

National Board of Examinations

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DNB Family Medicine Paper1

Group Number :	1
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DNB Family Medicine Paper1

Section Id :	3271872735
Section Number :	1
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Mandatory or Optional :	Mandatory
Number of Questions :	10
Number of Questions to be attempted :	10
Section Marks :	100
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Sub-Section Id :	3271872739
Question Shuffling Allowed :	No

Question Number : 1 Question Id : 32718734274 Question Type : SUBJECTIVE Consider As Subjective : Yes

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 40-year-old gentleman Mr. X presents to the family physician for routine check-up. On examination, his blood pressure was found to be 180/100 mmHg. He is reporting headache in the evenings for the past 1 month. He smokes 20 cigarettes per day for past 20 years. He consumes alcohol 180 ml per day for the past 5 years. His own brother had heart attack and angioplasty at the age of 40 years and he is worried whether he needs to take medications to prevent heart attack.

- What are the precautions you will take to avoid error in the measurement of blood pressure in your clinic? [1]
- How will you manage Mr. X? [4]
- Mention any three important anti-hypertensive drug classes recommended for Mr. X and mention their side effects. [3]
- What is hypertensive urgency and hypertensive emergency? [2]

Question Number : 2 Question Id : 32718734275 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A 35-year-old male presents with complaints of vomiting blood for the past 2 days. On examination, he is pale with pulse rate of 110/minute and blood pressure of 90/50 mmHg.

- What is the immediate management recommended? [4]
- What are the possible differential diagnosis causing blood vomiting? [1]
- What are the types of blood and blood products available for transfusion? [2]
- What are the reactions caused by blood transfusion and how will you manage the transfusion reaction? [3]

Question Number : 3 Question Id : 32718734276 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A 20-year-old male, a college dropout, presents to the casualty with alleged history of taking a large number of Tab. Paracetamol less than an hour ago with the intention of deliberate self-harm. He is conscious and oriented with normal vitals.

- Mention the principles in the immediate management a patient with any drug overdose. [4]
- How will you manage this person in the hospital and after discharge? [6]

Question Number : 4 Question Id : 32718734277 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A 40 year old obese lady with diabetes on your follow-up has presented with high grade fever and chills associated with vomiting and loin pain on right loin for past 1 day. On examination, she is febrile, toxic, dehydrated and has right renal angle tenderness. Her investigations showed urine WBC - 250 cells/cumm.

- a) How will you manage her in the first two days? [5]
- b) If the urine culture shows E.coli significant growth $> 10^5$ colonies grown, resistant to Cephalosporin and Penicillin group antibiotic, what is the preferred antibiotic of choice and justify your choice. [3]
- c) How will you manage this lady if this condition is recurring again? [2]

Question Number : 5 Question Id : 32718734278 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A 20-year-old lady, a college student, presents with the complains of multiple painful papules with central blackish keratotic material and surrounding erythema, present in her face, neck, chest and upper back. These lesions started two months back and recently some lesions are painful. She is very much worried and disturbed.

- a) What is the probable diagnosis? [2]
- b) What is the etiology and pathogenesis of this condition? [3]
- c) How will you manage this skin lesions? [3]
- d) What is the prognosis and when will you refer this lady to the specialist? [2]

Question Number : 6 Question Id : 32718734279 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A 45-year-old gentleman, a known case of hypertension on Tab. Amlodipine 10 mg once daily has come for follow-up. He is on regular medications and his blood pressure is 160/90 mm Hg. His BMI is 29 kg/ m². His annual blood check-up shows Total Cholesterol - 280 mg/dl, Triglycerides - 155 mg/dl, HDL - 33 mg/dl and LDL cholesterol - 182 mg/dl. HbA1c - 7.8 %. His creatinine is 0.9 mg% and his urinary microalbumin excretion is 900 mg in 24 hours.

- a) Describe the pharmacological and non-pharmacological management needed for this patient. [5]
- b) Describe briefly the different oral anti-diabetic medications available – classification, mechanism of action and their side effects. [5]

Question Number : 7 Question Id : 32718734280 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A 65-year-old gentleman on treatment for hypertension with tab. Hydrochlorothiazide 25 mg once daily, presents to the casualty with altered sensorium. There was no h/o fever / vomiting / diarrhea. The blood work-up showed Random Blood sugar of 210 mg, Creatinine of 0.9 mg and Serum Sodium of 115 mEq/L and Potassium of 4 mEq/L

- a) What is the likely cause for his altered sensorium? [2]
- b) How will you manage this patient? [4]
- c) How will you prevent this happening in the future? [2]
- d) What are the indications for referral to the specialist? [2]

Question Number : 8 Question Id : 32718734281 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A 45-year-old businessman comes to see you in the OPD with complaints of increasing abdominal distension. He consumes alcohol 180 to 360 ml daily for the past 10 years. On examination, you demonstrate fluid in the abdomen.

- a) What are the causes for ascites? [2]
- b) What are the other clinical features you will look for in this patient? [2]
- c) How will you further evaluate this person with ascites? [2]
- d) What are the complications of ascites? [2]
- e) How will you manage and follow up this person? [2]

Question Number : 9 Question Id : 32718734282 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A group of 4 people presented with multiple episodes of loose stools and vomiting after having food in a fast food restaurant. After assessing them, you decide to admit to correct dehydration and for further evaluation.

- a) What are the different causes of gastroenteritis? [2]
- b) What are the clinical features you would look for in these people? [2]
- c) How will you further evaluate and manage? [4]
- d) What are the complications of severe AGE and when will you refer? [2]

Question Number : 10 Question Id : 32718734283 Question Type : SUBJECTIVE Consider As Subjective : Yes

Correct Marks : 10

A 45-year-old man is on treatment for Parkinsonism and has come to see you for follow up.

- a) What is the aetiology for Parkinsonism? [2]
- b) What are the clinical features in Parkinsonism? [2]
- c) What are the differential diagnoses? [2]
- d) How will you treat and when would you refer? [4]