



**THE ROYAL AUSTRALIAN AND NEW ZEALAND
COLLEGE OF PSYCHIATRISTS**

**MOCK WRITTENS
MODIFIED ESSAY PAPER
2022**

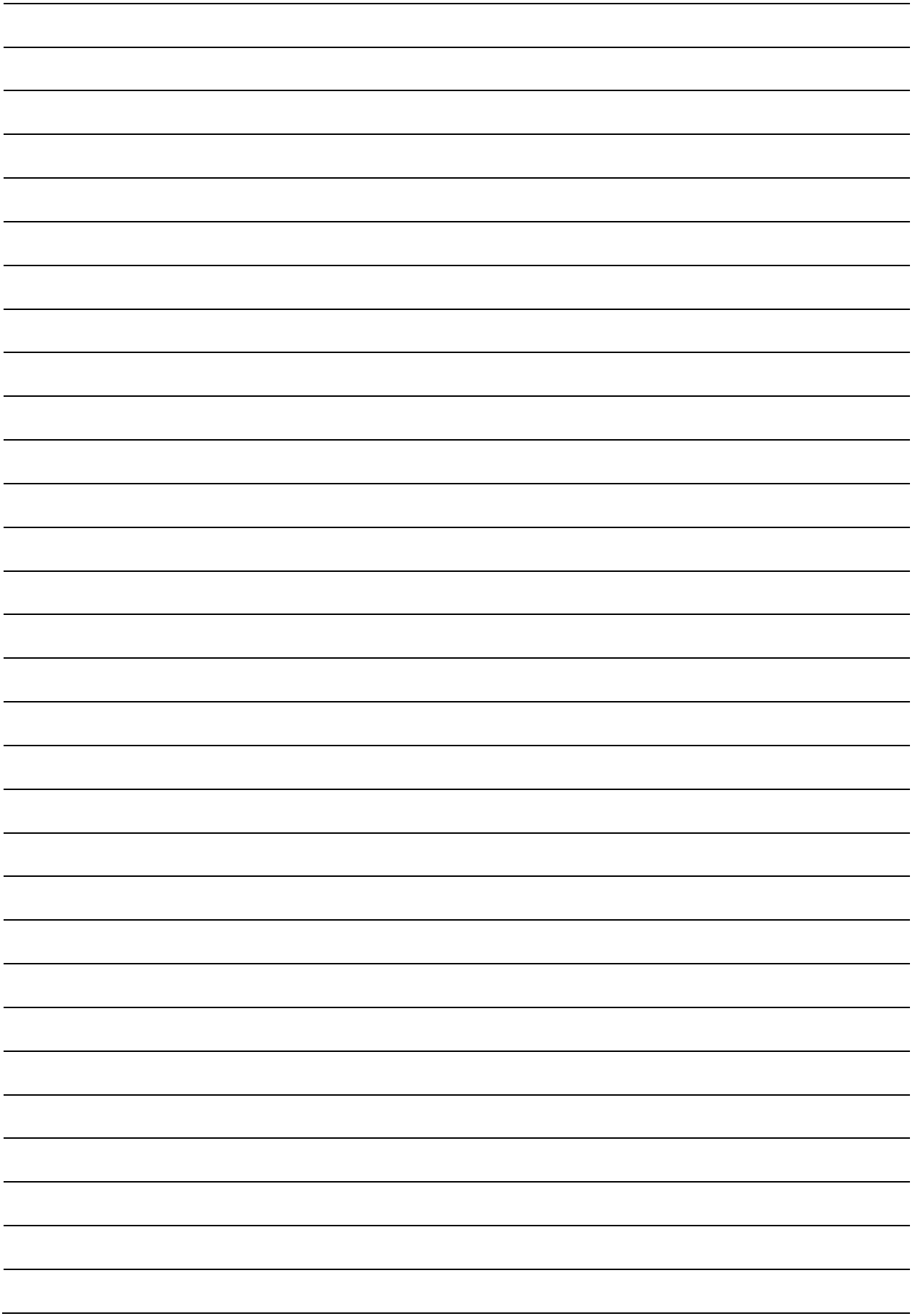
Written by the NSW Branch Training Committee and
the Health, Education and Training Institute for Higher Education, and
adapted for use in NZ by the NZ Training Committee

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 contd.

After one week of antidepressant therapy there has been no change in Mr Green's engagement with rehabilitation and his treating team are recommending that he be discharged to residential aged care.

Question 1.4 (6 Marks)

Outline (list and justify) appropriate actions that you might undertake to support Mr Green as the consulting psychiatrist.

