

# National Board of Examinations

**Question Paper Name :** DNB Family Medicine Paper1

**Is this Group for Examiner? :** No

**Enable Mark as Answered Mark for Review and Clear Response :** Yes

## **Question Number : 1 Question Type : SUBJECTIVE**

A 65-year-old man with type 2 diabetes mellitus with past history of acute myocardial infarction 5 years ago, presented to you with dyspnoea on exertion, fatigue, swelling legs and decreased urine output for 5 days duration. He is finding it difficult to sleep at night and wakes up due to breathing difficulty and gets relief after sitting up for sometime.

- a) What is your probable diagnosis for the presenting symptoms? Explain the clinical features and pathophysiology? [4]
- b) How will you manage this patient? [4]
- c) What is the role of family physician in prevention of this condition? [2]

## **Question Number : 2 Question Type : SUBJECTIVE**

A 28-year-old male who is working in a factory and regularly taking food from a mess, presented to you with history of anorexia, nausea, fatigue and myalgia of four days duration and fever for one day. He also noticed high coloured urine and yellow discoloration of the eyes. There is similar illness in some of his colleagues taking food from the same place.

- a) What is your diagnosis? Describe the etiopathogenesis of the present condition. [3]
- b) Mention the differential diagnosis and complications that you expect in this patient. [2]
- c) How will you manage this patient and what are the red flag signs? [3]
- d) What control measures you will take as a medical officer working in a PHC when such clustering of cases occur. [2]

**Question Number : 3 Question Type : SUBJECTIVE**

A 80-year-old male strict vegetarian, with history of giddiness, loss of balance and fall with transient loss of consciousness which recovered promptly is brought to you. He has similar history one month before too.

- a) Mention the factors that contribute to fall in an elderly like him. [3]
- b) How will you evaluate this gentleman with history of recurrent falls. [4]
- c) What steps you would take in prevention of fall in him? [3]

**Question Number : 4 Question Type : SUBJECTIVE**

A 40-year-old female is brought with pruritic, dry, scaly hyperpigmented plaques with erythematous edges, present over the scalp, buttock, back, and extensor aspects of forearms bilaterally associated with arthritis involving symmetrical small and large joints for past 2 months. Her nails are dystrophic.

- a) What diagnostic possibility will you consider and why? [2]
- b) How will you manage the skin lesions? [3]
- c) How will you manage the polyarthritis? [3]
- d) Mention the causes of generalized pruritus. [2]

**Question Number : 5 Question Type : SUBJECTIVE**

- a) How will you classify depression? [3]
- b) Mention the signs and symptoms of depression. [3]
- c) Mention the management options of depression and what steps will you take to prevent suicide in a depressed patient. [4]

**Question Number : 6 Question Type : SUBJECTIVE**

A 60-year-old male diabetic and hypertensive of twenty years duration, comes with fatigue, tiredness, and pallor.

- a) What diagnostic possibilities will you consider? [2]
- b) How will you make a diagnosis of chronic kidney disease (CKD)? [2]
- c) Mention the causes for CKD and mention the relevant investigations for diagnosis. [2]
- d) What is the role of family physician in prevention and management of chronic kidney disease? [4]

**Question Number : 7 Question Type : SUBJECTIVE**

A 50-year-old male, smoker with type 2 diabetes for past 5 years, presented to the emergency department with sudden onset left sided chest pain for past 1 hour with associated autonomic symptoms. His pulse rate is 120 per minute and blood pressure is 190/110 mmHg. His oxygen saturation is 99%.

- a) What is your diagnosis and how will you confirm the diagnosis? [3]
- b) How will you manage this man today in the emergency department? [3]
- c) What are the causes of chest pain and how will you clinically evaluate any patient with chest pain? [4]

**Question Number : 8 Question Type : SUBJECTIVE**

A 42-year-old woman, mother of three children presented to you with history of dysuria and high grade fever with chills for past 3 days. There was associated lower abdominal pain and increased frequency of urination. She has been having stress incontinence since delivery. She has come to you with similar complaints in the past.

- a) What is your probable diagnosis in this patient? [2]
- b) What are the factors predisposing recurrence of this problem? [2]
- c) How will you confirm your diagnosis and manage this patient today? [4]
- d) What is the role of the family physician in prevention of this condition recurring again? [2]

**Question Number : 9 Question Type : SUBJECTIVE**

Describe briefly the etiopathogenesis and clinical features of dementia in elderly and mention the treatable causes of it. As a family doctor, what is your role in management of an elderly with dementia? [5+5]

**Question Number : 10 Question Type : SUBJECTIVE**

Explain post covid syndrome? How will you manage it at a primary health care level? [5+5]