

SECOND YEAR THEORY EXAM- FEBRUARY 2018
PAPER III - MATERNAL AND CHILD HEALTH

QP .CODE: 434013

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)	
3(ii)	
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. Mrs. Nithya, age 46, comes to your OPD with complaints suggestive of menopause. (Total: 20 Marks)
- A. List the presenting symptoms
- i). During menopausal transition time. (2 Marks)
 - ii). After menopause sets in. (2 Marks)
- B. Name 4 chronic diseases, the patient is at risk of after menopause (4 Marks)
- C. How will you make a diagnosis of menopause in Mrs. Nithya? (2 Marks)
- D. Discuss Hormone Replacement Therapy as treatment for menopause, mention indications and contraindications (6 Marks)
- E. i). Define post-menopausal bleeding (2 Marks)
ii). List any 4 causes of post-menopausal bleeding (2 Marks)
2. 2 year old Mehul has been brought to you by his parents with complaints of loose stools. (Total: 20 Marks)
- A. How do you define ‘diarrhoea’ and what questions will you ask Mehul’s parents, while taking a history to evaluate him? (5 Marks)
- B. How will you assess the hydration status of a child with diarrhoea? (5 Marks)
- C. In a child with ‘some dehydration’ and ‘severe dehydration’, what will be your management plan for each presentation? (10 Marks)

PART – B
EXTENDED MATCHING QUESTIONS
(ANSWER ALL QUESTIONS)

1. **Theme: Diagnosis of Vaginal Discharge [Questions 1(i) – 1(vi)]** (Total: 6 Marks)
From the options ‘A to K’ given below, choose the best answer for questions 1(i) – 1(vi):

Options:

- | | |
|--------------------------|-----------------------------|
| A. Endometrial carcinoma | G. Atrophic vaginitis |
| B. Fibroid in the cervix | H. Normal vaginal discharge |
| C. Trichomoniasis | I. Carcinoma cervix |
| D. Cervicitis | J. Endometriosis |
| E. Vaginal candidiasis | K. Adenomyosis |
| F. Bacterial vaginosis | |

Questions: Choose the most likely diagnosis for the following patients.

- 1(i). A 23 years old primigravida, Mrs. Suganya, complains of intense itching over the genitalia with a curdy white discharge. The most likely diagnosis is -
- 1(ii). Mrs. Lalitha is a 25 year old who comes to you complaining of vaginal discharge, which has fishy odour, and Whiff test is positive. Mrs. Lalitha has -
- 1(iii). 20 year old college student Ms. Anushka has come to you with vaginal discharge. On examination she has thin odourless mucus discharge. Ms. Anushka has -

1(iv). Mrs. Prema is a 35 year old with a history of purulent vaginal discharge with lower abdominal pain with dyspareunia. Her husband is a travelling businessman. The most likely diagnosis is -

1(v). 30 years old Mrs. Sunitha presented with vaginal discharge. On examination, she has frothy greenish yellow discharge. The most likely diagnosis is -

1(vi). 55 year old Mrs. Rajathi presented to you with post coital bleeding. On examination, the cervix was friable and bled on touch. The most likely diagnosis is -

2. Theme: Menstrual Irregularities [Questions 2(i) – 2(vi)] (Total: 6 Marks)

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

Options:

- | | |
|--------------------------------|-----------------------------------|
| A. Ectopic pregnancy | H. Maternal oestrogen withdrawal |
| B. Endometrial carcinoma | I. Dysfunctional uterine bleeding |
| C. Pelvic Inflammatory Disease | J. Ovarian carcinoma |
| D. Uterine fibroid | K. Drug induced problem |
| E. Diabetes Mellitus | L. Hypothyroidism |
| F. Bleeding disorder | M. Psychological upset |
| G. Polycystic Ovarian Disease | N. Chlamydial infection |

Questions: What is most likely diagnosis for the following scenarios?

2(i). 14 year old Karuna was brought to you with severe bleeding p/v since she attained menarche 3 days ago. You notice that she has some bruises over forearms and legs.

2(ii). 60 year old Mrs. Menaka presented to you with bleeding p/v. Pelvic examination showed a uniformly enlarged uterus. She is also a diabetic.

2(iii). 28 year old Mrs. Seema presented to you with excessive periods and foul smelling discharge PV. Her previous menstrual period was normal and lasted for 3 days. On examination, cervical motion was tender.