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

MODIFIED ESSAY QUESTION 2 (24 marks)

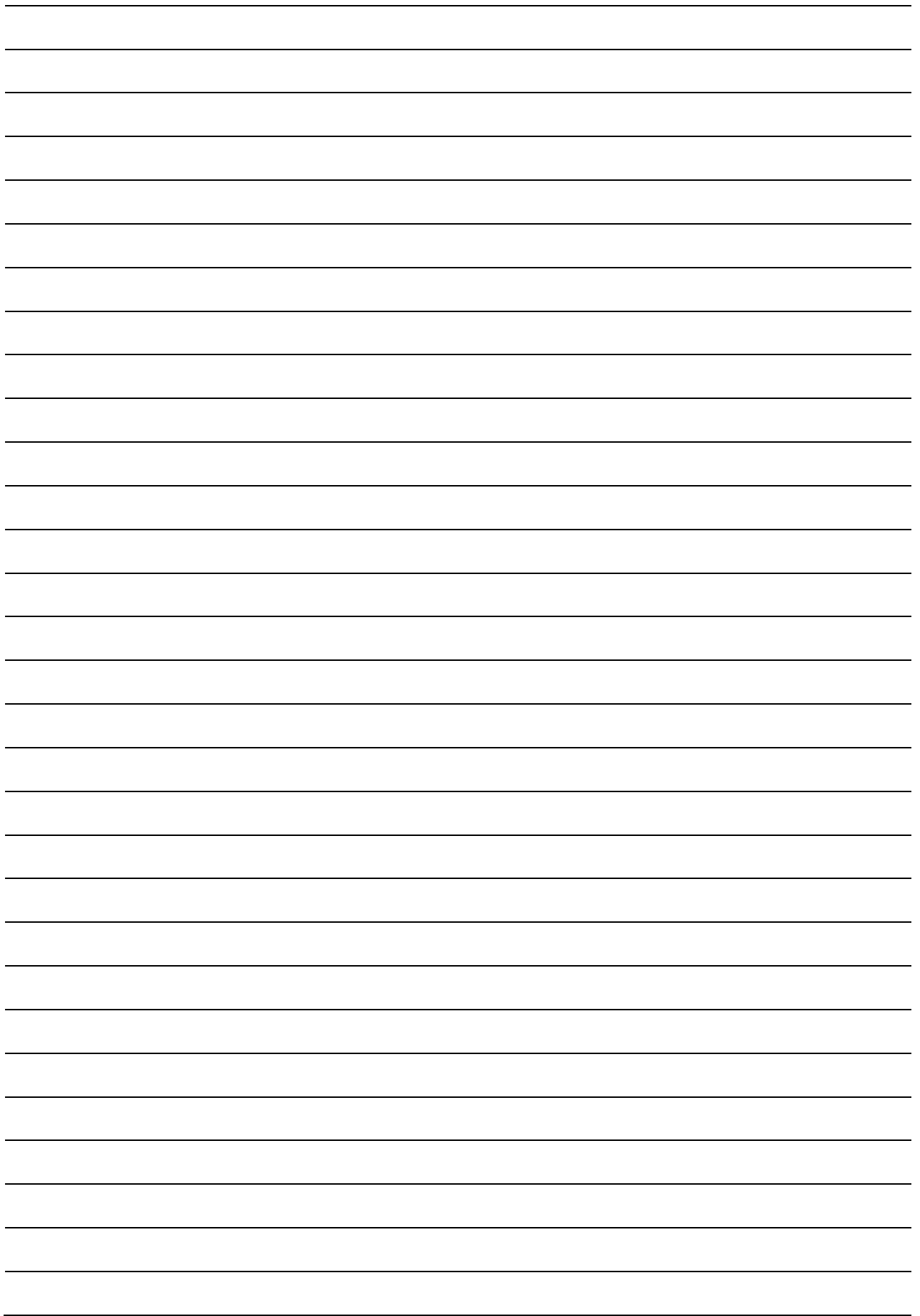
Each question within this modified essay will be marked by a different examiner. The examiner marking this question will not have access to your answers to the other questions. Therefore, please ensure that you address each question separately and specifically. Answer this question fully, even if you believe that you have partly covered its content in your answers to other questions.

