, a basketball player, slipped in the court and his right foot went into inversion in a neutral position. Which ligament is he most likely to injure?
- 5(iii).** Mr. Raman twisted his ankle while he was skiing. The ankle went into inversion while the foot was in dorsiflexion. Which ligament is he most likely to injure?
- 5(iv).** Sharda twisted her ankle while she was skipping. Her ankle went into eversion while the foot was in a plantar-flexed state. Which ligament is she most likely to injure?
- 5(v).** Mayank twisted his ankle while he was playing football. His ankle went into eversion while the foot was in a neutral state. Which ligament is she most likely to injure?
- 5(vi).** Which is the most common ligament to be injured in inversion injuries of the ankle?

6. THEME – CHRONIC DISEASE FOLLOWUP [QUESTIONS. 6(i) – 6(vi)] (TOTAL: 6 MARKS)

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

Options:

- | | |
|---|--|
| A. Screening and Early detection | D. Coordinating care with specialists |
| B. Ensuring compliance | E. Promoting self-capacity of patient |
| C. Looking for complications | F. Patient and carer education |

Questions:

6(i). What is the first step in chronic disease follow up?

6(ii). Dr. Pai uses a paper based register recall system for followup his diabetic patients. Which aspect of chronic disease follow-up he is focusing on?

6(iii). Dr. Dinakar send a nurse for home-visits to all his patients with coronary artery disease. Which aspect of chronic disease follow-up he is focusing on?

6(iv). Dr. Dutta has employed a nurse educator to teach SMBG (Self-Monitoring of Blood Glucose) to his diabetic patients. Which aspect of chronic disease follow-up he is focusing on?

6(v). Dr. Nesan does monofilament testing for his diabetic patients on a routine basis. Which aspect of chronic disease follow-up he is focusing on?

6(vi). Dr. Manjukar has a volunteer team in OPD to have focus group discussions for patients with diabetes and their relatives. Which aspect of chronic disease follow-up he is focusing on?

**7. THEME – TEAM CONCEPT – CLINICAL ASSISTANT [QUESTIONS. 7(i) – 7(vi)]
(TOTAL: 6 MARKS)**

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

Options:

A. Clinical Assistant

B. Clinical Assistant with Physician

Questions: Which of the following can be done by the clinical assistant alone and which ones he has to do along with the Physician ?

7(i) . Ask appropriate questions for the problems or symptoms, using the “ODD IF HAPPY”

mnemonic.

7(ii). Review problem list and get patient's update on recent problems

7(iii). Recommend and document appropriate preventive care plan

7(iv). Performs pertinent physical exam and communicates findings.

7(v). Administer MMSE (Mini Mental State Examination)

7(vi). Writes down impressions and plan.

**8. THEME: GOVERNMENT PROGRAMS [QUESTIONS. 8(i) – 8(vi)]
(TOTAL: 6 MARKS)**

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

Options:

- | | |
|--|--|
| A. Kala Azar control program | G. Integrated Child Development Services Scheme |
| B. Dengue and Chikungunya control program | H. RNTCP Revised National TB Control Program |
| C. National AIDS control program | I. Reproductive and Child Health Program (RCH) |
| D. Malaria control program | J. Kishori Shakthi Yojana (KSY) |
| E. Special Nutrition Program | K. JSY (Janani Suraksha Yojana) |
| F. Mid-day meal program | L. RSBY (Rashtriya Swasthya Bima Yojana.) |

Questions: Identify to which Government program, each of the following components is part of:

- 8(i).** Promotion of Institutional delivery
- 8(ii).** Vector control through IRS with DDT up to 6 feet height from the ground twice annually
- 8(iii).** Prevention of Parent to child transmission of disease is done
- 8(iv).** Supplementary feeding of about 300 calories and 10 grams of protein to preschool children and about 500 calories and 25 grams of protein to pregnant and breastfeeding mothers for six days a week.
- 8(v).** Indoor insecticide spray in endemic areas
- 8(vi).** Indoor insecticide spray during epidemic months of June/July

9. THEME – CHARACTERISTICS OF A FAMILY PHYSICIAN

[QUESTIONS. 9(i) – 9(vi)]

(TOTAL: 6 MARKS)

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

Options:

- | | |
|--------------------------------|--|
| A. Whole person care | E. A command of complexity and uncertainty |
| B. Comprehensiveness | F. High level of Diagnostic and therapeutic skill |
| C. Disease centeredness | G. Coordinated care |
| D. Continuity of care | |

Questions: Which aspect of Family Medicine do the following cases portray?:

- 9(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 spend time with Shankar and find out that he has marital problems and you advise him and his wife to go for marriage counseling.
- 9(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.
- 9(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 and make a followup plan for him.
- 9(iv).** Mr. Lal is diagnosed with TB. You start him on ATT. He is also bothered about his osteoarthritis for which you give medications and teach him exercises. You ask him to bring his 3 year old granddaughter who lives in the same house for screening for TB.
- 9(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. You defer doing an X-ray despite her son being keen on it. She comes o you well in 2 days’ time.
- 9(vi).** You call an ophthalmologist friend of yours to come once in 2 months and check your diabetic patients who are due for an ophthalmoscopy for diabetic retinopathy.

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). Weed described four basic elements as the nucleus of the Source oriented medical record (POMR) namely: 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.
