



THE ROYAL AUSTRALIAN AND NEW ZEALAND  
COLLEGE OF PSYCHIATRISTS

# MOCK WRITTENS MODIFIED ESSAY PAPER 2021

(Produced by the New Zealand Training Programmes)

CANDIDATE'S NAME:

DATE:

## DIRECTIONS:

- This paper will take 150 minutes (2.5 hours) and is worth 125 marks. Candidates may begin writing their answers in this booklet at any point after the examination commences.
- Please use a black or blue ball-point pen to write your responses in the following pages. Write within the lines, on lined pages only. Answers written on blank pages will not be marked.
- You can request additional spare pages from the invigilator if needed. Write your name on the top of any extra page and interleave the page into the booklet at the appropriate place.
- Do not use the scrap paper provided to add any additional pages – always ask the invigilator for additional lined pages.
- A Stimulus handout is provided for candidates to refer to.

## MODIFIED ESSAY QUESTION 1 (21 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 junior consultant working for an inpatient service at a psychiatric hospital. You are meeting the family of Jacob, a 22-year-old university student who was admitted the previous night. He was brought in by his family who were concerned that he was becoming increasingly paranoid about his flatmates over the previous few weeks. He accused one of his flatmates of poisoning his food and another of taking things from his room. He has been socialising less with friends and his family haven't seen him as much in recent weeks. Jacob agreed to come into hospital voluntarily "for a break" as he was feeling stressed by the situation at his flat.

### Question 1.1 (8 marks )

**Outline (list and justify) what specific information you would ask Jacob and his family to assist with making a diagnosis.**

*Please note: a list with no justification will not receive any marks.*

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**Modified Essay Question 1 contd.**

After your assessment, Jacob says he wants to leave hospital. He says he doesn't trust the staff on the ward. Jacob doesn't believe there is anything wrong with him and insists on leaving.

**Question 1.2     (8 marks)**

**Discuss (list and debate) the factors you would consider when deciding whether to allow Jacob to leave hospital.**

*Please note: a list with no debate will not receive any marks.*

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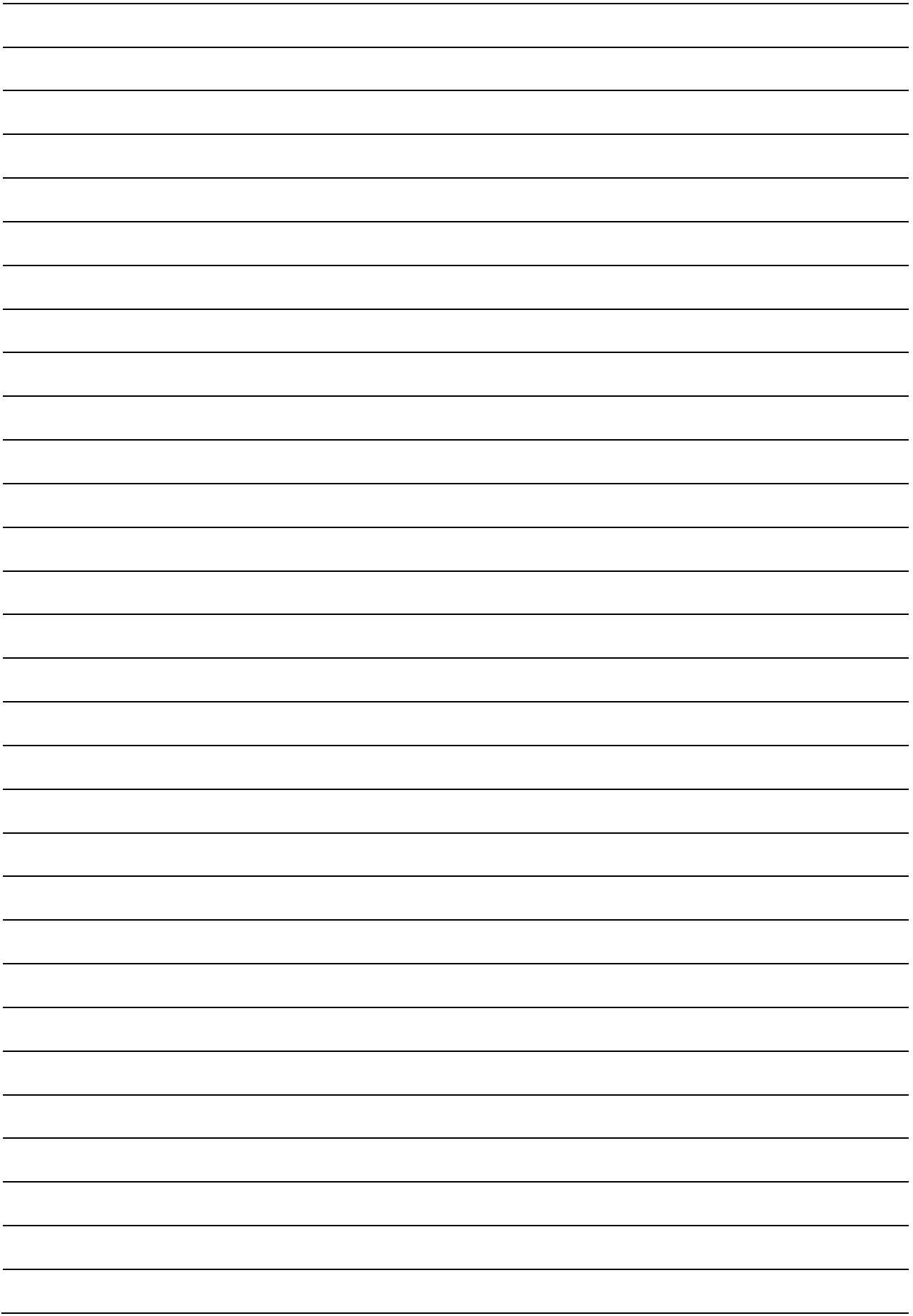
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## MODIFIED ESSAY QUESTION 2 (22 marks)

***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 junior forensic psychiatrist working in a service covering a men's prison. During a prison clinic you are asked by the guard for advice about a young man recently arrested and currently held on remand. The guard is concerned that the prisoner, Caleb, may be mentally unwell.

