

March 2009

[KU 165]

Sub. Code: 2060

M.D. DEGREE EXAMINATION

Branch XVI – GERIATRICS

(For candidates admitted from 2004-2005 to 2007-2008)

**Paper IV – SOCIAL AND PREVENTIVE GERIATRICS
INCLUDING REHABILITATION AND RECENT ADVANCES**

Q.P. Code : 202060

Time : Three hours

Maximum : 100 marks

Draw suitable diagram wherever necessary

Answer ALL questions

I. Essay questions :

(2 x 20 = 40)

1. Discuss the causes of coma in elderly people. How will you investigate and manage diabetic ketoacidosis?
2. Discuss various nutritional disorders in the elderly and its management.

II. Write short notes on :

(10 x 6 = 60)

1. Long term care.
2. Peri operative care of the elderly.
3. Dizziness in elderly.
4. Alpha receptor antagonists.
5. Hyponatremia.
6. Constipation in elderly.
7. Parkinsonism plus syndrome.
8. House call program.
9. Physical self maintenance scale.
10. Role of Government in providing health care and economic security for older people.

March 2010

[KW 165]

Sub. Code: 2060

M.D. DEGREE EXAMINATION

Branch XVI – GERIATRICS

**Paper IV – (for candidates admitted from 2004-2005 to 2007-2008) and
Part II / Paper III – (for candidates admitted from 2008-09 onwards)**

**SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code : 202060

Time : Three hours

Maximum : 100 marks

Draw suitable diagram wherever necessary

Answer ALL questions

I. Essay questions :

(2 x 20 = 40)

1. Discuss confusion states in elderly and how will you do the investigations and plan the management?
2. Discuss obesity in elderly and its management.

II. Write short notes on :

(10 x 6 = 60)

1. Artificial limb.
2. Hyperkalemia.
3. Motor neuron disease.
4. Complete heart block.
5. Peritoneal dialysis.
6. Liver transplantation.
7. Eye donation.
8. Urinary tract infection in elderly.
9. Ring enhancing shadow on CT brain.
10. Exercise in elderly.

MAY 2011

[KY 165]

Sub. Code: 2060

**M.D. DEGREE EXAMINATION
BRANCH XVI – GERIATRICS
SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code : 202060

**Time : 3 hours
(180 Min)**

Maximum : 100 marks

Answer ALL questions in the same order.

I. Elaborate on :

Pages (Max.)	Time (Max.)	Marks (Max.)
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- | | | | |
|---|----|----|----|
| 1. Discuss about Comprehensive Geriatric assessment. | 11 | 35 | 15 |
| 2. Mistreatment of elderly – epidemiology, risk factors, identification and management. | 11 | 35 | 15 |

II. Write notes on :

- | | | | |
|--|---|----|---|
| 1. Community based rehabilitation. | 4 | 10 | 7 |
| 2. Calorie restriction. | 4 | 10 | 7 |
| 3. Newer therapy in Alzheimer's disease. | 4 | 10 | 7 |
| 4. Mobility aids. | 4 | 10 | 7 |
| 5. Prevention of Fractures. | 4 | 10 | 7 |
| 6. Surgical management of Parkinsonism. | 4 | 10 | 7 |
| 7. Fall risk assessment. | 4 | 10 | 7 |
| 8. Behavioural intervention in urinary incontinence. | 4 | 10 | 7 |
| 9. Long term catheterization. | 4 | 10 | 7 |
| 10. Exercise in elderly. | 4 | 10 | 7 |

APRIL 2012

[LA 165]

Sub. Code: 2060

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

SOCIAL AND PREVENTIVE GERIATRICS INCLUDING REHABILITATION
AND RECENT ADVANCES

Q.P. Code : 202060

Time : 3 hours
(180 Min)

Maximum : 100 marks

Answer ALL questions in the same order.

