

II YEAR THEORY EXAM– AUGUST 2014

PAPER IV -FAMILY MEDICINE AND PRIMARY CARE

QP CODE: 434014

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?

- ✓ Match each question to a **single best option** and write it in your paper in the column provided like this:

3(i)	A
3(ii)	F
3(iii)	
3(iv)	
3(v)	
3(vi)	

- ✓ Each option may be used more than once. Some options may not be used at all.

PART – A

DESCRIPTIVE QUESTIONS

(ANSWER ALL QUESTIONS)

1. Mr. Somnath admitted his wife in a private hospital for delivery. She was taken up for a caesarean section 6 hours later because there was foetal distress. But the baby was asphyxiated at birth and finally died after 2 hours despite being put on a ventilator. Mr. Somnath has now filed a case under Consumer Protection Act against the hospital, citing negligence at the District Consumer Protection Council. He contends that the baby may have lived if his wife had been taken up for surgery earlier. **(Total: 20 Marks)**

- A. Define the terms ‘Complaint’ and ‘Complainant’. What is the complaint and who is the complainant in the above case scenario? **(5 Marks)**
- B. Describe the Consumer Protection Redressal machinery. Up to how much compensation can a District Consumer Protection Council give Mr. Somnath? If Mr. Somnath is not happy with the verdict in the District Consumer Protection Council, where can he appeal against it next? **(5 Marks)**
- C. Who is a ‘Consumer’? What are the ‘Rights’ of a consumer? **(3 Marks)**
- D. Discuss the general ‘duties’ and ‘responsibilities’ of a Physician as per Medical Council of India (MCI) regulations: **(7 Marks)**

2. You are a Private Practitioner who has just completed the distance course in Family Medicine. You have also sponsored a nurse to be trained as your Family Physician Assistant and now you are setting up a Family Practice. One of the key concepts you want to put into your practice is ‘Team Care’. **(Total: 20 Marks)**

- A. Explain the benefits of Team Care: **(5 Marks)**
- B. What are the things that a Family Physician Assistant can **alone** do in your Family Practice before and after consultation? **(8 Marks)**
- C. What are the things that a Family Physician Assistant can do **along with the Physician** in your Family Practice? **(7 Marks)**

PART – B

EXTENDED MATCHING QUESTIONS

(ANSWER ALL QUESTIONS)

1. **THEME: TRAVEL MEDICINE - VACCINATIONS& PROPHYLAXIS [QUESTIONS. 1(i) - 1(vi)** **(Total:6 Marks)**

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

Options:

- | | |
|---|------------------------------|
| A. Yellow Fever Vaccination | B. Malaria Prophylaxis |
| E. Japanese Encephalitis
Vaccination | C. Meningococcal Vaccination |
| F. Typhoid Vaccination | D. Hepatitis Vaccination |
| | G. Plague Vaccination |
| | H. Cholera Vaccination |

Questions:

1. (i). Mr. Rajnath is a business executive and you are the Family Physician for him and his family for many years. He will be shortly travelling for a South American project of his company, mostly in Colombia and Venezuela. What specific vaccination would you advice for him?

1. (ii). Mr. Afzal, one of your patients, is planning to take a Haj Pilgrimage to Saudi Arabia. What specific vaccination would you advice?

1. (iii). Mrs. Sunitha is working with the UNICEF in a South East Asian project and has to visit some rural parts of Indonesia for that in the recent future, where she will be working in a hospital. What immunization will be helpful for her to have?

1. (iv). Mr. Naik, one of your friends who is a Non Resident Indian (NRI) is planning to visit his ancestral home in Odisha in North India. He calls you to find out about precautions and immunisations. What is the most important one you would advise?

1. (v). A non-compulsory vaccination prevents a serious flavivirus infection but which is not licensed in the US and Australia is

1. (vi) Col. Dr. Nitin is posted in Vietnam in a rural army outpost. What vaccine would you suggest that he takes before going there?