Caleb is a 24 year old indigenous man. He faces charges of assault with a weapon, wilful damage and trespass after he illegally entered a warehouse. When confronted by a security guard, he allegedly hit the guard with a shovel that he found lying about. Caleb has told the prison guard that he is being spied on by the government and that he was trying to steal a computer so he could prove the government was spying on him. In prison he has been increasingly distressed, especially about the security cameras.

### Question 2.1 (9 marks)

**Outline (list and justify) what you would tell the prison guard to watch for when supervising Caleb in prison.**

*Please note: a list with no justification will not receive any marks.*

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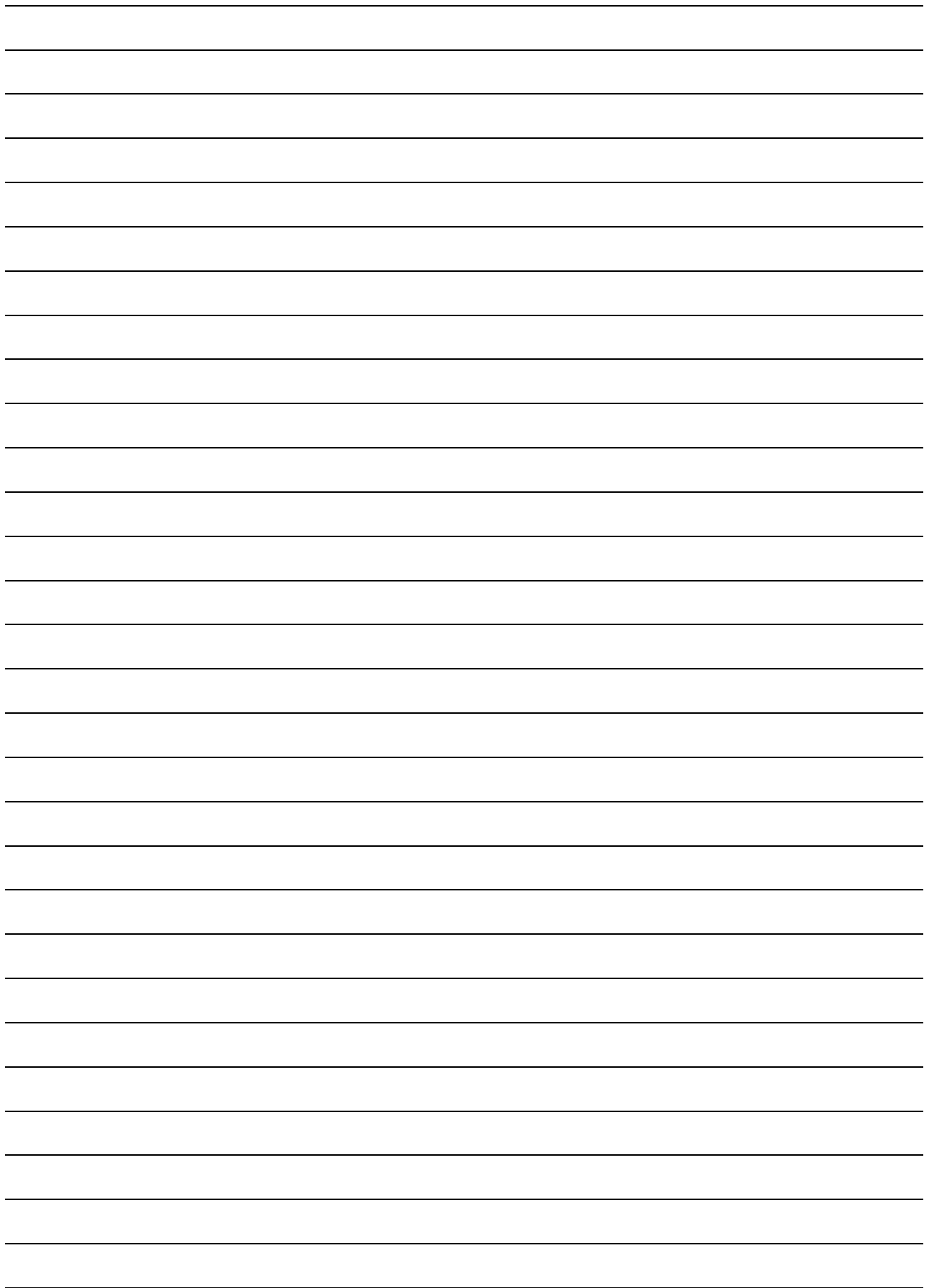
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**Modified Essay Question 2 contd.**

Caleb is admitted to a Forensic Acute Ward for further assessment under a different clinical team. You are asked by the court to provide a report regarding Caleb’s fitness to stand trial.

**Question 2.2 (9 marks)**

**Outline (list and justify) what you would assess in the interview with Caleb to determine if he is fit to stand trial.**

*Please note: a list with no justification will not receive any marks.*

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**Modified Essay Question 2 contd.**

Caleb's defence lawyer asks you to testify at Caleb's sentencing. The lawyer says they have asked you as you know the background history from your previous report to the court and you got on well with Caleb during the assessment. The lawyer says that you're well placed to attest to Caleb's good character, which they believe could lessen any sentence or the potential for a prison term.