You are a junior consultant psychiatrist working in a community mental health clinic in a regional town. Your patient, Hemi, is a 41 year old unemployed Māori man who is separated from his partner. They have a 7 year old son, whom he sees fortnightly. He currently lives alone in a private rental unit owned by his elderly parents who live nearby. Hemi was admitted to the local public hospital a year ago after he threw himself in front of a bus due to constant derogatory auditory hallucinations. He sustained multiple injuries requiring surgery. Hemi was discharged from hospital on Paliperidone depot which was changed to oral Olanzapine in the community due to a lack of therapeutic response. Six months ago, Hemi was readmitted for three weeks for a Clozapine trial due to ongoing psychotic symptoms. He still experiences auditory hallucinations, although they have significantly reduced since he started Clozapine.

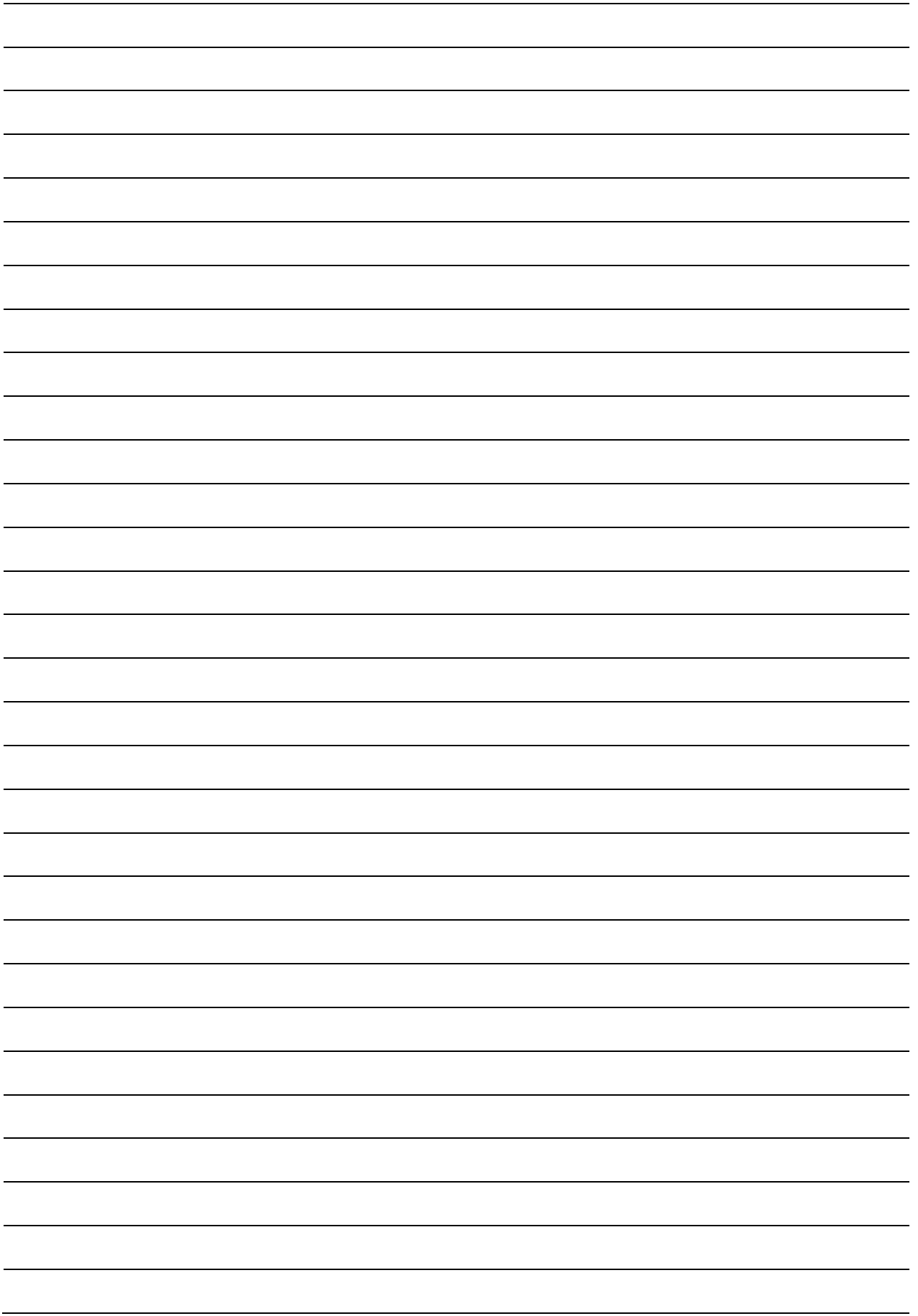
Question 2.1 (12 marks)

Outline (list and justify) the key factors you would consider while completing a risk assessment for Hemi.

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



Lined writing area with horizontal lines.