2. **THEME – CHARACTERISTICS OF A GOOD LEADER [QUESTIONS. 2(i) – 2(vi)]**
(Total:6 Marks)

From the options 'A to H' given below, choose the best answer for the questions 2(i) – 2(vi)

Options:

- | | |
|--------------------|-----------------------|
| A. Courage | E. Character |
| B. Listening | F. Commitment |
| C. Self discipline | G. Good communication |
| D. Relationship | H. Generosity |

Questions: Which aspect of good leadership quality of a Family physician do the following cases portray?

2 (i) Dr. Sudhan is regular in his daily exercise, has a balanced diet and spends daily ½ an hour in professional updating. He is always punctual to the hospital.

2 (ii) Dr. Rajan has a special time called 'Coffee Corner' for his staff once a week, during which time, he takes his staff by turns and spends half an hour with each staff over coffee.

2 (iii) When the Family Practice went through a bad patch financially, Dr. Sudakar kept everyone on the team updated by having regular meetings and reassured them. As a result of this the team stood with him till the crisis was over.

2 (iv) Dr. Kumar refused to write a fake medical certificate for a local Politician despite being ordered by his boss to comply to the request.

2 (v) A poor labourer was rushed into Dr. Kumar's clinic with a lower limb injury following a road traffic accident. He had a closed fracture of the femur and was in shock. The wife had no money in her hand. Dr. Kumar stabilized him hemodynamically and arranged for an ambulance to shift him to a higher centre. He also gave Rs.500 to the wife to spend for the treatment.

2 (vi) Dr. Latha planned her vacation in advance. She completed all her patient obligations, informed her patients ahead of time about her absence and also arranged for a stop-gap doctor to cover till she was back.

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

Questions:

- 3 (i).** Mr. Manoj is going for an official assignment to Bihar and you want to start Chloroquine 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 Chloroquine 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 chloroquine 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: ROLES & RESPONSIBILITIES OF A FAMILY PHYSICIAN[QUESTIONS. 4(i) – 4(vi)] (Total:6 Marks)

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

Options:

- | | |
|---------------------------|--------------------------|
| A. Medical Expert | F. Scholar |
| B. Communicator | G. Professional |
| C. Collaborator | H. Role Model |
| D. Manager | I. Friend & Guide |
| E. Health Advocate | J. Philosopher |

Questions: What roles and responsibilities do the following Family Physicians fulfill ?

- 4 (i).** Dr. Suman, a Family Physician is very keen on primordial prevention. He prescribes a strict exercise regimen for his patients. He also displays posters about this all over his practice and the neighbourhood. Every morning you can see him jogging along the seashore regularly, without fail.
- 4 (ii).** When Praveen was finishing his 12th grade, his Family doctor, Dr. Prasad, called him and briefed him on all the career choices in the medical field.
- 4 (iii).** Dr. Sam motivated all the people in his locality to give a request to the collector to deal with the open sewage system in their locality which was causing a lot of health problems to the residents.

4 (iv). Dr. Monisha's patients are greatly benefitted as she closely works with and uses the expertise of nurses, allied health professionals as well as specialists and super-specialists to give quality patient care.

4 (v). Dr. Subash, is in charge of a Primary Health Centre (PHC). He wisely allocates the budget on a fair basis to meet the various needs of the PHC, the staff and the patients.

4 (vi) When a sick patient died, the relatives started shouting and behaving badly. But when Dr. Kaur explained and talked to them, they calmed down and went away

5. **THEME: COMMON SPORTING INJURIES [QUESTIONS. 5(i) – 5(vi)] (Total: 6 Marks)**

From the options 'A to N' given below, choose the best answer for the questions 5(i)–

5(vi):

Options :

- | | |
|--|----------------------------|
| A. Retinal tears | H. Lateral Epicondylitis |
| B. Lens dislocations | I. Olecranon dislocation |
| C. Medial epicondylitis | J. Tenpin Bowlers Thumb |
| D. Game keepers thumb | K. Corked Thigh (hematoma) |
| E. Haemorrhage into the various chambers | L. Hamstring injury |
| F. Corneal abrasion | M. Achilles Tendon rupture |
| G. Mallet Finger | N. Fracture of toes |

Questions:

5 (i). Mr. Surjit Singh is a boxer and he sustained an eye injury in the last match. What is the commonest injury to the eye in body contact sports?