**Question 2.3 (4 marks)**

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

*Please note: a list with no explanation will not receive any marks.*

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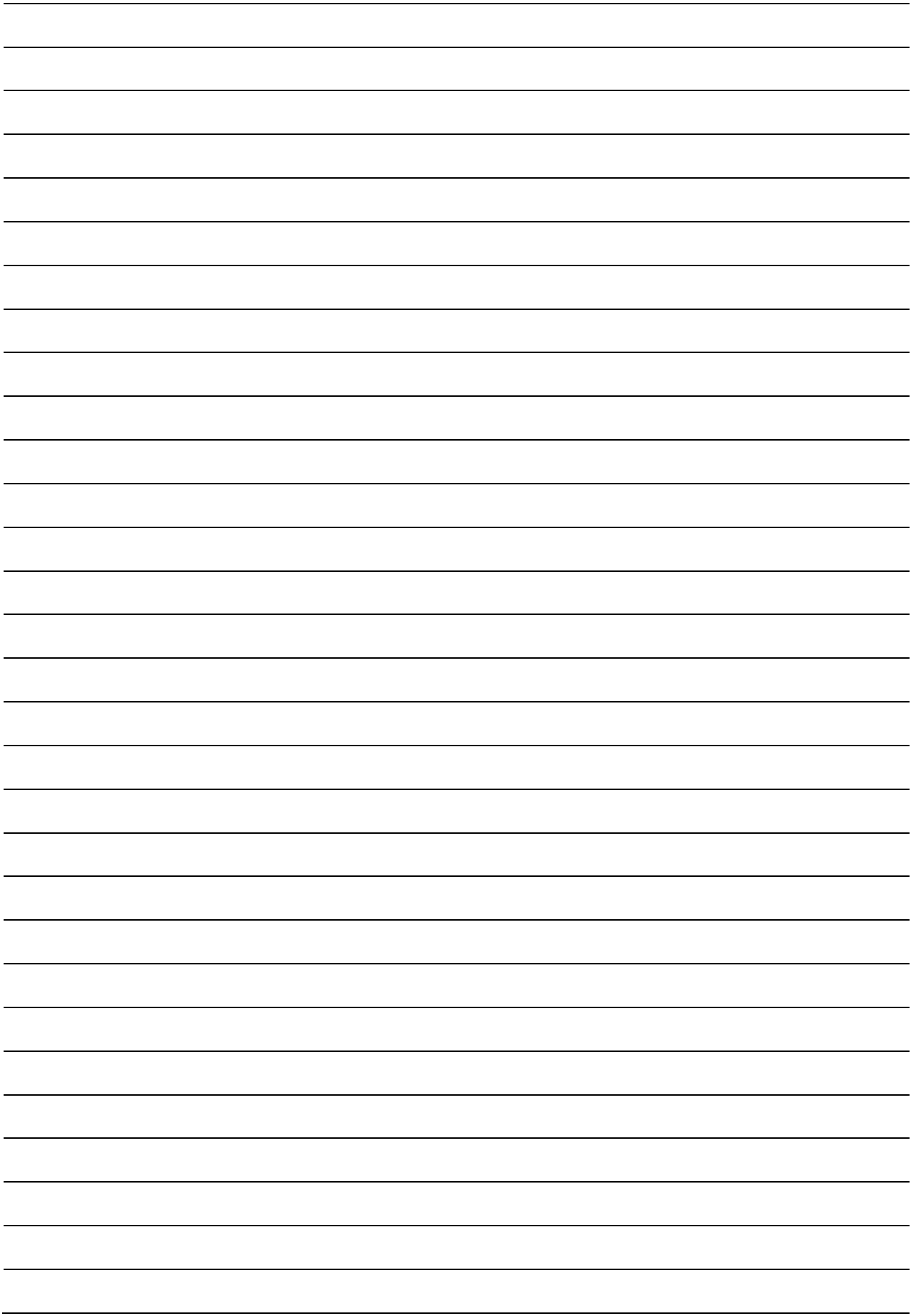
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## MODIFIED ESSAY QUESTION 3 (22 marks)

*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 Consultant Psychiatrist working in a community outpatient team and are about to assess Gemma. Gemma is a 20-year-old woman who has been referred by a locum General Practitioner (GP) who wonders whether she has adult Attention Deficit Hyperactivity Disorder (ADHD). Gemma attended the practice asking about this and asking if Ritalin would help. The GP says she was "a bit vague" when questioned about her symptoms but apparently she said it was hard to keep jobs as she got into trouble with employers for not following directions. Gemma has worked in several jobs including as a cleaner, and in a supermarket.

### **Question 3.1 (11 marks)**

**Outline (list and justify) the information you would want to get from Gemma in this assessment to clarify the diagnosis.**

*Please note: a list with no justification will not receive any marks.*

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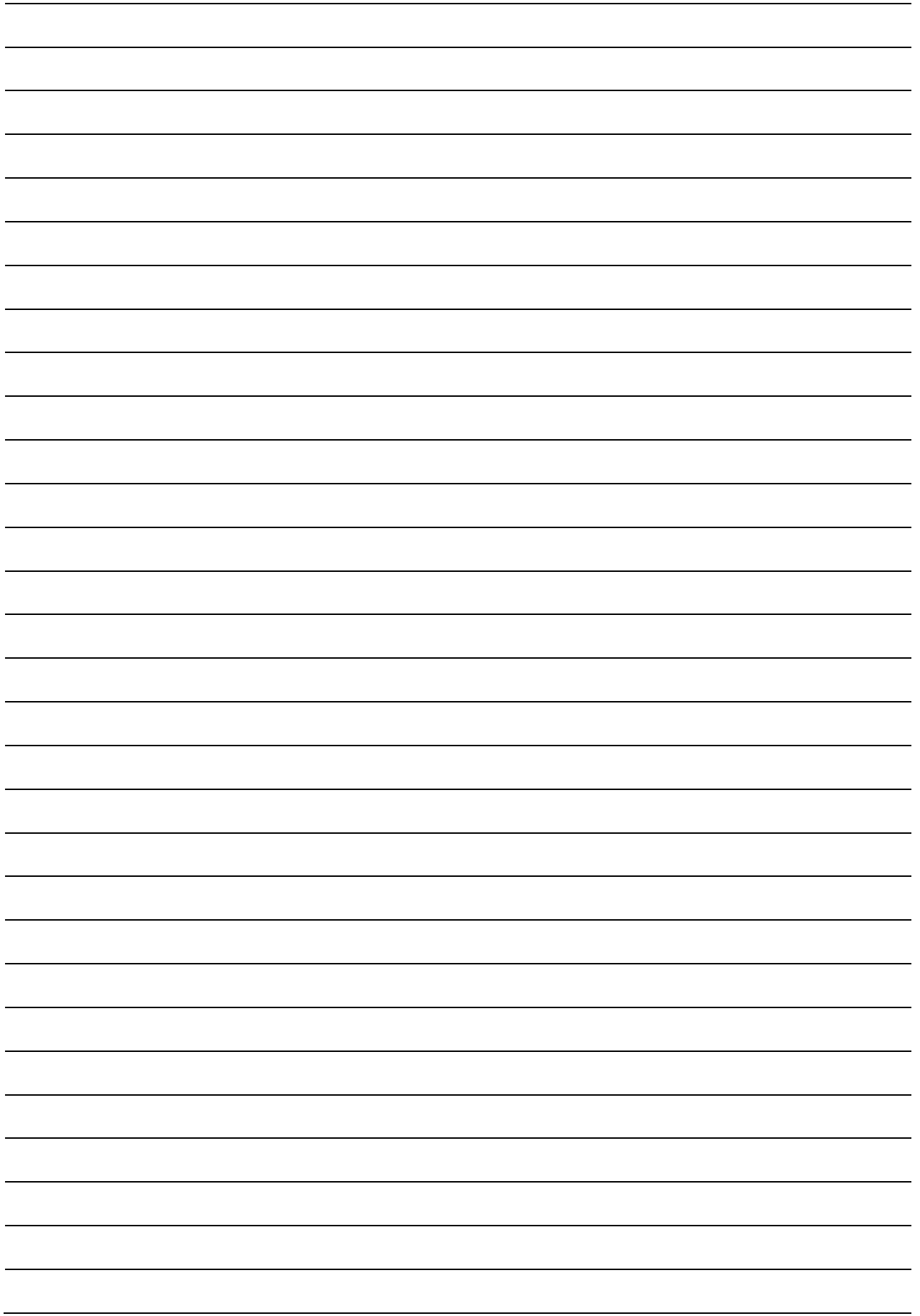
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### **Modified Essay Question 3 contd.**