Modified Essay Question 2 contd.

Hemi feels he is a failure as he has been trying to re-establish employment as a kitchen hand, without success. A recent application for work rehabilitation funding was declined due to Hemi not meeting the criteria. He still experiences chronic pain and is unable to do tasks requiring physical strength due to his injuries. Hemi feels that he is not a good role model for his son as he doesn't have a job.

Question 2.3 (6 Marks)

Describe (list and explain) how you would address Hemi's current concerns.

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

MODIFIED ESSAY QUESTION 3 (28 marks)

You are a junior consultant psychiatrist covering the Emergency Department of a metropolitan hospital. Tim is a 42 year old man who is serving a 25 year sentence after being convicted for the murder of his father. He has a diagnosis of mild intellectual disability and while in prison, was diagnosed with schizophrenia seven years ago. Tim is treated with Zuclopenthixol Decanoate 400mg IMI every 2 weeks and Quetiapine 400mg PO nocte. He has remained stable on these medications but due to a weight gain of 15 kgs over recent years, his treating team reduced and ceased the Quetiapine.

Approximately three months after the cessation of Quetiapine, the prison guards report that Tim is increasingly paranoid and hostile. He is reassessed by a forensic psychiatrist in prison, who orders Zuclopenthixol Acetate 150 mg as a stat dose. Tim continues to deteriorate, refusing any oral intake and becoming incontinent of urine and faeces, prompting his transfer to the medical wing. The next morning, nursing staff find him with a reduced Glasgow Coma Scale (GCS) of 12, prompting an urgent transfer to the nearby Emergency Department. His observations at triage are: Heart rate 105 bpm, Blood pressure 135/85 mm Hg, Temperature 37.9 degrees C, Respiratory rate 15 bpm.

You attend the Emergency Department with your registrar to assess Tim.

Question 3.1 (9 marks)

Outline (list and justify) the key information you wish to gain in your initial assessment of Tim.

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

A series of 28 horizontal lines for writing or drawing.

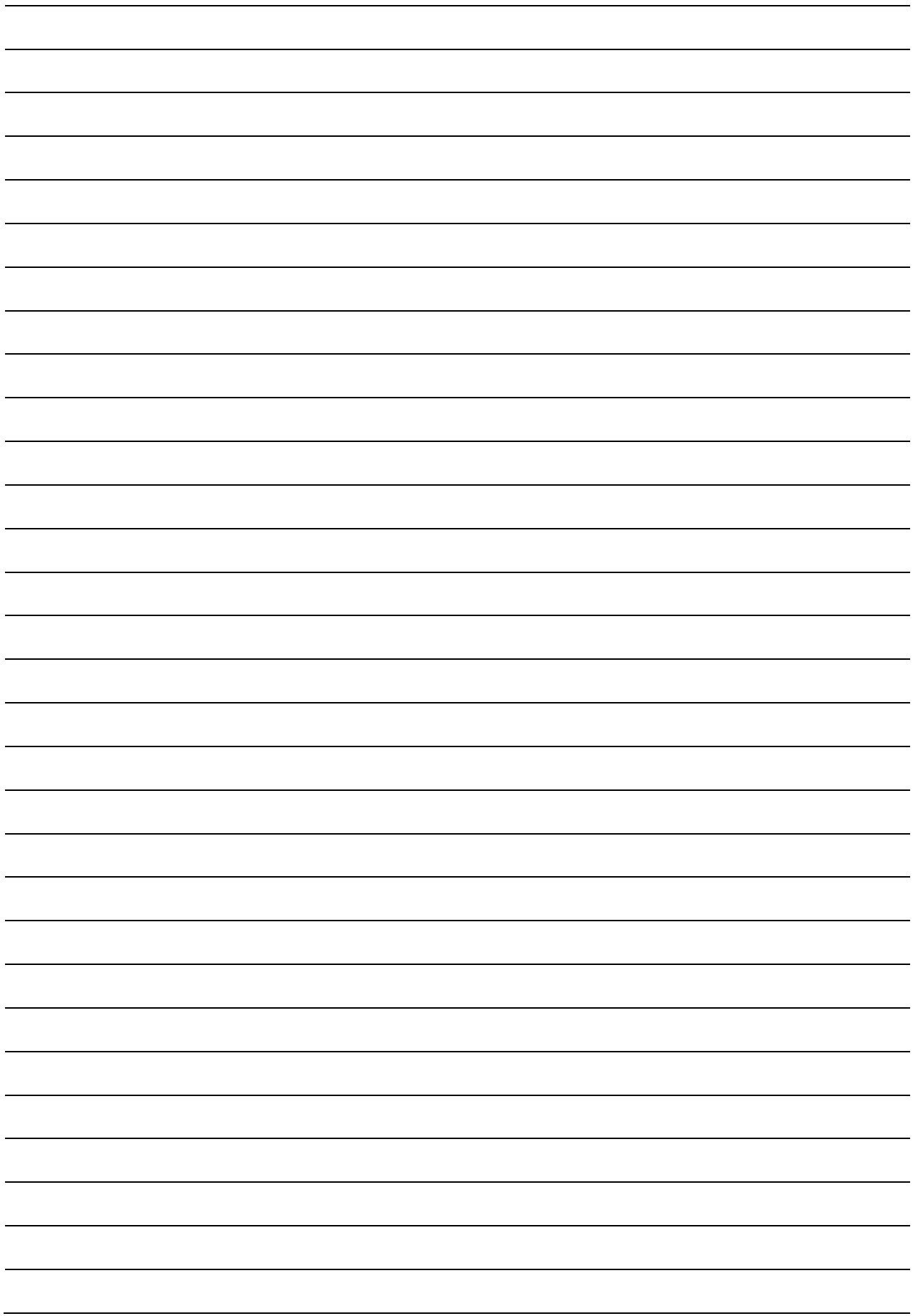
Modified Essay Question 3 contd.