I. Elaborate on :

Pages (Max.)	Time (Max.)	Marks (Max.)
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- | | | | |
|--|----|----|----|
| 1. Discuss the causes for chronic disability in elderly.
Describe the methods of its prevention and management. | 16 | 35 | 15 |
| 2. Discuss sarcopenia in ageing. Briefly write
about diagnostic criteria, investigations and management. | 16 | 35 | 15 |

II. Write notes on :

- | | | | |
|---|---|----|---|
| 1. How will you communicate a bad news? | 4 | 10 | 7 |
| 2. What is care giver stress and how to manage that? | 4 | 10 | 7 |
| 3. Assessment of decisional capacity in older person. | 4 | 10 | 7 |
| 4. Role of caloric restriction in ageing. | 4 | 10 | 7 |
| 5. Describe the active ageing and how will you achieve? | 4 | 10 | 7 |
| 6. Describe the social security system for older people in India. | 4 | 10 | 7 |
| 7. Need of Day hospitals in geriatric practice. | 4 | 10 | 7 |
| 8. Current drug therapy in Alzheimer's disease. | 4 | 10 | 7 |
| 9. Role of sensor devices in the prevention of falls. | 4 | 10 | 7 |
| 10. Recent advances in the management of sepsis. | 4 | 10 | 7 |

(LC 165)

APRIL 2013

Sub code:2060

**M.D. DEGREE EXAMINATION
BRANCH XVI – GERIATRICS**

**SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P.CODE:202060

Time: Three Hours

Maximum: 100 marks

I. Elaborate on:

(2X15=30)

1. What is the National Program for Health Care in the Elderly (NPHCE)? What is the background on which this program was based? What are the vision, objectives and expected outcomes of this program? What are the packages of services to be made available at different levels under NPHCE? What are the activities that the centres under this scheme have to perform?
2. Discuss the management of a ST elevation myocardial infarction. What are the recent advances in the approach to this entity?

II. Write notes on:

(10X7=70)

1. What are the predisposing factors for osteoporosis? How will you prevent this entity from occurring in these individuals? What is the management of osteoporosis?
2. Write a short note on anti ageing interventions.
3. What are the effects of alcohol in a geriatric population? How would you address this issue of alcoholism in an elderly patient?
4. What are drug eluting stents? What are the advantages and disadvantages of using these stents over the bare stents?
5. How would you diagnose and manage multidrug resistant tuberculosis in an individual – based on the DOTS plus regime?
6. How do you prevent and manage chronic constipation in the elderly?
7. What are the risk factors and criteria to diagnose Restless Leg Syndrome? How will you manage a case of restless leg syndrome?
8. Enumerate the prevention of pressure sores in an elderly bed bound patient.
9. Draw up an immunization schedule for a fit elderly patient. Please give reasons for your choice of immunization protocol based on evidence found in literature.
10. Write a short note on the history of the “Stroke Clinics”. Why were they set up and what issues do they address?

(LD 165)

**OCTOBER 2013
M.D. DEGREE EXAMINATION
BRANCH XVI – GERIATRICS**

Sub code:2060

**SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES
Q.P.CODE:202060**

Time: Three Hours

Maximum: 100 marks

I. Elaborate on:

(2X15=30)

1. Discuss Frailty Syndrome.
2. Discuss the Functional Assessment in a 85 year old lady.

II. Write notes on:

(10X7=70)

1. Ethno – Geriatrics.
2. Elder Abuse.
3. End of Life Care Issues.
4. Cancer Screening.
5. Bereavement.
6. Hospice & Respite Care.
7. Euthanasia.
8. Advance Directives.
9. Geriatric Syndromes.
10. Geriatric Demography & its implications.

[LE 165]

APRIL 2014

Sub. Code: 2060

M.D. DEGREE EXAMINATION
BRANCH XVI –GERIATRICS
SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES
Q.P. Code :202060

Time : Three Hours

Maximum : 100 marks

I. Elaborate on: **(2X15=30)**

1. Discuss the types of elder mistreatment in elderly. Discuss the role of social worker in identifying elder mistreatment.
2. Discuss the management of chronic pain in elderly. Briefly mention the role of palliative care in geriatric practice.