You see Gemma for a follow-up appointment. You have enough information to confidently make a diagnosis of ADHD. You note however that Gemma also has significant alcohol abuse, and she reports using cannabis daily, meeting criteria for cannabis dependence. She also reports using "party drugs" occasionally.

**Question 3.2 (6 marks)**

**Outline (list and justify) the management options you would want to discuss with Gemma.**

*Please note: a list with no justification will not receive any marks.*

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**Modified Essay Question 3 contd.**

Six months later Gemma's usual GP telephones you for advice, expressing concern about Gemma. The GP has just returned from a period of leave and has seen Gemma for the first time since treatment was started. She notes that Gemma has lost a significant amount of weight. Gemma has been attending the GP practice regularly for her prescriptions, but the GP has noted that she tends to get them a little earlier than when they are due.

**Question 3.3 (5 marks)**

**Describe (list and explain) possible explanations for the situation the GP describes.**

*Please note: a list with no explanation will not receive any marks.*

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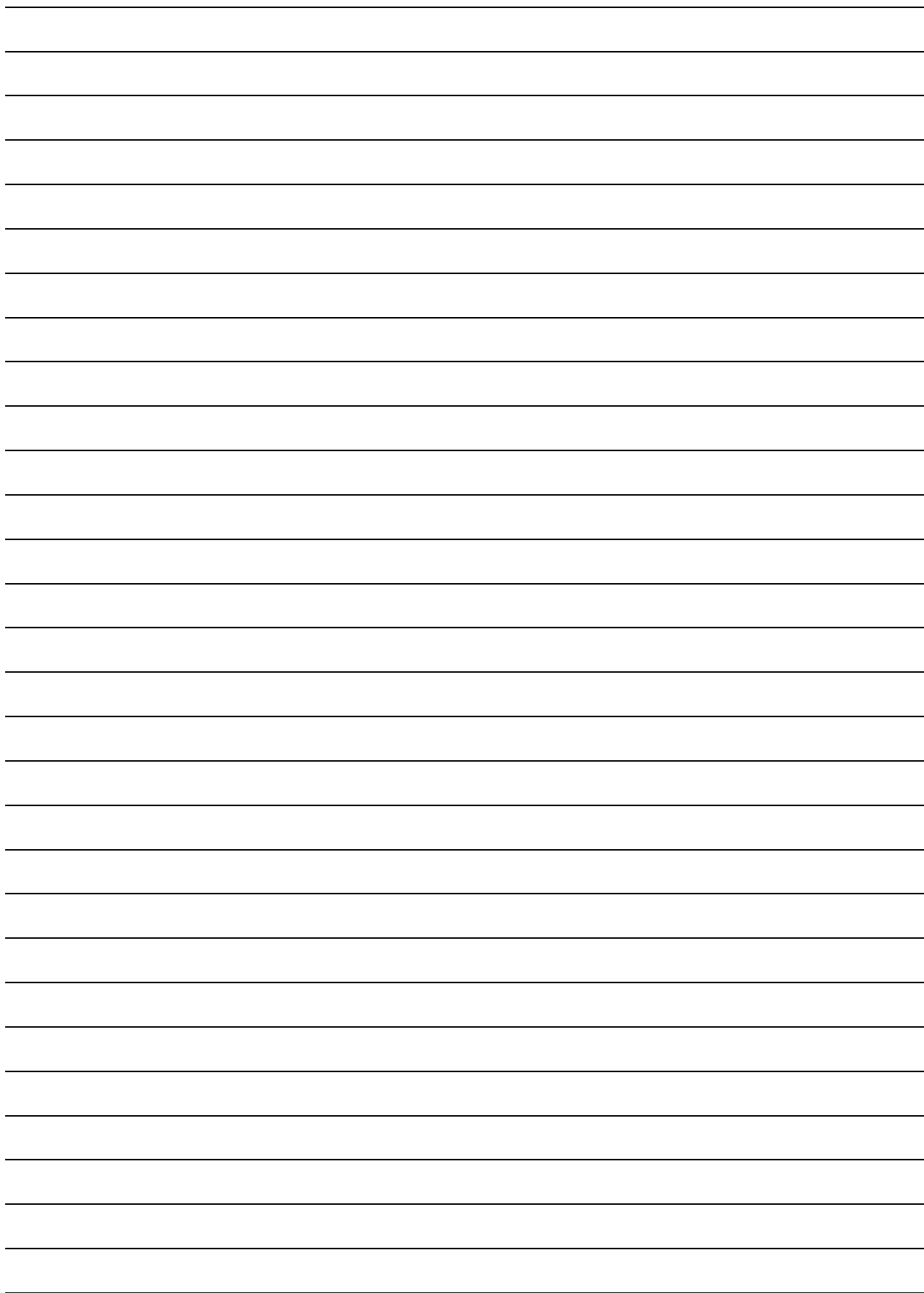
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## **MODIFIED ESSAY QUESTION 4 (20 marks)**

***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 junior consultant psychiatrist attached to a Consultation-Liaison team, called to the Emergency Department (ED) of a large metropolitan hospital. You have been referred Jack, aged 20, by an emergency medicine specialist who is worried about Jack's repeated presentations to the ED. Jack has again presented following a collapse while running – this is the fourth time Jack has presented to hospital in the last 6 weeks with similar collapses. The emergency medicine specialist is particularly concerned as Jack wanted to discharge himself from hospital but had another near-collapse with marked postural hypotension (a drop of 30mm Hg) while in the ED. In the ED, he has refused food offered by the nursing staff, saying, "It doesn't fit with my dietary requirements of 900 kilocalories per day." (2000-3000 kcal daily is the expected normal intake)

### **Question 4.1 (7 marks)**

**Outline (list and justify) the key information you need to elicit in your assessment with Jack.**

*Please note: a list with no justification will not receive any marks.*

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**Modified Essay Question 4 contd.**

After your assessment of Jack, you believe he needs to be admitted to hospital for further assessment. Jack politely declines, saying, "I'll be fine at home". You note that on the bedside cardiac monitor, Jack's heart rate is 35 bpm and blood pressure is 78/50mmHg. Jack is shivering while wrapped in four blankets.

