

# National Board of Examinations

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## DNB Family Medicine Paper1

<b>Group Number :</b>	1
<b>Group Id :</b>	3271871941
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## DNB Family Medicine Paper1

<b>Section Id :</b>	3271871944
<b>Section Number :</b>	1
<b>Section type :</b>	Offline

<b>Mandatory or Optional :</b>	Mandatory
<b>Number of Questions to be attempted :</b>	10
<b>Section Marks :</b>	100
<b>Enable Mark as Answered Mark for Review and Clear Response :</b>	Yes
<b>Maximum Instruction Time :</b>	0
<b>Sub-Section Number :</b>	1
<b>Sub-Section Id :</b>	3271871948
<b>Question Shuffling Allowed :</b>	No
<b>Is Section Default? :</b>	null

**Question Number : 1 Question Id : 32718730434 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

**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
Q. 3	Page 11-15	Q. 8	Page 36-40
Q. 4	Page 16-20	Q. 9	Page 41-45
Q. 5	Page 21-25	Q. 10	Page 46-50

1. A 52-year-old male presented to you with complaints of progressive dyspnea on exertion for the past 2 months. He has never consulted a doctor so far in the past two months. He reports bleeding per rectum in the past two months for which he took native treatment from traditional healers. On examination, his face is puffy and significant pallor is present. There is bilateral pitting pedal edema and Jugular Venous Pulse is elevated. His pulse rate is 110 per minute and regular in rhythm. His blood pressure is 210/100 mmHg in the right upper limb. His BMI is 35 Kg/m<sup>2</sup>.

- Write a problem list and provisional diagnosis for this patient. [2]
- What are the possible etiological factors contributing to the clinical picture? [2]
- What are expected abnormalities in hemogram and other routinely done blood examinations? [2]
- As a family doctor, how will you manage this patient in your practice? Mention two indications

for referral to the specialist. [4]

**Question Number : 2 Question Id : 32718730435 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

A 62-year-old housewife, post-menopausal for 10 years, reports that an hour ago, she had sudden onset of weakness of her right upper and lower limbs associated with difficulty in speech, which lasted for only 10 minutes but recovered completely. She had headache, sweating and palpitation associated with this condition. She is a diabetic and hypertensive on treatment from you and her blood pressure is 200/110 mmHg and pulse rate is 80 / minute and regular. Her BMI is 25 Kg/m<sup>2</sup>. Now, she is oriented, conscious and her neurological examination is normal.

- a) What are the four possible differential diagnosis you consider in this patient? [2]
- b) What are the possible risk factors leading to this problem? [2]
- c) How will you calculate the risk of stroke and prevent an stroke in the coming 4 weeks [2]
- d) Investigation and management in family medicine. [4]

**Question Number : 3 Question Id : 32718730436 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

A 21-year-old girl, a college student is consulting you for recurrent headaches for the past 6 months. Headache comes once in 3 to 4 days, mostly in the evening hours, unilateral, severe pulsating quality associated with flashing of lights in the eyes. There is nausea and sometimes vomiting associated with the headache. This headache is more frequent near the exams and she is well in between the headache episodes.

- a) Mention four common types of chronic recurrent headache. [2]
- b) Explain management of acute migraine attack and prevention of migraine. [4]
- c) Mention any six red flags in headache. [2]
- d) Explain a tool you will use to manage a patient with recurrent benign presentation in family medicine. [2]

**Question Number : 4 Question Id : 32718730437 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

An 80-year-old female presents with forgetfulness and has not switched off the gas stove on 2 occasions as noticed by her daughter who lives nearby:

- a) What are the clinical features of dementia? [3]
- b) What are the reversible causes of dementia? [3]
- c) How will you manage an 80-year-old female with dementia and living alone? [4]

**Question Number : 5 Question Id : 32718730438 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

A 25-year-old unmarried IT professional presented with multiple well defined erythematous plaques with silvery scales over the extensor aspect of lower limbs, upper limbs and back which is symmetrically distributed.

- a) What is your clinical diagnosis? Give two triggering factors. [3]
- b) Write the etiopathogenesis & classification. [3]
- c) How will you manage this patient? [2]
- d) How will you counsel this patient to prevent further worsening of this condition? [2]

**Question Number : 6 Question Id : 32718730439 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

A 56-year-old man is brought to you with history of snake bite over left foot:

- a) What are the clinical features of envenomation you will look for? [3]
- b) How will you manage this patient if he has features of envenomation? [5]
- c) How will you educate the public regarding the first aid after a snake bite? [2]

**Question Number : 7 Question Id : 32718730440 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

In your family practice, you encounter many adult males having cigarette smoking as a habit and few patients are presenting with complications related to smoking. You are planning to implement a smoking cessation strategy in your practice.

- a) Briefly describe the 5 A technique in smoking cessation. [2]
- b) What are the six stages in the Transtheoretical model in any behaviour change? [3]
- c) Explain the pharmacological and non-pharmacological methods available for smoking cessation. [5]

**Question Number : 8 Question Id : 32718730441 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

A 45-year-old businessman presented with fatigue and daytime sleepiness. Wife gave history of snoring. He is a type 2 diabetic, hypertensive on regular treatment. His BMI is 35 Kg/m<sup>2</sup>. His neck circumference is 44 cms.

- a) Give one most probable cause and two other possible causes for his symptoms. [2]
- b) Mention about a clinical score you will use to calculate his risk for the most probable cause. [2]
- c) Briefly describe the pharmacological and non-pharmacological methods of weight reduction in this patient. [4]
- d) Enumerate eight complications of obesity. [2]

**Question Number : 9 Question Id : 32718730442 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

Mrs. Kamala 58 years, has an incurable cancer of the breast with a large fungating tumor. She has been attending hospital for dressings but can no longer afford the journey or the materials

needed for dressing. Her daughter is willing to learn the techniques of caring her mother, but the smell is very bad, and Kamala is in pain most of the time.

- a) What are the main issues faced by Kamala? [2]
- b) How can we help in pain relief? [2]
- c) How can we help them avoid the bad smell? [2]
- d) How can we support her daughter? [4]

**Question Number : 10 Question Id : 32718730443 Question Type : SUBJECTIVE Consider As Subjective : Yes Calculator : None Response Time : N.A Think Time : N.A Minimum Instruction Time : 0**

**Correct Marks : 10**

A 30-year-old male, a shop keeper, has come to the family doctor for cough and sputum production for six months. His sputum testing for acid fast bacilli is positive. You are planning to start anti-tuberculosis chemotherapy. Now he reveals that he has already completed two months of TB treatment elsewhere three months ago and discontinued.

- a) Define Multi-drug resistant Tuberculosis. [2]
- b) What are the factors contributing to Multi-drug resistant Tuberculosis in India? [2]
- c) How will you rule out Multi-drug resistant Tuberculosis in this shop keeper? [2]
- d) What is the treatment regimen recommended for this patient under National Tuberculosis Elimination Program? [4]