2(iv). 43 year old Mrs. Kavya was brought to you with menorrhagia. She is not a diabetic or a hypertensive. She recently lost her husband in a road traffic accident and has been on some antidepressants recently. The most likely cause of menorrhagia is-

2(v). 36 year old Mrs. Xavier presented to you with regular heavy periods for the past 6 months. Her pelvic examination was normal. Ultrasound abdomen showed normal uterus. The most likely diagnosis is -

2(vi). 41 year old Mrs. Revathy presented to you with increased bleeding, loss of weight and appetite for the past 6 months. On examination she had abdominal distension and the pelvic examination showed adnexal mass on the right side. The most likely diagnosis is -

3. Theme: Amenorrhea [Questions 3(i) – 3(vi)] (Total: 6 Marks)

From options 'A to L' given below, choose the best answer for the questions 3(i) – 3(vi):

Options:

- | | |
|---------------------------|----------------------|
| A. Hypothalamic pathology | D. Secondary |
| B. Ovulatory cycles | E. Pregnancy |
| C. Tertiary | F. Uterine pathology |

- G. Anorexia nervosa
- H. Turner's syndrome
- I. Polycystic ovarian syndrome

- J. Hypothyroidism
- K. Primary
- L. Anovulatory cycles

Questions:

- 3(i). Miss. Pooja is 15 years old and has not had menses until now. Her secondary sexual characters are also not developed. What type of amenorrhea does she have?
- 3(ii). Miss. Shanthy attained menarche at 14 years. She had 3/30-60 days cycle for 1 year. For the past 6 months she has not had menstrual cycles. What type of amenorrhea is it?
- 3(iii). Miss. Chamundeshwari presented with primary amenorrhoea, what is the most common cause of the same?
- 3(iv). Miss. Kirthika attained menarche two years ago. For nearly 18 months she has had very few irregular cycles associated with amenorrhoea of varying length of time. These are called -
- 3(v). After undergoing D & C for an incomplete abortion 6 months ago, Mrs. Shanthy has developed amenorrhea. Her pregnancy test is negative. What is the cause?
- 3(vi). 26 year old Miss. Kumari has oligomenorrhea, acne, hirsutism. The most likely diagnosis is

4. Theme: Infertility [Questions 4(i) – 4 (vi)]

(Total: 6 Marks)

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

Options:

- A. Bilateral tubal block
- B. Hypothalamic dysfunction
- C. Sheehan's syndrome
- D. Polycystic ovarian syndrome
- E. Turner's syndrome
- F. Anterior pituitary adenoma
- G. Premature ovarian failure
- H. Kallmann's syndrome
- I. Drugs induced
- J. Fibroid uterus

Questions:

- 4(i). Mrs. Leela presented to you with infertility. After thorough examination, you did prolactin estimation on her. It was >1500mIU/L. The most likely cause of infertility in her is -
- 4(ii). Mrs. Shalini has come to see you since she is not able to conceive. She is very weight conscious and is over-exercising and is underweight. The most likely cause of infertility in her is-
- 4(iii). Mrs. Kalavathi lost around 2 litres of blood during her previous delivery 3 years ago. She was given 4 pints of blood at that time. Since then she is not able to conceive. The most likely diagnosis is -
- 4(iv). Mrs. Preenal is obese, has irregular menstruation and has acne. She is not able to conceive. The most likely cause of infertility in her is -
- 4(v). 35 year old Mrs. Sumana, is living with her husband. She is unable to conceive after their 1st son who is 6 years old. Over the past 4 years she has developed menorrhagia, dysmenorrhoea and her cycles are 7/30. She is not on any medications.
- 4(vi). Mrs. Sumathi is married for the last 2 years and is not able to conceive. She was treated for pulmonary tuberculosis 2 years ago

5. Theme: Breast Problems [Questions 5 (i) – 5 (vi)]

(Total: 6 Marks)

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

Options:

- | | |
|--------------------------------------|---|
| A. Fibroadenoma | H. Breast Abscess |
| B. Stretch marks | I. Mastitis |
| C. Breast Cyst | J. Lymphedema |
| D. Cyclical Mastalgia | K. Thrush |
| E. Inflammatory breast cancer | L. Paget's disease of the nipple |
| F. Eczema | M. Galactorrhea |
| G. Gynecomastia | |

Questions: Choose the most appropriate diagnosis:

5(i). 45 years old Mrs. Juliet comes to you with the complaints of pain in the left breast for the past 2 weeks. The breast also feels lumpy to her. On examination the breast looks reddish and swollen and feels warm. The skin of the breast also has multiple dimpled appearance. The left breast does not go up symmetrically with the right one when she raises both her upper limbs.

5(ii). Madhan is a 15 year old boy who is brought to you by his anxious parents with complaints of a painful lump in his left breast. On examination there is a small disc of tissue under the left nipple that is painful on palpation. You also notice that Madhan is developing axillary and facial hair.