Biochemical evaluation shows a serum potassium of 2.3 mmol/L (normal range is 3.5-5.2 mmol/L), serum phosphate of 0.30 mmol/L (normal range is 0.8-1.5 mmol/L) and serum albumin of 23 g/L (normal range is 32-45 g/L).

**Question 4.2 (9 marks)****Describe (list and explain) your approach to Jack's request for discharge from the Emergency Department.***Please note: a list with no explanation will not receive any marks.*


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**Modified Essay Question 4 contd.**

Jack is admitted to a medical ward for stabilisation. A diagnosis of Anorexia Nervosa (restrictive type) is made. On the ward, nursing staff report that he is often away from his bed and has been found in the bathroom doing push-ups and star jumps. Jack's family have arrived at the hospital and are very worried about his physical state. He looks gaunt but refuses to accept that he needs to remain in hospital. In a meeting, his family ask you what can be done to stop Jack over-exercising.

**Question 4.3 (4 Marks)**

**Describe (list and explain) what you would want to explain to his family about your management plan for Jack during the admission, regarding his over-exercising.**

*Please note: a list with no explanation will not receive any marks.*

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## MODIFIED ESSAY QUESTION 5 (22 marks)

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Tanisha is a 15-year-old girl with severe anxiety. The Child and Adolescent Mental Health team where you work as a psychiatrist has been treating her for a year, but you have not been responsible for her care until now. Tanisha is mute, both when seen at the clinic and at school, but her mother says that she talks at home. She has been diagnosed with selective mutism, and treated with Sertraline by your predecessor, up to 150mg/day, which she has tolerated well. Your service has attempted to engage with Tanisha to provide individual and group psychotherapy on several occasions over the last year, but she has refused to attend the appointments. Her mother has attended a psychoeducation group for parents, focussed on anxiety disorders. The onset of Tanisha's anxiety and mutism was reported to be after a fire in the family home from which they were evacuated, when she was 6 years old. Due to there being no significant improvement in her anxiety or mutism you have been asked to discharge Tanisha from the clinic, and so you are reviewing her case record.

### Question 5.1 (7 marks)

**Outline (list and justify) the key areas you would want to explore in Tanisha's case record.**

*Please note: a list with no justification will not receive any marks.*

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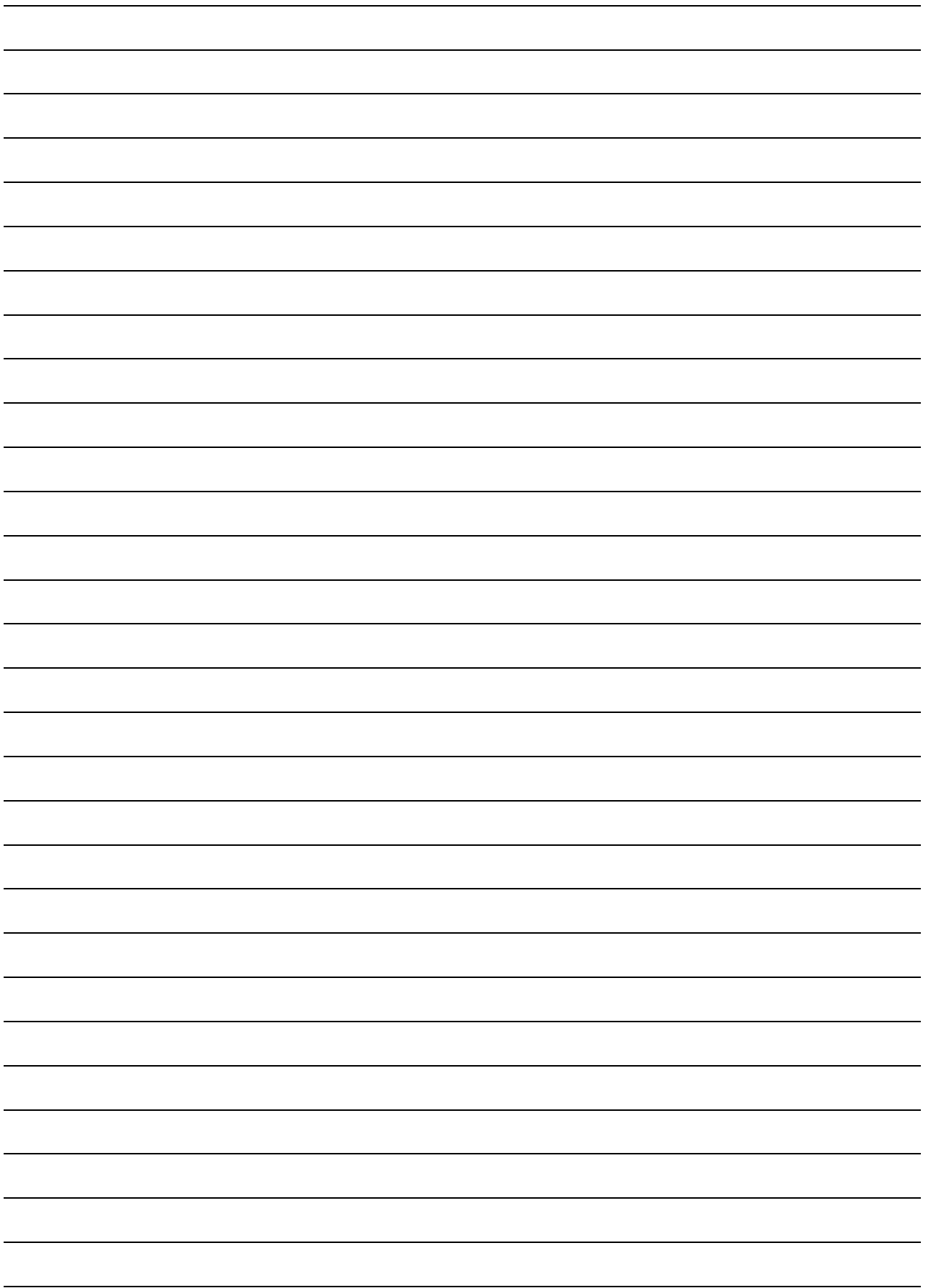
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### Modified Essay Question 5 contd.