II. Write notes on: **(10X7=70)**

1. Write a note on euthanasia and physician assisted suicide.
2. Advance directives.
3. Home based care.
4. Write a note on Informed consent.
5. Discuss the Recent advances in the management of parkinsonism.
6. How will you rehabilitate an older adult with low vision?
7. Current guidelines for vaccination of older persons.
8. Caregiver Burden/ Apathy.
9. Pre operative assessment.
10. Immune senescence.

[LG 165]

APRIL 2015

Sub. Code: 2060

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P.Code:202060

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Elaborate on:

(2 x 15 = 30)

1. You are chosen by your Medical Superintendent to head the Interdisciplinary team on the Rehabilitation ward. This ward has patients who are undergoing Neurology rehabilitation, post orthopaedic procedure patients and patients with deconditioning due to various co morbidities. Who would you choose to be part of your team? What would you enumerate to be their job responsibilities? How would you address conflict management and care planning?
2. Alzheimer's Dementia – pathogenesis, latest advances in pathogenesis at the molecular level, drugs used in Dementia (their mechanism of action, efficacy, indications for use and side effects) and newer treatment modalities being tried in Alzheimer's.

II. Write notes on:

(10 x 7 = 70)

1. AHA guidelines for stroke prevention in atrial fibrillation.
2. Newer cardiac biomarkers in myocardial injury and their interpretation.
3. Osteoporosis in males – causes, evaluation and treatment modalities.
4. Drug eluting stents – pros and cons.
5. POEMS syndrome – clinical features, laboratory investigations and treatment.
6. Status of vaccinations in the elderly – with recent evidence.
7. Osteoarthritis – pathogenesis, diagnosis and treatment.
8. Malaria – treatment especially drugs – classes, uses, contraindications, side effect profile and efficacy. Also mention the drugs used in prophylaxis for malaria.
9. Recent trends in the treatment of Hepatitis C infection.
10. What is the WHO classification of Myelodysplastic syndrome? What are the distinguishing features of each class?

[LI 165]

APRIL 2016

Sub. Code: 2060

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code :202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Following your post-graduation, you are posted as the doctor in charge of the District Hospital. What are the components of the NPHCE (National Program for Health Care in the Elderly) you will have to implement in the district? How you would put “theory into practice?”
2. Enumerate and explain in detail the theories of aging.

II. Write notes on:

(10 x 7 = 70)

1. What is “decisional capacity?” What are the factors affecting it and how would one assess “decisional capacity?”
2. Lifestyle modification to reduce cardiovascular risk.
3. CHADS2 Vasc score – what is it used in and what is its clinical significance?
4. Myasthenia gravis – presentations, laboratory evaluation and treatment.
5. Treatment – older and newer modalities - of chronic Hepatitis B infection.
6. Enumerate the causes for secondary hypertension – how would you evaluate and treat this entity?
7. Chronic obstructive pulmonary disease – management (recent recommendations).
8. Diagnostic criteria for Myelodysplastic Syndrome and the differentials one has to consider.
9. Travel recommendations for vaccinations in the elderly – CDC guidelines.
10. Asymptomatic bacteriuria – definition, treatment and prognosis.

[LK 165]

MAY 2017

Sub. Code: 2060

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code :202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. What are the causes of immobility in an elderly and write about the management and complications?
2. Describe the active ageing and how will you achieve? Describe the social security system for older people.

II. Write notes on:

(10 x 7 = 70)

1. Draw up an immunization schedule for an elderly patient. Please give reasons for your choice of immunization protocol based on evidence found in literature.
2. Diabetic foot syndrome.
3. Geriatric depression scales.
4. National Policy of Older Persons (NPOP) and the various existing beneficiary schemes for elderly.
5. Malnutrition of elderly - its causes, assessment and management.
6. Biomarkers of ageing.
7. Theories of Aging.
8. Causes, evaluation and management of a person presenting with features of peripheral Neuropathy.
9. Hospice and respite care.
10. Cancer screening in elderly.

[LL 165]

OCTOBER 2017

Sub. Code: 2060

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code :202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Discuss the diagnosis, different forms and management of Elder Abuse.
2. How will you manage a terminally ill patient? What are all the issues that need to be addressed in the care of terminally ill?

