

FINAL EXAM
JUNE 2018

NATIONAL BOARD OF EXAMINATIONS

FAMILY MEDICINE**PAPER-I**

FLM/J/18/08/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.

Write short notes on:

1. Ashok is a 27-year-old salesman who comes to you with the complaint that he has increased frequency of defecation for the past one month. 2+4+4
 - a) List the differential diagnoses.
 - b) Outline history, physical examination findings, investigations which will be of help to differentiate between common causes of increased frequency of bowel movement of recent onset.
 - c) When will you entertain the diagnostic possibility of Irritable Bowel syndrome? How do you manage it?
2. Rani is a 45-year-old lady presents with tiredness and fatigue. She has not attained menopause. On examination, you find that she is pale. 2+4+2+2
 - a) What are the causes for anaemia you would consider in this patient?
 - b) What all specific points you would elicit in history and physical examination in this patient to get a clinical diagnosis?
 - c) What are the useful findings in haemogram in iron deficiency anaemia and B12 deficiency?
 - d) How will you manage iron deficiency anaemia?
3. Lokesh is a 50-year-old businessman with a BMI of 35. He has come to you for a health checkup. 4+3+3
 - a) How will you assess the health of this patient? Mention the rationale for the investigations you would ask for.
 - b) What complications of obesity would you expect in him and explain to him?
 - c) What advise will you give him to lose weight?
4. Write short note on the following vaccines for the adult population: 2+2+2+2+2
 - a) Influenza vaccine
 - b) Pneumococcal vaccine
 - c) Hepatitis B vaccine
 - d) Human papilloma virus vaccine
 - e) Varicella vaccine

P.T.O.

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5. Clinical features and management of chronic plaque psoriasis. 5+5
6. Ramesh is a 30-year-old truck driver who has come with his wife to discuss about his drinking habit. 2+3+3+2
- a) Outline the CAGE questionnaire and its use.
 - b) What treatment is given if he requires admission for alcohol de-addiction?
 - c) What investigations will you order for his assessment?
 - d) What is your role as a Family Physician to help Ramesh stay sober?
7. Role of Family Physician as the leader of the health care team. 10
8. Mrs Rajini is an 80-year-old lady on treatment for diabetes mellitus and hypertension. She has come with her daughter who is concerned that her mother fell the previous day. She was not hurt as she fell on to a soft bed. The daughter would like you to assess the risk for falls for her mother and wants you to visit their house also as part of the assessment. Describe briefly how you would make an assessment of the risk of falls for Mrs Rajini: 6+4
- a) History and physical examination
 - b) Assessment at home
9. Sandeep is a 24-year-old farmer whom you have diagnosed to have pulmonary TB. He is sputum positive for AFB and stays with his wife and 2 children aged 7 and 5 in a thatched house. 4+3+3
- a) As his Family Physician, what would be your concerns and role as a Family Physician in the management of Sandeep?
 - b) Outline the common side effects of anti-tuberculous drugs and how you would manage them
 - c) What is the role of nutrition in the management and prevention of Tuberculosis?
10. Pradeep is a 40-year-old construction worker. His work involves lifting heavy objects, carrying cement bags and bending steel rods. He works from 8 am till 5 pm, most of which is in the outdoors. The work area is also very dusty and noisy and there are heavy machinery and sharp tools being used in the site. 5+5
- a) What are the occupational hazard risks that Pradeep faces?
 - b) Write briefly on how to reduce the risk of harm to him due to his work.