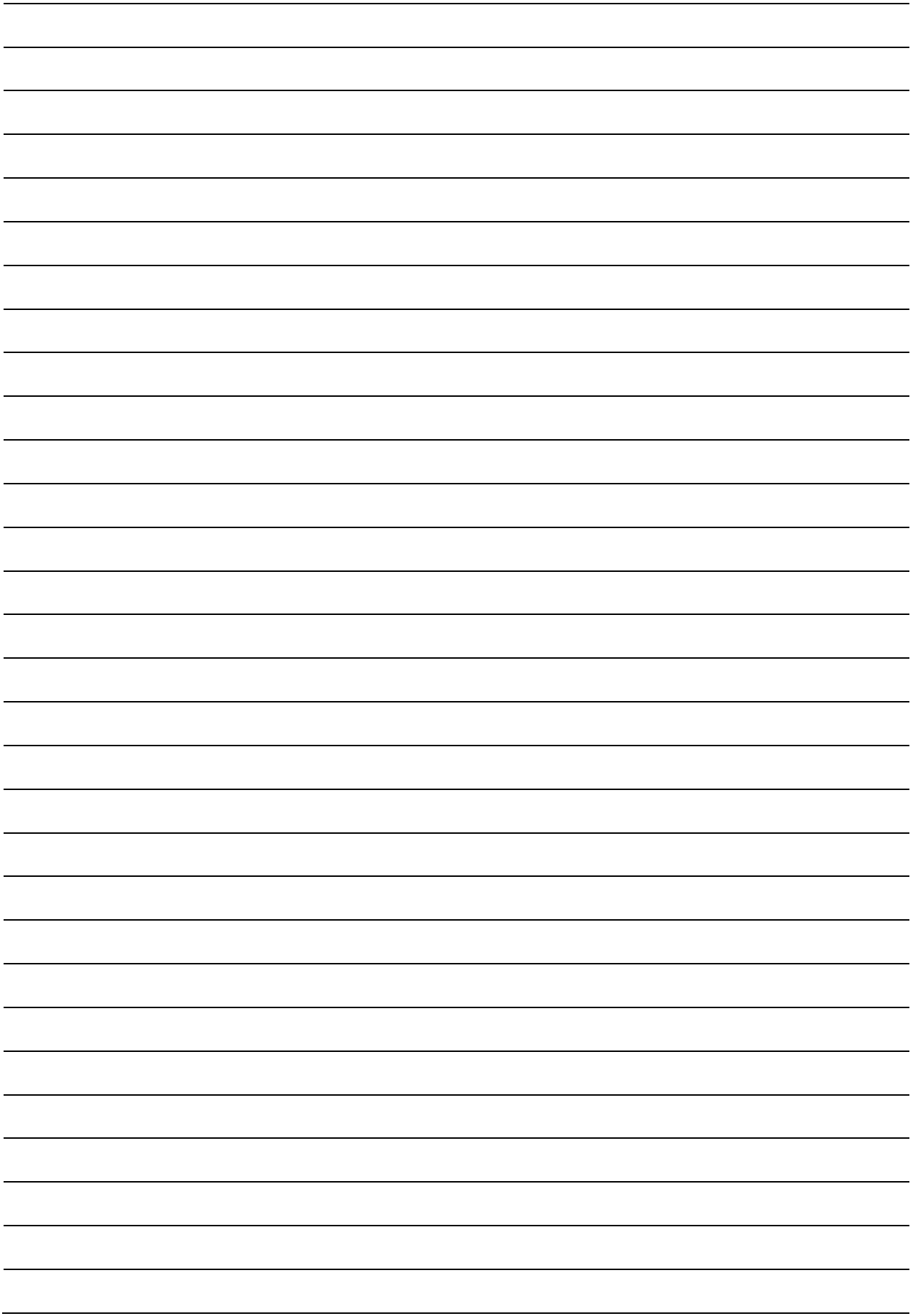
You check the blood tests and find them unremarkable except for a white cell count of 11.5 (normal range 3-11), C-reactive protein of 23 (normal <5), Creatinine kinase of 1250 (normal 45-250). Other investigations cannot be carried out due to Tim’s level of agitation. You advocate for a medical admission as Tim cannot be safely returned to prison. However, no medical team wishes to admit him, arguing that "the prisoner clearly only has mental health problems as his bloods are fine. He should just be managed by psychiatry."

