

# National Board of Examinations

**Question Paper Name :** Diploma Family Medicine Paper1  
**Subject Name :** Diploma Family Medicine Paper1  
**Duration :** 182  
**Total Marks :** 100  
**Display Marks:** No

**Maximum Instruction Time :** 0  
**Is Section Default? :** No

**Question Number : 1 Question Id : 32718745667 Consider As Subjective : Yes**

**Please write your answers in the answer booklet within the allotted pages as follows:-**

Question Number	Answer to be attempted within	Question Number	Answer to be attempted within
Q. 1	Page 1-5	Q. 6	Page 26-30
Q. 2	Page 6-10	Q. 7	Page 31-35
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Q. 4	Page 16-20	Q. 9	Page 41-45
Q. 5	Page 21-25	Q. 10	Page 46-50

1. A 16-year-old girl presents with black heads and white heads over the face and has tried multiple over the counter pimple creams in the past 6 months.
- What are the causes of acne and common reasons for flare up of acne? [2]
  - What are the clinical features of acne? [2]
  - What is the severity classification of acne? [2]
  - What are the treatment options available for acne and how will you manage this 16-year-old girl? [4]

**Question Number : 2 Question Id : 32718745668 Consider As Subjective : Yes**

A 76-year-old woman presents with inability to control her urine till she reaches the toilet for the past few years and has to go to the toilet multiple times during the night. She is known to have essential hypertension and taking treatment from you.

- a) Describe any FOUR types of urinary incontinence and explain each with salient clinical presentation. [4]
- b) What are the common reversible causes of urinary incontinence in elderly? [2]
- c) What are the pharmacological and non-pharmacological treatments for urinary incontinence in elderly? [4]

**Question Number : 3 Question Id : 32718745669 Consider As Subjective : Yes**

A 50-year-old female presents with history of decreased sleep and feeling sad over the past 2 months. She is known to have diabetes on treatment. She had reported to have stressors in her family in the past.

- a) Mention the common mental health issues encountered in a family practice setting. [3]
- b) What are the red-flags that indicate a referral to a specialist psychiatrist? [2]
- c) Describe investigations, non-pharmacological and pharmacological treatments for depression. [5]

**Question Number : 4 Question Id : 32718745670 Consider As Subjective : Yes**

A 70-year-old man presents with worsening breathing difficulty and cough with scanty mucoid expectoration over the past one year. He is a current smoker with history of smoking for over 40 years. He is not able to climb stairs and not able to walk for long distances due to breathlessness. He also reports loss of appetite and 3kg weight loss in the past 3 months.

- a) What is the most likely diagnosis you will consider in this patient? [2]
- b) What are the important pathological changes associated with this disease? [2]
- c) Briefly explain the non-pharmacological management and prevention of this condition. [2]
- d) Mention the causes of acute exacerbation of the condition and its management in family practice setting. [4]

**Question Number : 5 Question Id : 32718745671 Consider As Subjective : Yes**

A 40-year-old man presents with puffiness of the face noted in the early morning associated with pedal edema for the past two weeks. His urine routine investigation report is indicating proteinuria 3+, with no significant past medical history but his parents have diabetes and hypertension. He is obese with BMI of 34 kg/m<sup>2</sup> and blood pressure measuring 150/90 mmHg. His physical examination is normal except pitting pedal edema.

- a) Briefly describe the renal function tests for adults and the significance of each. [3]
- b) Describe the evaluation of proteinuria in family practice and the indications for renal biopsy in proteinuria. [3]
- c) How will you manage this 40-year-old man in family practice? [4]

**Question Number : 6 Question Id : 32718745672 Consider As Subjective : Yes**

A 55-year-old man presents with sudden onset central chest pain for the past one hour associated with sweating and vomiting. His pulse rate is 130 per minute and blood pressure of 190/100 mmHg. Examination of the chest is normal.

- a) What are the differential diagnosis you will consider in this patient? [2]
- b) Describe the initial management of this patient in family practice. [4]
- c) If this patient sustains a cardiac arrest in your clinic, what are the steps you will follow for the basic cardio-pulmonary resuscitation algorithm in adults? [4]

**Question Number : 7 Question Id : 32718745673 Consider As Subjective : Yes**

A 60-year-old female presents with fever associated with chills, rigors and vomiting for 5 days.

- a) List the differential diagnosis and explain the investigations required for evaluation of acute febrile illness in family practice. [5]
- b) Describe the classification and management of urinary tract infection in this patient. [5]

**Question Number : 8 Question Id : 32718745674 Consider As Subjective : Yes**

A 38-year-old male presents with dark colored urine and yellow discoloration of conjunctiva for the past two weeks. He reports of tiredness, and loss of appetite and no other symptoms.

- a) List the common causes of jaundice in an adult. [2]
- b) How will you evaluate and manage an adult with jaundice in family practice? [4]
- c) What are the red-flags in jaundice and indications for referral to the tertiary care center? [2]
- d) How will you evaluate an asymptomatic patient with incidental HBsAg positive result? [2]

**Question Number : 9 Question Id : 32718745675 Consider As Subjective : Yes**

A 35-year-old female presents with multiple joint pains involving large and small joints for the past six months. She is not able to get up from the bed having stiffness lasting for one hour. She reports swelling of both wrists and small joints of the hands. She is a mother of two children with no significant past medical history. She underwent family planning surgery and her periods are regular.

- a) List the differential diagnosis for this patient's joint pain. [2]
- b) How will you investigate and manage this woman with joint pain? [5]
- c) What are the indications for referral to the specialist? [3]

**Question Number : 10 Question Id : 32718745676 Consider As Subjective : Yes**

You are the family medicine practitioner for a population of around thirty thousand adults. The local administration requests you to plan health screening for this population.

- a) Describe the age wise health screening advised for adult population. [5]
- b) Enumerate health promotion and preventive health activities for elderly. [5]