II. Write notes on:

(10 x 7 = 70)

1. Testosterone replacement in elderly male.
2. National Programme for Health Care in Elderly.
3. Stroke rehabilitation.
4. Newer oral Antidiabetic agents.
5. Biomarkers for Alzheimer's Dementia.
6. Sleep protocol.
7. How will you communicate a bad news?
8. How will you prevent falls in elderly?
9. Rehabilitation of a patient with osteoarthritis of knee joints.
10. Home based care.

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code :202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Osteoporosis – definition, pathogenesis, diagnosis, management – including newer interventions. Also elaborate on male osteoporosis and premenopausal osteoporosis.
2. Define septic shock, systemic inflammatory response syndrome and multiorgan dysfunction syndrome. What is the etiopathogenesis of septic shock? What investigations will you send and what is the treatment you will initiate in a patient with septic shock?

II. Write notes on:

(10 x 7 = 70)

1. Pathognomic MRI findings in Progressive supranuclear palsy and multi system atrophy.
2. Etiopathogenesis and management of in stent stenosis.
3. Low molecular weight heparins – types, indications for use, benefits and side effect profile.
4. Emerging biomarkers in cognition.
5. Ezetimibe – indications, mode of action, metabolism, excretion, side effects and dosage.
6. Frailty and its prevention.
7. Temporal arteritis – diagnosis, clinical features, treatment and prognosis.
8. Prostate specific antigen – to screen or not to screen – what does the recent evidence show and why?
9. Diffuse idiopathic skeletal hyperostosis – presentation, investigations and treatment options.
10. Dermatomyositis in the elderly – presentation, associated co morbidities, laboratory investigations and treatment options. Write a note on prognosis.

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code: 202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on: (2 x 15 = 30)

1. Advances in diagnosis of early stages of Alzheimers dementia and mild cognitive impairment.
2. National program for health care of the elderly.

II. Write notes on: (10 x 7 = 70)

1. Thrombolysis in stroke.
2. Pneumococcal vaccination.
3. Elder abuse.
4. Management of motor fluctuations in Parkinson's disease.
5. Sirtuins in Aging and disease.
6. Home based care.
7. Tools for falls risk assessment.
8. Advance directives – current status in India.
9. Management of recurrent urinary tract infection in the elderly.
10. Management of systolic heart failure in an elderly patient with chronic kidney disease with a GFR of 40 ml/min.

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code: 202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Assessment of Fall risk and Prevention of falls in elderly.
2. Write in detail on Comprehensive Geriatric Assessment and its usefulness in geriatric practice.

II. Write notes on:

(10 x 7 = 70)

1. Long term care.
2. Paget's disease.
3. Care giver burden.
4. Interventions for healthy ageing.
5. Bone marrow transplant.
6. Complications and management of constipation in elderly.
7. Nutritional assessment in older persons.
8. Anorexia of ageing.
9. Role of renal replacement therapy in elderly.
10. Role of CPAP in diseases of elderly.

[LQ 165]

**AUGUST 2020
(MAY 2020 SESSION)**

Sub. Code: 2060

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code: 202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Integrated care of older people.
2. Assessment of disability in older people and rehabilitation.

II. Write notes on:

(10 x 7 = 70)

1. Euthanasia.
2. Assistive devices for elderly.
3. Interleukin - 6.
4. Cancer screening.
5. Role of newer anticoagulants.
6. Immunosenescence and its relevance in vaccination in elderly.
7. Telomere.
8. Continuous bladder drainage.
9. Nutritional assessment.
10. Antisclerostin antibodies in treatment of osteoporosis.

[MD 0721]

JULY 2021
(MAY 2021 SESSION)
M.D. DEGREE EXAMINATION

Sub. Code: 2060

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code: 202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Definition, evaluation and components of rehabilitation in elderly.
2. Classify types of pain, pathophysiology, clinical evaluation and management of chronic or persistent pain in elderly.