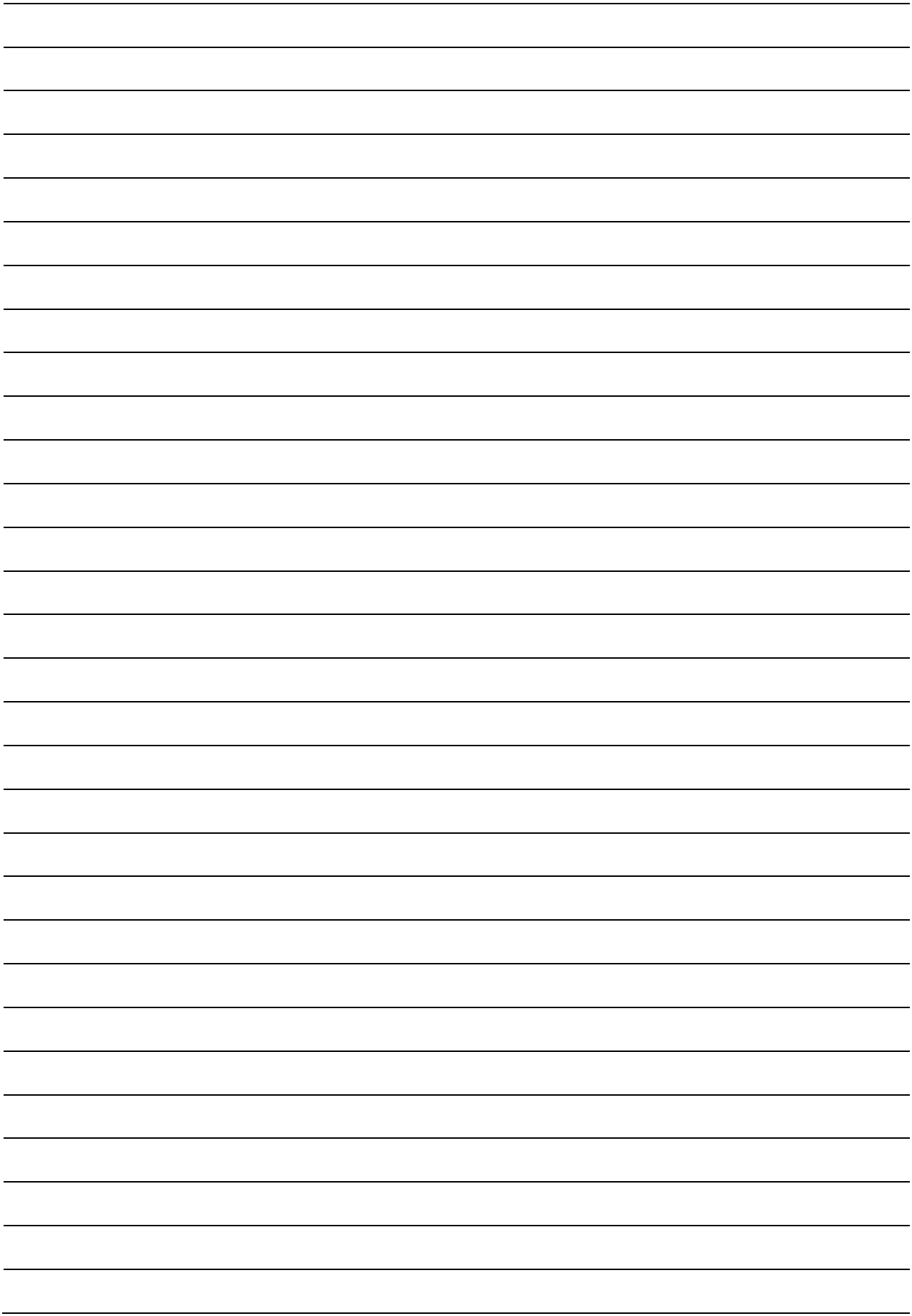
Question 3.3 (14 marks)

