



## THE COLLEGES OF MEDICINE OF SOUTH AFRICA

Incorporated Association not for gain  
Reg No 1955/000003/08

Examination for the Diploma in Mental Health of the  
College of Psychiatrists of South Africa

14 July 2016

Paper 1

(3 hours)

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

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- 1 An 18-year-old male presents with a first episode of psychosis. His brother was diagnosed with schizophrenia two years ago. The parents would like to know if their 18-year-old has schizophrenia as well
- a) Write short notes on the questions that you would pose to the parents to elicit prodromal symptoms suggestive of a diagnosis of schizophrenia. (10)
  - b) The patient is treated with Haloperidol. Five days after treatment initiation there is concern of Neuroleptic malignant syndrome (NMS). Write short notes on how you would make the diagnosis of NMS and your management thereof. (15)
- [25]
- 2 A man brings his elderly mother to you with the complaint that she has been getting increasingly forgetful over the past year. He is concerned that she might have Alzheimer's disease
- a) Explain what your approach to this patient would be in order to make a diagnosis. (15)
  - b) List five of the most likely and potentially treatable medical conditions that could contribute to / cause the complaint of forgetfulness. (5)
- You exclude medical conditions and make a diagnosis of Major Neurocognitive Disorder according to the DSM 5
- c) Alzheimer's disease is one possible cause of a Major Neurocognitive Disorder. List five other most common causes in a South African setting. (5)
- [25]
- 3 A 28-year-old male is brought in by the police at 1am in the morning to the emergency unit, where you are on call. They give a history that they were called by community members to come and assist as he was roaming in the streets, shouting profanities and whenever somebody approached him he would react violently, lashing out at them. They decided to bring him to hospital as he appeared to be "confused". The patient is now sitting in the waiting area in hand-cuffs, mumbling away and would ever so often swear at people staring at him. From the above clinical history
- a) List the most likely differential diagnoses taking into consideration the history above. (10)
  - b) Discuss the appropriate approach to the management of an aggressive and violent patient. (15)
- [25]

- 4 a) Define 'insomnia' and describe various types of insomnia. (5)
- b) Write brief notes on the recommended general approach and non-pharmacological management of insomnia. (10)
- c) Write brief notes on the appropriate pharmacological management of insomnia. (10)
- [25]



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15 July 2016

Paper 2

(3 hours)

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

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- 1
- a) There are various factors you need to take into consideration before prescribing any psychotropic medication for a patient. Describe five of the most important and relevant factors. (5)
  - b) Before concluding that a medication is having no therapeutic effect for a patient, you need to ensure that the patient has been on an adequate trial of the medication in question. Describe five of the most important and relevant conditions that must be met in any medication trial for it to be considered adequate. (5)
  - c) Describe five of the most effective approaches to improve medication adherence. (5)
  - d) Write short notes on Lithium toxicity, under the following headings
    - i) Clinical presentation. (5)
    - ii) Management. (5)
- [25]
- 2
- You are called for a psychiatric consult on a middle-aged woman in the emergency room after she had a generalised tonic clonic seizure in a Clicks pharmacy. She was trying to obtain the non-benzodiazepine, Zolpidem (Stilnox) from the pharmacist without a prescription in a very agitated state. She discloses to you that she has been taking ten (10) Zolpidem tablets daily for three years and is dependent on. She had failed to procure her drugs in the usual manner and had gone into withdrawal. This was the first seizure she experienced
- a) What are the most common symptoms of withdrawal from a CNS depressant? (10)
  - b) How would such a situation be managed in the short and long-term? (15)
- [25]
- 3
- Write short notes on the following
- a) According to the MHCA (Mental Health Care Act of 2002) a patient can be admitted to a hospital in four different ways. Describe each type of admission briefly. (10)
  - b) Discuss the necessary elements of informed consent. (10)
  - c) Explain what is meant by the term "competency or capacity for an informed decision". (5)
- 4
- You are working as a medical officer at the psychiatry outpatient department and the mother of a seven-year-old boy is referred with a problem of bedwetting
- a) Describe the appropriate approach to this problem. (10)
  - b) Describe the non-pharmacological management strategies that you will discuss with the mother. (8)

- c) Which medication is most commonly used to treat Enuresis and what dose would you recommend starting on? (2)
  - d) Classify elimination disorders. (5)
- [25]