II. Write notes on:

(10 x 7 = 70)

1. Biomarkers in Alzheimer's disease.
2. Advanced directives- status in India.
3. Newer drugs for Alzheimer's disease.
4. Breaking bad news.
5. Role of geriatric social workers.
6. Statins in elderly.
7. DEXA scan.
8. Interventions to prevent delirium in post operative older patients.
9. Community based long term care services.
10. Drug eluting stents.

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[MD 0522]

MAY 2022

Sub. Code: 2060

M.D. DEGREE EXAMINATION

BRANCH XVI – GERIATRICS

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code: 202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Define sepsis. Describe the epidemiology, clinical presentation, diagnosis, management and prognosis of an older person with sepsis.
2. What is palliative care? What are the principles of palliative care? Name some interventions in Palliative Care which would decrease the suffering of a person with painful bone metastasis, nausea, vomiting, constipation and breathlessness? How has this aspect of medical science evolved in India?

II. Write notes on:

(10 x 7 = 70)

1. Inputs from the occupational therapist on the team caring for the older person are not clearly understood. Highlight the role of the occupational therapist and how his or her presence can affect the care of the patient on the ward and at discharge.
2. Compare and contrast the test used to identify / screen for frailty.
3. Heart failure is commonly encountered on the geriatric wards. Describe the etiopathology clinical presentation, stages and management of heart failure.
4. The Orthopedic team in the health care facility you work in wants you to draw up evidence based protocol on Venous thromboembolic prophylaxis following elective total hip and knee replacements. Draw up this protocol based on evidence in literature.
5. Mr. Atul has come into the Emergency Department with severe breathlessness and an oxygen saturation of 60 %. He is known to have chronic obstructive pulmonary disease and was on inhalers. He developed cough with purulent sputum three days ago. How would you tailor oxygen requirements and oxygen delivery systems throughout his hospital stay and at discharge?

... 2 ...

6. What is a living will? What is the procedure to write a living will in India and how is it executed?
7. What are the stages of a pressure sore? What are the common sites involved? How is it preventable and outline the appropriate treatments for each of the above mentioned stages.
8. Prior to initiating long term rehabilitation in a patient with stroke, what are the factors you would take into consideration before admitting such a patient into this facility?
9. Enumerate and briefly explain the components of the Hospital Elder Lift Program.
10. What is the preliminary assessment done in an older male with lower urinary tract symptoms? When would you refer to a Urologist?

[MD 0522]

THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY

[MD 0723]

**JULY 2023
(MAY 2023 EXAM SESSION)**

Sub. Code: 2060

**M.D. DEGREE EXAMINATION
BRANCH XVI – GERIATRICS**

**PAPER IV – SOCIAL AND PREVENTIVE GERIATRICS INCLUDING
REHABILITATION AND RECENT ADVANCES**

Q.P. Code: 202060

Time : Three Hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Malnutrition in older adults- approach to diagnosis and management.
2. Frailty is a common syndrome in older adults - Discuss the etiopathogenesis, assessment and management of frailty in older adults.

II. Write notes on:

(10 x 7 = 70)

1. Screening for colon cancer.
2. Vaccination in older adults.
3. Exercises in older adults- beneficial or harmful.
4. National Policy on Older Persons (NPOP).
5. You are tasked with preparing a checklist for older adults undergoing diagnostic and therapeutic procedures in the ward. Discuss the common medical issues that needs planning prior to these procedures and how it needs to be addressed in the periprocedural period to avoid adverse patient outcomes. Eg. management of antiplatelet agents in the periprocedural period.
6. 65 / M has had 3 confirmed urinary tract infections, all needing hospitalization and intravenous therapy in the last 6 months and solicits your advice for this recurrent problem. What advice and therapies will you give to him?
7. Newer insulin analogues.
8. The director of your hospital is keen on starting a day care centre in your institution for older adults and seeks your opinion. Discuss the role, benefits and logistics of running a day care centre facility for older adults.
9. Testosterone therapy in older men.
10. Discuss the ill effects of alcohol in older adults. Write a note on alcohol deaddiction.