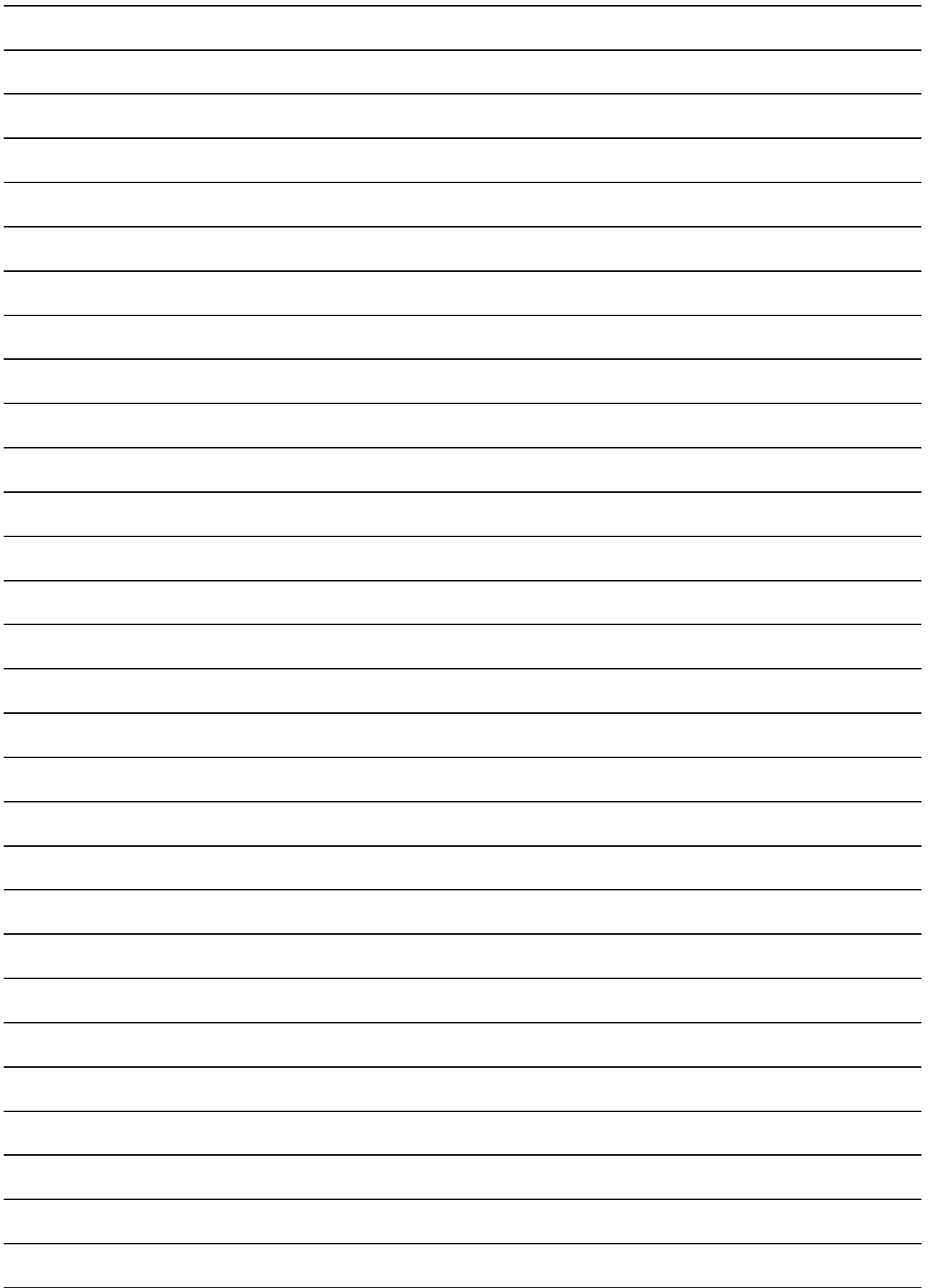
Describe (list and explain) your approach to this situation and your management plan.