You learn from Tanisha's case record that she is enrolled at a special education school, was recently discharged from paediatric follow-up, and that she has a diagnosis of intellectual disability (ID). You obtain the psychology report to review this further, and note that Tanisha was mute at the time when she was assessed with standardised psychometrics.

#### Question 5.2 (4 marks)

**Describe (list and explain) the issues to consider in making a diagnosis of intellectual disability in Tanisha, given that she was mute during psychometric testing.**

*Please note: a list with no explanation will not receive any marks.*

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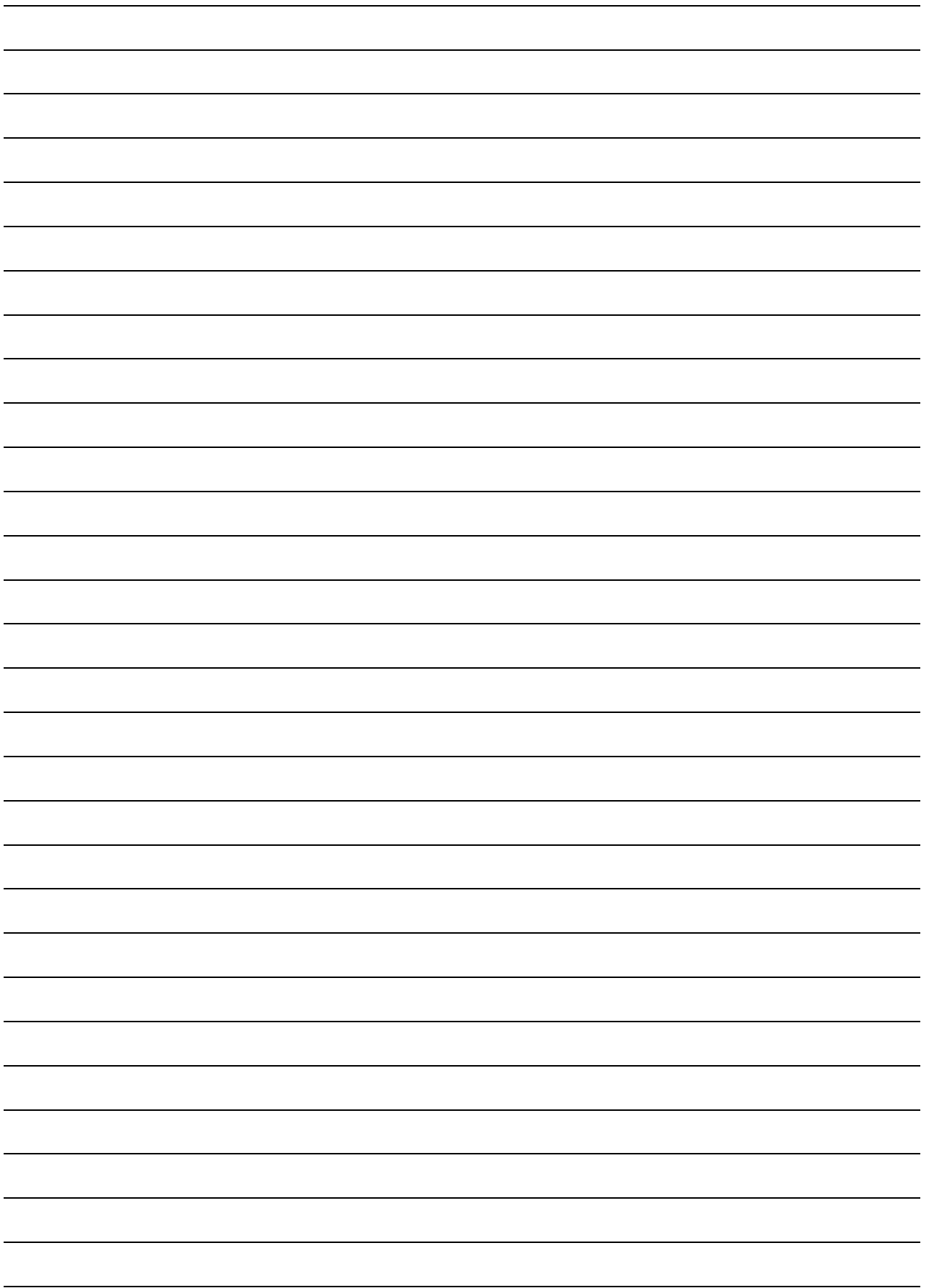
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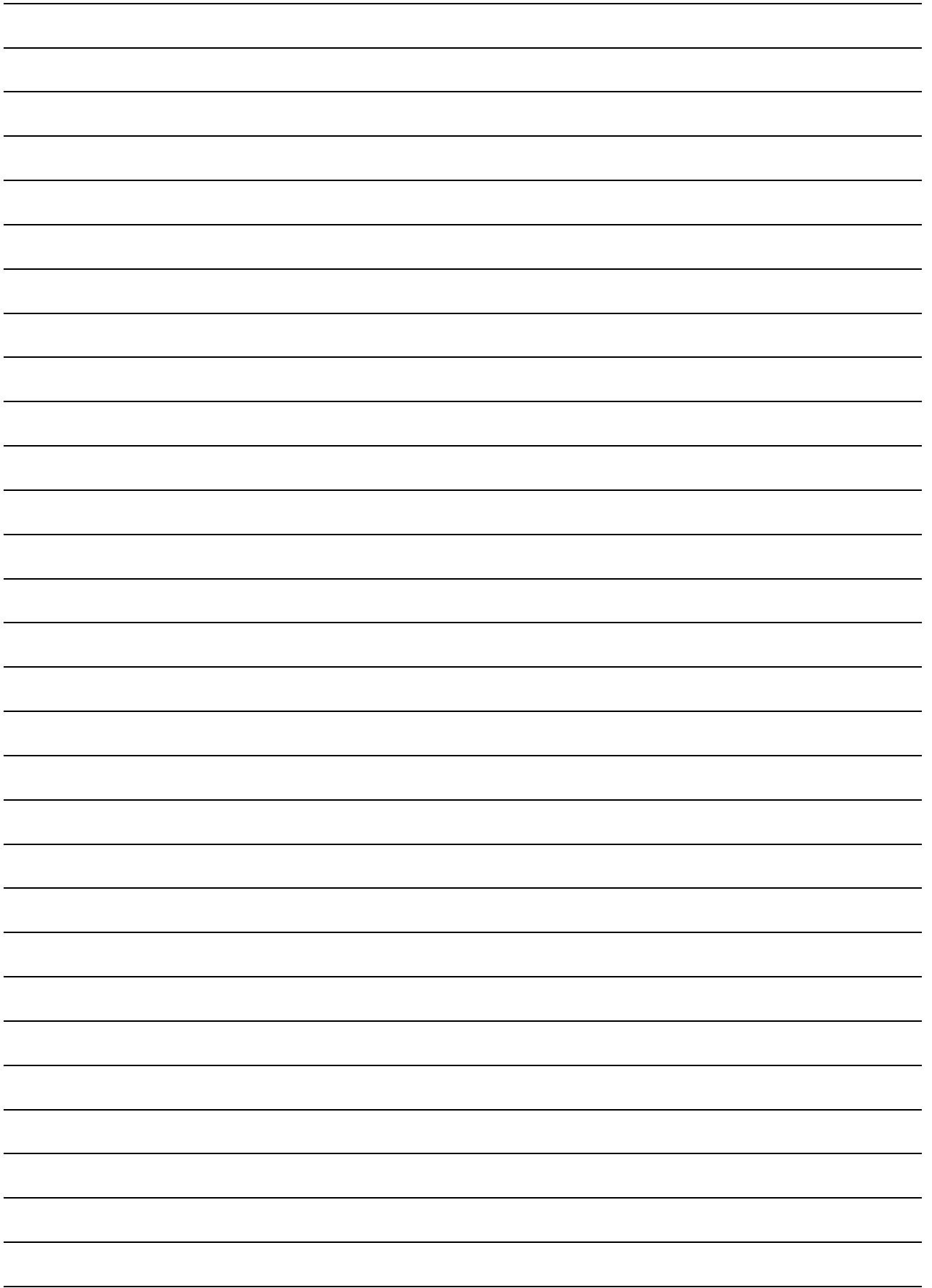
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**Modified Essay Question 5 contd.**

