



THE COLLEGES OF MEDICINE OF SOUTH AFRICA

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Examination for the Subspecialty Certificate in Child and Adolescent Psychiatry of the
College of Psychiatrists of South Africa

2 March 2018

1 Paper only

(3 hours)

All questions to be answered. Each question to be answered in a separate book (or books if more than one is required for the one answer)

- 1 a) Describe how you would manage chronic suicidality in a 15-year-old girl who has been admitted to an inpatient unit following her third suicide attempt in four months, and now threatens to kill herself if you discharge her back to the Child and Youth Care Centre in which she has been living for the previous six months. (15)
- b) What risk factors and antecedents for borderline personality traits would you seek in her history and collateral? (5)
- c) Briefly outline the arguments for and against use of the diagnosis of personality disorder in adolescents. (5)
- [25]
- 2 a) A 14-year-old female patient was first referred for impulsive and inattentive behaviour at the age of 4 years, and was diagnosed with attention deficit hyperactive disorder. At the age of 7 years, intermittent daytime episodes characterised by sudden fear and purposeless running, jumping, clapping, and rocking started. Electroencephalography (EEG) recordings did not reveal any abnormality. Two years later, night-time episodes started, which were quite similar to the daytime spells, characterised by persistent disruptive behaviour and intermittent bizarre and violent outbursts. These outbursts often appeared purposeful, but she described getting a 'warm' feeling in her stomach prior to the outbursts. Give the most probable diagnosis and discuss the clinical symptomatology of the above diagnosed disorder, referring to the clinical presentation in different age groups: Infants and toddlers (0-3 years), Pre-school and early school (3-6 years), and Older children, adolescents and adults (> 6 years). (10)
- b) How would you distinguish a pseudo-seizure from an epileptic fit? (5)
- c) In the context of child and adolescent psychiatry, and unrelated to the above questions, how would you describe effective parenting? (10)
- [25]
- 3 a) A 10-year-old girl is brought to you with a known diagnosis of Attention Deficit Hyperactivity Disorder (ADHD), treated with methylphenidate to good effect. She and her parents are now complaining about her difficulties falling asleep, frequent night awakenings and difficulties getting up in the morning
- i) Describe the subjective and objective characteristics of sleep in children with ADHD. (10)
- ii) What would your treatment approach be in this case, with specific regard to sleep hygiene interventions? (5)

- b) Critically discuss the use of medication to address sleep difficulties in infants, children and teenagers (not limited to those with ADHD). (10)
[25]
- 4 Children and adolescents may present to mental health services with obsessive-compulsive behaviours that are causing significant impairment and distress. Discuss the following
- a) Developmentally appropriate obsessive compulsive behaviours. (3)
 - b) An approach to the assessment of obsessive compulsive behaviours. (8)
 - c) Differential diagnoses of children and adolescents presenting with obsessive compulsive behaviours. Give reasons for each possible diagnosis mentioned. (8)
 - d) Treatment of obsessive compulsive disorder in children and adolescents. (6)
- [25]