5 (ii). Mr. Suresh is a national level Tennis player and he recently developed elbow pain. You diagnose him to have 'Backhand Tennis Elbow'. What condition gives rise to this?

5 (iii). Mr. Raman who lives in Manali, goes for skiing everyday. He sustained an injury to his thumb. What is the commonest thumb injury that can happen in skiing?

5 (iv). Shylaa is part of the Women's Cricket team and as she was trying to take a catch the ball hit the tip of her finger resulting in hyperflexion of the finger. What can result from such an injury?

5 (v). Mayank is an athlete developed soreness in his thigh which became better with RICE treatment and graded stretching exercises. What is the injury he is likely to have sustained?

5 (vi). Positive Thompson's test is diagnostic of this injury:

6. THEME – CHRONIC DISEASE MANAGEMENT [QUESTIONS. 6(i) – 6(vi)]

(Total: 6 Marks)

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

Options:

- | | |
|--|---|
| A. Ensuring compliance | E. Screening and Early detection |
| B. Looking for complications | F. Patient and Carer education |
| C. Coordinating care with specialists | G. Wholistic Management of the Chronic Illness |
| D. Promoting self-capacity of patient | |

Questions: Which aspect of chronic disease management are the following doctors focusing on?

6 (i). Dr. Vinay is a Family Physician who has made a protocol in his Family practice that in any patient over the age of 35, blood pressure should be checked. This is in line with the first step in chronic disease follow up which is:

6 (ii). Dr. Sinhasends electronic reminders to all his diabetic patients to come for their scheduled appointments. Which aspect of chronic disease management he is focusing on?

6 (iii). Dr. Manav Dassends a nurse for home-visits to all the postpartum mothers under his care and they fill in a checklist which prompts them to look for bleeding per-vaginum, postpartum fever etc. This is an example of this component of chronic disease management:

6 (iv). Dr. Dolly takes care of many patients with Asthma. She has employed a nurse educator to teach use of Peak Flow Meter to some of the asthmatics to monitor themselves and to change medication doses accordingly. Which aspect of chronic disease follow-up she is focusing on?

6 (v). Dr. Susanorders Serum Creatinine and microalbuminuria tests for all her diabetic patients annually. Which aspect of chronic disease follow-up she is focusing on?

6(vi). Dr. Scindia has two nurse educators in his out-patient department 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 – TEN LEVELS OF CARE[QUESTIONS. 7(i) – 7(vi)]

(Total: 6 Marks)

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

Options:

- | | |
|----------------------|--|
| A. Prevention | C. Early diagnosis |
| B. Screening | D. Diagnosis of established disease |

E. Management of disease

H. Terminal care

F. Management of complications

I. Counseling

G. Rehabilitation

J. Family Care

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

7 (i). Mr. Manikam had come with complaints of palpitations to you. You take a good history and do complete clinical examination and diagnose it to be anxiety and stress-related. You encourage him to talk to you about his home and work-related problems.

7 (ii). Mrs. Shantais a diabetic and is taking medicines from different doctors irregularly. She is lately on homeopathy drugs and her sugars are not controlled. She has come to you for the first time. You examine her, order relevant investigations, prescribe the necessary medicines and make a follow-up plan for her.

7 (iii). Mrs. Malini, a 64 year old retired teacher has come to you with white discharge PV since 2 months. She has been shy to reveal this and you convince her that you need to do a pelvic examination to which she finally consents. On examination, you find that she has Cervical Carcinoma Stage 3.

7 (iv). You teach Ms. Radha how to change the urinary catheter and care for her mother who has a terminal malignancy.

7 (v). Mrs. Malathi brings her 5 month old baby with history of cough and fever for 2 days. On examination, you find that the baby's pulse rate- 110/min, and respiratory rate is 46/min. On auscultation, the lungs were clear. You suspect that she has pneumonia and start her on antibiotics. She sends a message after 2 days that the baby is well.