Following a reformulation of Tanisha's difficulties and a lengthy discussion of this with her family, her mother asks you whether Tanisha should keep taking the Sertraline.

**Question 5.4 (4 marks)**

**Outline (list and justify) the issues you would need to discuss with Tanisha's mother when responding to this question.**

*Please note: a list with no justification will not receive any marks.*

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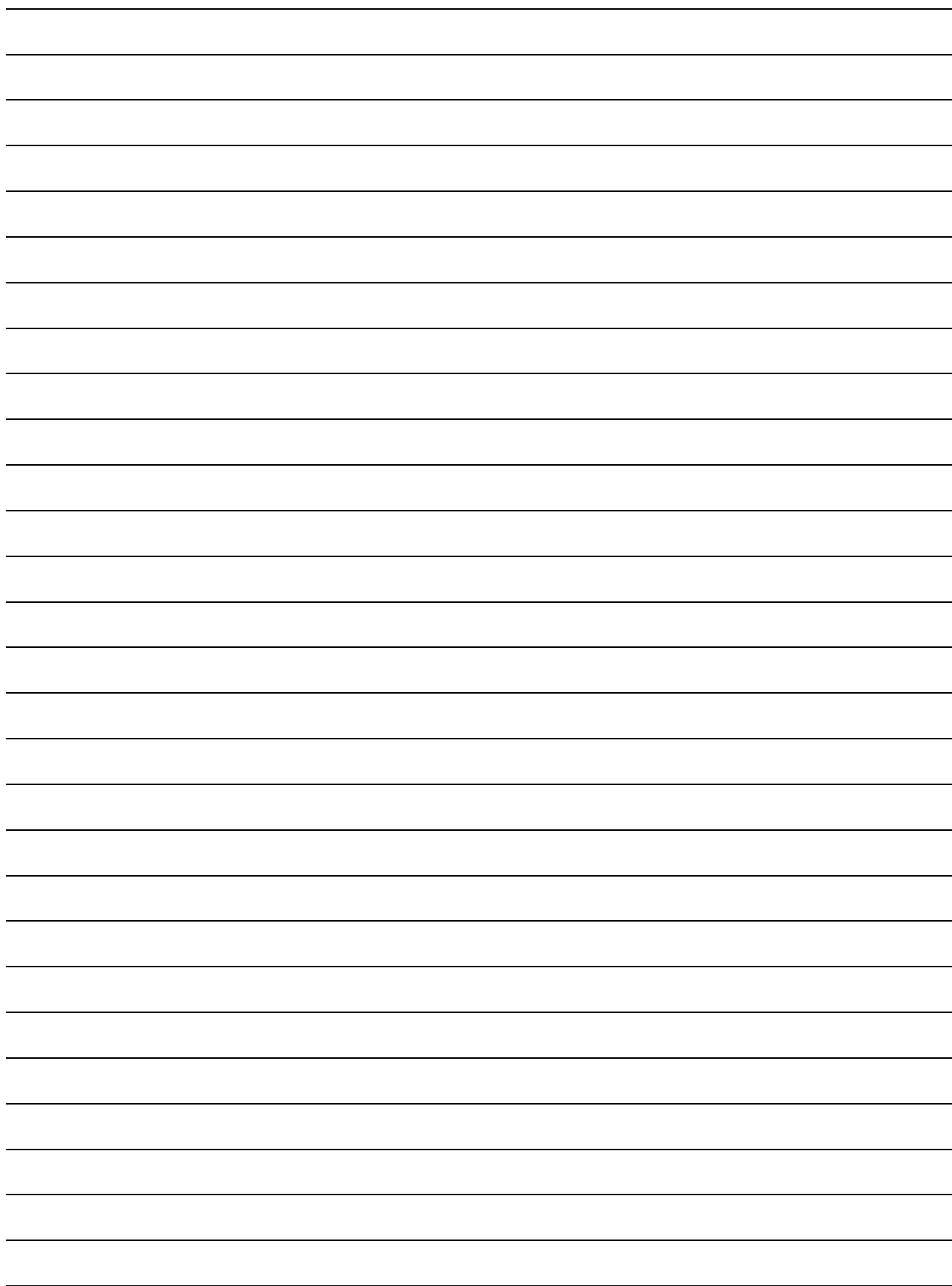
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## MODIFIED ESSAY QUESTION 6 (18 marks)

