

# Modified Essay **QUESTIONS**

## Modified Essay 1

*(41 marks)*

**Each question within this modified essay will be marked by a different examiner. The examiner marking this question will not have access to your answers to the other questions. Therefore, please ensure that you address each question separately and specifically. Answer this question fully, even if you believe that you have partly covered its content in your answers to other questions.**

You are a visiting psychiatrist working in a community mental health team three days each month, in a small rural town of 3000 people. The town is located in the lands of the Wiradjuri people of Australia.

You see Donna, a 56-year-old Wiradjuri woman for urgent review.

Donna was last seen two years earlier for problems with anxiety, depression and social avoidance but she did not follow-up and was lost to care. The Aboriginal mental health worker had no concerns and she was discharged back to her general practitioner (GP).

However, the GP has now referred Donna for review as her anxiety has escalated. This follows the release from jail three weeks ago, of the man who sexually assaulted Donna twenty-two years ago.

He returned to town after his release and since then she has found it impossible to leave her home, she is not sleeping, and she wonders how she will cope if she sees this man. She has contacted the police to ask them what to do but has found their response unhelpful.

While recognizing the patient is not suicidal, nor psychotic and has no history of such, she is extremely distressed. The GP requests your urgent advice.

### **Question 1.1**

**Outline (list and justify) the cultural considerations relevant to your interaction with Donna.**

*(10 marks)*

***Please write your response on page 2 of the answer book***

### **Question 1.2**

**List the most important issues you wish to clarify in your review of this patient.**

*(8 marks)*

***Please write your response on page 9 of the answer book***

You diagnose Donna with PTSD and would like to engage her in treatment.

### **Question 1.3**

**Describe (list and explain) the challenges treatment may entail.**

*(11 marks)*

***Please write your response on page 14 of the answer book***

# Modified Essay **QUESTIONS**

## Modified Essay 1 (cont.)

Towards the conclusion of your clinical interview, Donna asks for a prescription for diazepam. The GP did not mention anything in the referral but Donna says she has been using up to 40mg daily for several years.

### **Question 1.4**

**Outline (list and justify) your approach to this new information.**

*(4 marks)*

*Please write your response on page 21 of the answer book*

### **Question 1.5**

**Outline (list and justify) the implications of this new information.**

*(8 marks)*

*Please write your response on page 25 of the answer book*

# Modified Essay QUESTIONS

## Modified Essay 2

(27 marks)

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You are a community based junior psychiatrist and you have recently assessed Norman, aged 84 years, who lives in an aged residential care facility for people with dementia. Norman suffers from moderately severe Alzheimer's disease.

The staff are concerned that he is verbally aggressive towards staff and other residents, and occasionally he lashes out and hits staff. Some of the untrained staff in the centre feel that Norman is deliberately "playing up" and are annoyed with him.

When you examine Norman he is calm but severely cognitively impaired. He has no major apparent physical problems. Recent routine laboratory investigations including mid-stream urine culture are unremarkable. Norman is on no medication. The staff are giving him lorazepam 0.5mg daily on an as required (PRN) basis for his verbal aggression but it has not been effective. You plan to review him in two weeks.

### Question 2.1

**Describe (list and explain) the information you would ask the residential care staff to collect regarding Norman's difficult behaviour.**

(10 marks)

***Please write your response on page 31 of the answer book***

When you return to the centre two weeks later, you find that the staff have not collected any information for you.

### Question 2.2

**Describe (list and explain) the barriers to care staff collecting such information.**

(7 marks)

***Please write your response on page 38 of the answer book***

The management of the care facility asks for a case discussion for the staff on modifying this patient's behaviour.

### Question 2.3

**Describe (list and explain) how you would use the case discussion to increase staff engagement in the management of this patient's behavior.**

(10 marks)

***Please write your response on page 44 of the answer book***

# Modified Essay **QUESTIONS**

## Modified Essay 3

*(31 marks)*

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Duncan, a 30-year-old male, works as an accountant with an international accounting firm. He is well regarded by his colleagues and is expected to become a partner of the firm.

You are a junior psychiatrist in the outpatient clinic of the hospital where Duncan attended following a paracetamol overdose one week ago. He made a full medical recovery.

The overdose occurred after Duncan's wife, Maxine, discovered him looking at adult pornographic images on the internet. Duncan and Maxine have been married for six years and have two children aged five years and three years. Maxine is 30 years old and she no longer works outside of the home.