7 (vi). Mr. Puia 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

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

B. Dengue and Chikungunya control program

Scheme (ICDS)

H. Revised National TB Control

C. National AIDS control program

Program(RNTCP)

D. Malaria control program

I.National Filaria Control Program

E. Special Nutrition Program

J.Kishori Shakthi Yojana (KSY)

F. Mid-day meal program

K.JSY (Janani Suraksha Yojana)

L. RSBY (Rashtriya Swasthya Bima Yojana)

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

8 (i). Transmission control with mass administration of drugs and disability prevention for those who already have the disease by offering home-based as well as hospital-based management as warranted are components of this national program:

8 (ii). Eight Key elements (Octalogues) of Mid Term Plan of this program are:(i) Disease and Vector Surveillance, (ii) Case management, (iii) Laboratory diagnosis, (iv) Vector management, (v) Outbreak response, (vi) Capacity building, (vii) Behaviour Change Communication, (viii) Inter-sectoral coordination and (ix) Monitoring & Supervision

8 (iii). This program is an Indian government-sponsored conditional cash transfer scheme to reduce the numbers of maternal and neonatal deaths and increase health facility deliveries in BPL families.

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 is done in this program:

8 (vi). Indoor insecticide spray during epidemic months of June/July is done in this program:

**9. THEME – CHARACTERISTICS OF A FAMILY PHYSICIAN [QUESTIONS. 9(i) – 9(vi)]
(Total: 6 Marks)**

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

Options:

A. High level of Diagnostic and therapeutic skill

B. Offers Family centered care

C. Disease centeredness

D. Offers Continuity of care

E. A command of complexity and uncertainty

F. Provides Whole person care

G. Provides Coordinated care

H. Comprehensiveness

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

9 (i). When Mrs. Fatima came with multiple somatic complaints and her Family Physician gently elicited the fact that she was depressed and found the cause of worry to be her son who is an alcoholic. The Family Physician counseled her and invited her to bring her son with her next visit.

9 (ii). Mr. Suman is brought to you with chest pain. You do an ECG and you find that he has Acute Coronary Syndrome (ACS). You call up a known cardiologist, arrange an ambulance and refer him with a well-drafted referral letter.

9 (iii). Mr. Yadav is an asthmatic who takes irregular medicines usually obtained over-the-counter. He has come to you with one of his frequent exacerbations. After settling the acute problem, you discuss with him and chalk out a follow-up plan for him.

9 (iv). Mr. Pal is newly diagnosed with TB and you started Anti- Tuberculosis Therapy. You also screen him for diabetes and HIV. You teach him how to discard sputum and how to maintain good healthy diet. You advise him on work-related issues. You also ask him to bring his 3 year old granddaughter who lives in the same house for screening for TB.

9 (v). You work in a rural clinic in a tribal belt in South India. Mrs. Mousamibrings her 4 year old son with headache and fever for 2 days. You find on examination that he is febrile, his radial pulse rate- 100/min and respiratory rate is 28/min. He had neck stiffness but all other systemic examinations were normal. You start treatment for meningitis and she brings him to you well in 2 days' time.

9 (vi). You arrange for a periodic ophthalmologist visit to your clinic to get your diabetic patients who are due for an ophthalmoscopy checked for diabetic retinopathy.

**10. THEME – COMMUNITY ORIENTED FAMILY PRACTICE [(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). Clinicians think normally in terms of single patients rather than population groups. Family physicians have to think in terms of both.

10 (ii). Ideally, the family physician should share the same habitat as his patients.

10 (iii). Communication with the patient and other team members, Participation, as needed, in home care/family conferences, Evaluation of quality of care are all components of the Community Oriented Primary Care (COPC)

10 (iv). A home visit can be either diagnostic or therapeutic, and is often a combination of both.

10 (v). In COPC, home care and house calls are 2 separate entities.

10 (vi). Feasibility of intervention and Commonness of a problem are important criteria for prioritization in a COPC.