**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 consultant psychiatrist at a regional centre that sees patients of all ages. Your registrar, Tom, has been to assess Richard, an 83-year-old man who was discharged to a residential care facility from a medical ward two weeks ago, having been diagnosed with a left external capsule infarct. He also has a diagnosis of dementia which was made prior to his stroke. Richard was previously living at home with his wife, Emily, who provided round-the-clock care for him.

The residential care facility asked the local General Practitioner (GP) for help as Richard is difficult to manage. They say he constantly tries to get out of bed, is a falls risk and often takes off all his clothes. The GP started Richard on quetiapine and lorazepam with little improvement in these behaviours. The GP and the residential care facility want advice from your mental health service on what other medications may be helpful to manage Richard's behaviour.

The nursing co-ordinator insists that Richard is not manageable at the residential care facility as he is constantly getting out of bed at night and needs a 1:1 watch, which is an expense for them.

### **Question 6.1 (10 marks)**

**Outline (list and justify) the key information that you would expect Tom to have gathered from the staff and from Richard's records, at the residential care facility.**

*Please note: a list with no justification will not receive any marks.*

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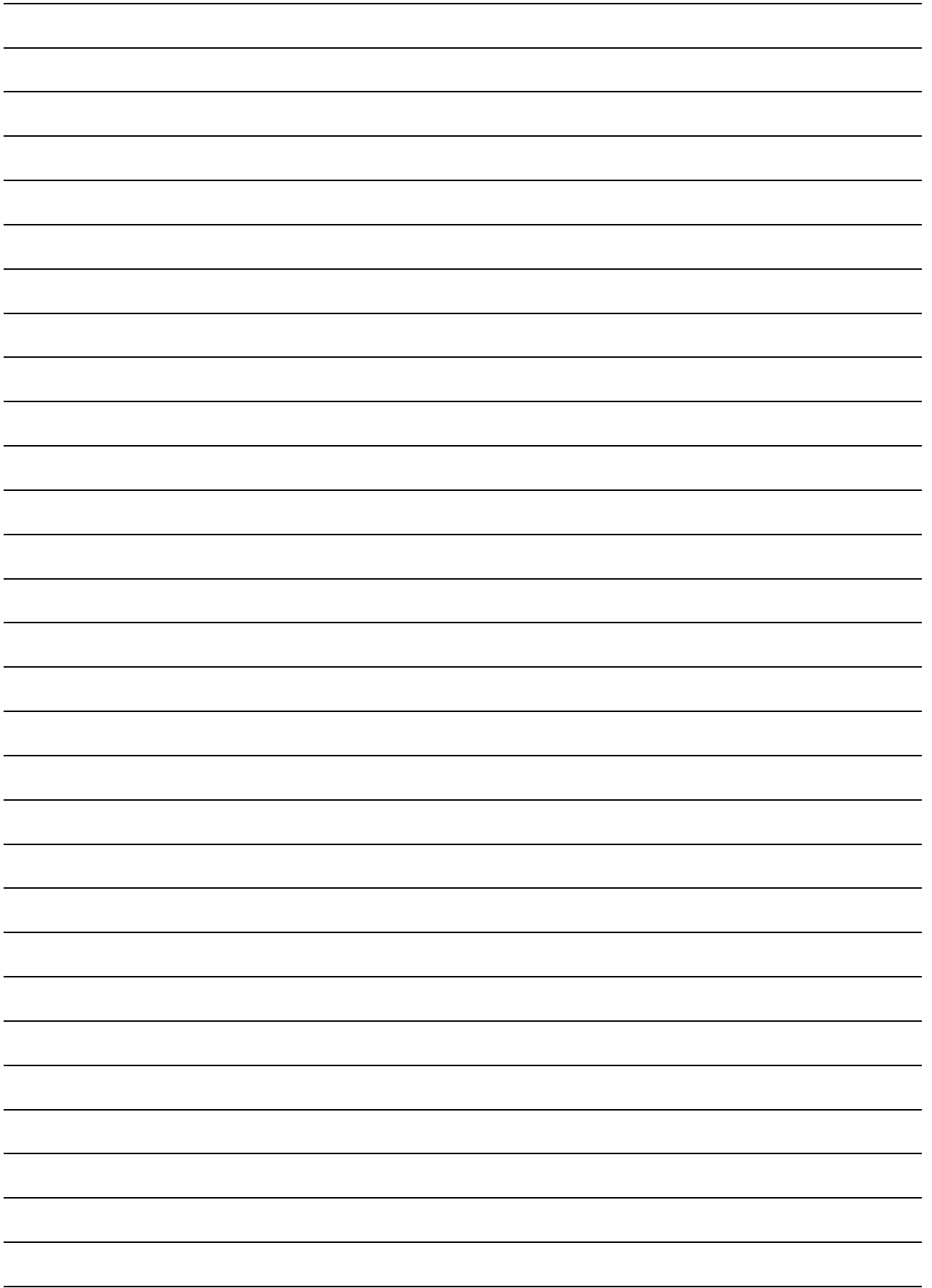
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**Modified Essay Question 6 contd.**

Your registrar, Tom, has established that Richard was previously a school principal and was very interested in music. His wife has been bringing him music to listen to, but the staff feel it is “unsuitable” as it might disrupt the other residents in the care facility. Richard spends most of the day in his room as he often shouts profanities.

Tom wishes to increase Richard’s quetiapine to 50mg three times daily (from 12.5mg three times daily) as this is what the residential care facility has requested. He raises this plan with you in supervision today.

**Question 6.2 (8 marks)**

**Describe (list and explain) what you would want to discuss with Tom regarding non-pharmacological management planning in Richard's case.**

*Please note: a list with no explanation will not receive any marks.*

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