5(iii). 22 years old Miss. Nathiya, an IT professional, is worried about many things – her increasing weight, loss of hair and lack of sleep. She is also concerned about some changes in her breast. On examination you find reddish and purplish, slightly indented lines, on both breasts which have a different texture from the surrounding skin.

5(iv). 20 year old Shameem is brought to you by her worried mother, who complains that her unmarried daughter has 'something' in both her breasts. On examination you palpate well defined, painless, mobile masses in both breasts.

5(v). 26 years old Mrs. Lalitha comes to you with the complaint of pain and heaviness in the right breast for the past 2 days. She delivered a baby 4 weeks ago and she is having difficulty in breastfeeding. On examination there is engorgement, erythema and nipple excoriation.

5(vi). Mrs. Lakshmi had her first baby 4 days ago and comes with complains of sore red nipples since the day before. She is not febrile and there is no discharge from the nipple.

6. Theme: Abdominal Pain in Children [Questions 6(i) – 6(vi)]

(Total: 6 Marks)

From options 'A to M' given below, choose the best answer for the questions 6(i) – 6(vi):

Options:

- | | |
|-------------------------------------|-----------------------------------|
| A. Appendicitis | H. Peptic Ulcer disease |
| B. Abdominal migraine | I. Urinary Tract Infection |
| C. Functional abdominal pain | J. Paralytic ileus |
| D. Gastroenteritis | K. Hyponatremia |
| E. Mesenteric adenitis | L. Colitis |
| F. Muscular sprain | M. Peritonitis |
| G. Psychological | |

Questions: Chose the best answer.

6(i). Mariam is an 8 year old who was brought to you with complaints of fever and chills for 3 days and a few episodes of diarrhea for past 2 days. She complains of lower abdominal pain and some discomfort while passing urine.

6(ii). 7 year old Rakesh was brought with abdominal pain around the umbilicus on and off for last 6 months. His bowel movements are not regular and he passes a lot of flatus. His clinical examination is normal.

6(iii). 10 year old Serena has had cold and sore throat for last 3 days. She now complains of abdominal pain around the umbilicus for the past 1 day. On examination, the child has a mild fever, congested tonsils, cervical lymphadenopathy and mild tenderness around the umbilicus.

6(iv). 13 year old Kushi is brought to the clinic with severe pain in the abdomen on and off around umbilicus for 6 months. It is sometimes associated with nausea and vomiting and occurs more when she eats chocolates. Her mother has had a similar problem in her childhood.

6(v). 11 year old Gokul was brought to you with pain in the left iliac fossa. The pain has started after he attended a sports camp conducted by his school. The pain is more when he gets up and sits down. The child otherwise has no other complaints.

6(vi). 7 year old Hakeem was brought in with vague abdominal pain on and off. The child has recently joined a new school since his family relocated to a new place. He is struggling with new language and new friends.

7. Theme: Growth Monitoring and Malnutrition [Questions 7 (i) – 7 (vi)] (Total: 6 Marks)

From options 'A to L' given below, choose the best answer for questions 7(i) – 7(vi):

Options:

- | | |
|---------------------------------|--------------------------------------|
| A. Tuberculosis | G. Severe acute malnutrition |
| B. Riboflavin deficiency | H. Underweight |
| C. Niacin deficiency | I. Wasting |
| D. Vitamin A deficiency | J. Stunting |
| E. Pyridoxin deficiency | K. Well nourished |
| F. Folate deficiency | L. Risk of acute malnutrition |

Questions: What is your diagnosis?

7(i). 5 year old Jemima is a fussy eater; she does not eat vegetables and does not like non-veg either. She wants her food slightly overcooked. Her mother says she now has diarrhea. You also note that she is anemic.

7(ii). 4 year old Suresh accompanies his aunt when she comes for a checkup, You notice that Suresh has cheilosis and glossitis.

7(iii). You are the 3rd doctor Anila has been brought to in the past 2 months for respiratory infection, because it is so frequent. You notice that her skin is dry and scaly, also her conjunctiva seems dry and lusterless.

7(iv). Mrs. Janaki has brought her granddaughter to you. She does not know the age of the child. You use a midupper arm circumference tape which falls in the yellow zone.

7(v). Twenty month old Gunasekaran has low height for his age.

7(vi). Twenty eight month old Sheela has low weight for height.

