

FAMILY MEDICINE

PAPER – I

FLM/D/16/08/I

Time : 3 hours

Max. Marks : 100

Important instructions:

- Attempt all questions in order.
- Each question carries 10 marks.
- Read the question carefully and answer to the point neatly and legibly.
- Do not leave any blank pages between two answers.
- Indicate the question number correctly for the answer in the margin space.
- Answer all the parts of a single question together.
- Start the answer to a question on a fresh page or leave adequate space between two answers.
- Draw table/diagrams/flowcharts wherever appropriate.

1. A 1 year old child presents with itching of face and hands for 3 months, preventing sleep and feeding. 4+4+2
 - a) What is the most likely diagnosis? Mention the differentials.
 - b) How will you manage the child?
 - c) When will you consider specialist referral?

2. A 40 year old man with chronic diarrhea for 5 years labeled as irritable bowel syndrome presents with increase in diarrhea. 5+5
 - a) What points in the history will suggest three other possible diagnoses?
 - b) How will you attempt to establish these diagnoses?

3. A 75 year old man with chronic heart failure recently worsens, despite compliance with medications. 5+(2+3)
 - a) List 5 possible reasons for this and how they can be corrected?
 - b) State the roles of spironolactone & beta blockers in heart failure management.

4. A 25 year old lady has episodes of pain unilateral face and temporal region lasting 12 to 24 hours for last 3 months. 6+4
 - a) List 3 possible diagnoses, giving differentiating clinical features.
 - b) Management principles of each in brief.

5. A 55 year old asymptomatic man was discovered to have gross prostatomegaly with post-void residue of 45ml on routine ultrasound abdomen at a master health check up. 3+4+3
 - a) What is the pathophysiology?
 - b) What is the best management at this stage and when should referral be made?
 - c) Pros and cons of routine PSA testing.

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6. A 55 year old diabetic of 8 years duration has an HbA1c of 9.0% on Metformin 2gm/day & Glimeperide 4mg/day. 4+4+2
- a) List 3 management strategies which can be taken using oral drug in step-wise manner to improve glycemc control.
 - b) How will you start insulin, if above are not successful? What advice will you give to this patient if started on insulin?
 - c) If HbA1c is 8% with all above treatments, what further can a diabetologist offer?
7. Mr.Pratap is a 75 year old man who has come with a history of yellow discolouration of his eyes. You notice that he is jaundiced. 2+3+3+2
- a) What is the differential diagnosis for the cause of his jaundice?
 - b) How would you proceed with history and physical examination to assess him?
 - c) Investigations you would ask for with justification for each.
 - d) What are the characteristics of liver function tests in hepatocellular and obstructive jaundice?
8. Give briefly the interpretation of the following values in research studies. 4+4+2
- a) Comparison of heights in same age groups in school children rural Vs urban $p < 0.01$, 95% CI 0.1 – 1.8
 - b) Number needed to treat (NNT) 20/1000 in a trial of new lipid lowering agent.
 - c) Odds ratio of 1 (one) in a Randomized Control Trial (RCT) of mortality in sepsis patients receiving a new antibiotic.
9. Sooraj is a 45 year old office worker who also has diabetes and hypertension. During the consultation for management of his health, you raise the issue of his smoking. 2+2+2+4
- a) List the adverse effects of smoking that you would discuss with him.
 - b) What practical advice will you give him to quit smoking?
 - c) List the withdrawal effects of quitting smoking.
 - d) Pharmacological treatment to help quit smoking.
10. Rani is a 50 year old lady who has been getting episodes of palpitation. 2+4+4
- a) List the differential diagnosis for this symptom in her.
 - b) Write the relevant history and physical examination features you would elicit. List the investigations you would ask for with justification for each.
 - c) Medical management of Grave's disease.