Duncan is active in local community events and is involved in a program to help disadvantaged teenagers.

Duncan attends for a follow up appointment at the insistence of his wife, who is concerned about his viewing of pornography.

### **Question 3.1**

**Outline (list and justify) the possible explanations for Duncan's viewing of pornography.**

*(8 marks)*

***Please write your response on page 51 of the answer book***

Duncan and Maxine request couples' therapy because of marital disharmony and a mismatch in sexual interest.

### **Question 3.2**

**Describe (list and explain) the issues to be explored in couples' therapy with Duncan and Maxine.**

*(9 marks)*

***Please write your response on page 57 of the answer book***

## Modified Essay 3 (cont.)

Duncan denies any paedophilic sexual attraction and is adamant that he has a heterosexual orientation. He says that he finds the images sexually arousing and distracting from his day to day life. He is spending increasing amounts of time searching for and looking at these images.

### **Question 3.3**

**Describe (list and explain) the possible barriers to engaging with Duncan.**

*(7 marks)*

***Please write your response on page 64 of the answer book***

During the third session, Duncan reveals that he is facing disciplinary action at work for viewing pornography on work computers. He is requesting a report to his employer.

### **Question 3.4**

**Describe (list and explain) your approach to this request.**

*(7 marks)*

***Please write your response on page 70 of the answer book***

# Modified Essay

# QUESTIONS

## Modified Essay 4

(24 marks)

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You are the on call psychiatrist within the Emergency Department and are contacted by the psychiatry registrar about Mr Morris. He is an 80-year-old widower, who has been medically cleared after a serious suicide attempt by hanging. Mr Morris believes that his suicide attempt was rational.

He has no past history of suicidal behaviours or psychiatric illness and has been physically well. Mr Morris is disappointed that his suicide attempt did not work. He still believes that he should end his life. No collateral information is available.

The psychiatry registrar seeks your advice on an involuntary admission to keep him safe.

### **Question 4.1**

**Describe (list and explain) the issues relevant when responding to the registrar's request.**

(7 marks)

***Please write your response on page 76 of the answer book***

Mr Morris has been admitted involuntarily to your in-patient team. His only son returns from overseas a few days later. The team is of the view that Mr Morris does not have a mental illness.

Mr Morris states that he has achieved everything in life he wanted and has lived long enough.

His son says his father should remain in hospital because his father will kill himself if he is allowed home.

### **Question 4.2**

**Describe (list and explain) how you would manage the situation.**

(9 marks)

***Please write your response on page 82 of the answer book***

Mr Morris is released from involuntary care and discharged home to follow-up from community team. However, he completes suicide within a week after discharge from hospital.

In reviewing Mr Morris's case, you realize that your registrar did not notify the out-patient team of Mr Morris' discharge as planned and the out-patient team were unaware of his discharge.

### **Question 4.3**

**Describe (list and explain) the relevant issues raised by this situation.**

(8 marks)

***Please write your response on page 89 of the answer book***

# Modified Essay **QUESTIONS**

## Modified Essay 5

*(17 marks)*

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Amanda, aged 35 years, has had bipolar disorder since she was 24-years-old. She is married and has two pre-school aged children. Amanda had frequent manic episodes in her late 20s, and had a severe postnatal psychotic depression followed by a period of hypomania after the birth of her daughter, who is now 18 months old.

She is taking Sodium Valproate 1600mg and Olanzapine 20mg daily, and is currently asymptomatic. She says other mood stabilisers have not been effective in preventing relapse of her bipolar disorder in the past.

You are Amanda's usual psychiatrist at the community mental health service outpatient clinic. At a routine appointment Amanda tells you that she has gained over 20 kilograms on her current medication, despite her attempts to diet. She would like to stop her medication as she feels it is making her look fat and disgusting.

### **Question 5.1**

**Outline (list and justify) your management of this request.**

*(9 marks)*

***Please write your response on page 95 of the answer book***

She manages to lose 6 kg in weight and is pleased with her success. She now informs you that she and her husband want to have the third child that they had always planned.

Amanda asks your advice regarding what to do with her medication when she gets pregnant.

### **Question 5.2**

**Discuss (list and debate) your response to this situation.**

*(8 marks)*

***Please write your response on page 102 of the answer book***