8. Theme: Seizures in Children [Questions 8 (i) – 8 (vi)]

(Total: 6 Marks)

From the options 'A to L' given below, choose the best answer for questions 8(i) – 8(vi):

Options:

- | | |
|----------------------------|-----------------------|
| A. Sodium Valproate | G. Diazepam |
| B. Paracetamol | H. ACTH |
| C. Carbamazepine | I. Gabapentin |
| D. Ethosuximide | J. Clonazepam |
| E. Phenytoin | K. Lamotrigine |
| F. Phenobarbitone | L. Topiramate |

Questions:

8(i). 3 year old Sarita was brought after an episode of tonic-clonic seizures that lasted for a few minutes about 15 minutes ago. She has been having fever since this morning. Now the child is febrile but is fully oriented and conscious. What is the immediate line of management?

8(ii). 5 month old Jamal was brought in with a jerky movement of the hand and head nodding. This has been noticed on several occasions earlier. The child's father is on treatment for epilepsy. How will you manage him?

8(iii). A 10 month old Amir was brought in with a history of having repeated spasms lasting for 2-3 minutes. He has had some developmental delay. The EEG report shows hypsarrhythmic pattern.

8(iv). 5 year old Chandran is brought to the clinic with a history of episodes of staring for 2-3 minutes. The episodes were noticed in the school as well; he had been a good student and now has started deteriorating in studies.

8(v). 4 year old James was brought with a seizure that involved the right upper and lower limb. The child has loss of consciousness for a few minutes and hurts himself during the episode. The child is well with no fever, headache or vomiting

8(vi). 8 year old Pandian was brought in with an episode of generalized tonic-clonic seizures that occurred 2 hours ago. He has bleeding tongue and had incontinence during the seizures. A similar episode has been noticed 2 times over 3months. He has been otherwise well.

9. Theme: Incessant Cry [Questions 9 (i) – 9(vi)]

(Total: 6 Marks)

From options 'A to I' given below, choose the best answer for the questions 9(i) – 9(vi):

Options:

- | | |
|---------------------------|-----------------------------------|
| A. Intussusception | F. Meningitis |
| B. Colic | G. Urinary tract infection |
| C. Nappy rash | H. Muscular injury |
| D. Pneumonia | I. Warm weather |
| E. Otitis media | |

Questions: What is the likely cause?

9(i). 2 month old Simran has been crying every evening for the past one week and has been brought to you by her anxious parents. On asking them you find out that she has been eating well and is active. She cries for several minutes and stops crying after she passes flatus.

9(ii). 10 month old Madhan has been brought in with episodes of crying on and off. The baby also cries when he has passed stools and while cleaning the area. Mom has noticed some redness in the area. You note in the history that the child just recovered from diarrhoea.

9(iii). 1 year old Nisha has been crying for the past 1 day and more so in the night, and wakes up from sleep. The child has been having cold and mild cough for last 3 days and has been pulling on her right ear very often.

9(iv). An 18 month old child has been brought to you with complaints of being irritable, not eating well and having fever for the last 2 days. She has been crying frequently for the past 1 day especially while passing urine.

9(v). 3 year old Dinesh is a very active child but has not been moving around since a day and cries while walking. He had a fall while playing in the morning.

9(vi). 7 month old baby Karunya has been brought in being a bit drowsy having vomiting and fever for a day. The child has been unwell for last few days with intermittent crying and passing blood in stools.

10. Theme: Joint Pain in Children [Questions 10 (i) – 10 (vi)] (Total: 6 Marks)

From options 'A to H' given below, choose the best answer for questions 10(i) – 10(vi):

Options:

A. Reactive arthritis

E. Trauma

B. Viral fever

F. Leukemia

C. Septic arthritis

G. Sickle cell disease

D. Polyarticular Juvenile Idiopathic Arthritis

H. Acute Rheumatic Fever

Questions:

10(i). 10 year old Kavya has come in with runny nose, cough, fever, body aches and joint pains since 2 days. She has decreased appetite and feels very tired. There is no swelling of joints.

10(ii). 4 year old Ganesh has come with high fever and looking very unwell. He also complains of pain and swelling of the right elbow joint which is making him unable to move his arm. His WBC count is high.

10(iii). 9 year old Sethu has come in with pain and swelling of the right knee joint and unable to bear weight. This began a few hours ago after a fall from the cycle. He has some abrasions on the knee but no fever.

10(iv). 12 year old girl Meenakshi has had low grade fever and rash on and off for the last 3 months. She also complains of joint pains and swelling that has affected almost 5 joints. The RA factor is negative.

10(v). 1 year old baby Poojitha from Chhattisgarh has been brought by her mother as she noticed swelling of small joints of the hand and feet. The child is pale and lethargic with some breathing difficulty. The mother tells you that similar problems have been noted in the father's side of the family.

10(vi). 10 year old Aman has been brought to you with joint pain and swelling which has been moving from joint to joint. He has high grade fever and a macular rash on the trunk and limbs. You note in that he was treated for sore throat in the past.