Please note: a list without explanation will not receive any marks.









MODIFIED ESSAY QUESTION 4 (25 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.

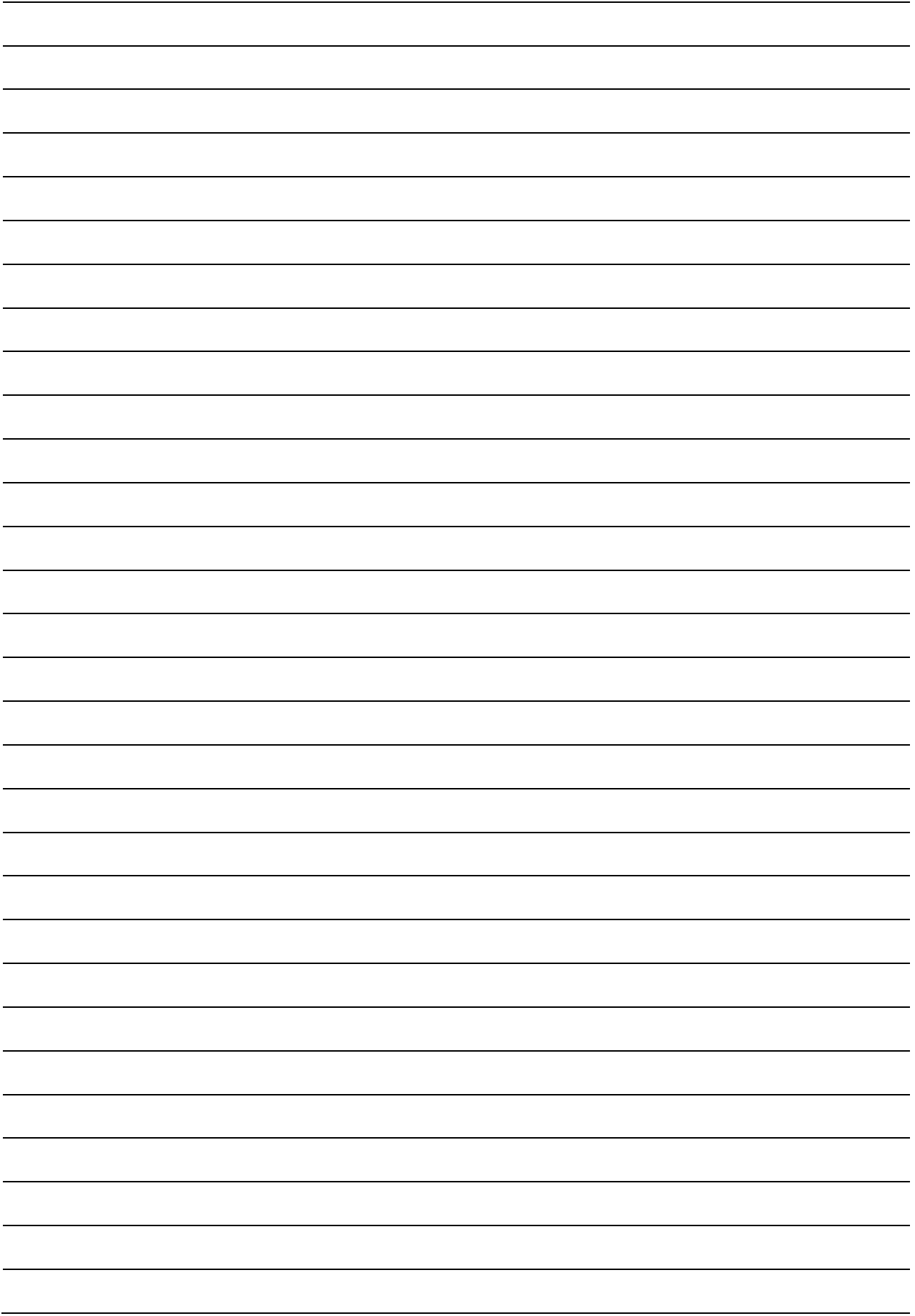
You are working as a junior consultant psychiatrist in an outpatient clinic in a metropolitan city. A local General Practitioner (GP) has referred a patient, Lara, a 25 year old single woman in a clerical job, for review and advice. Lara has a diagnosis of low mood and of alcohol use disorder. She has just been charged with driving under the influence with a mid-range level of alcohol. This is her second such charge and her lawyer has suggested she seek counselling and psychiatric review.

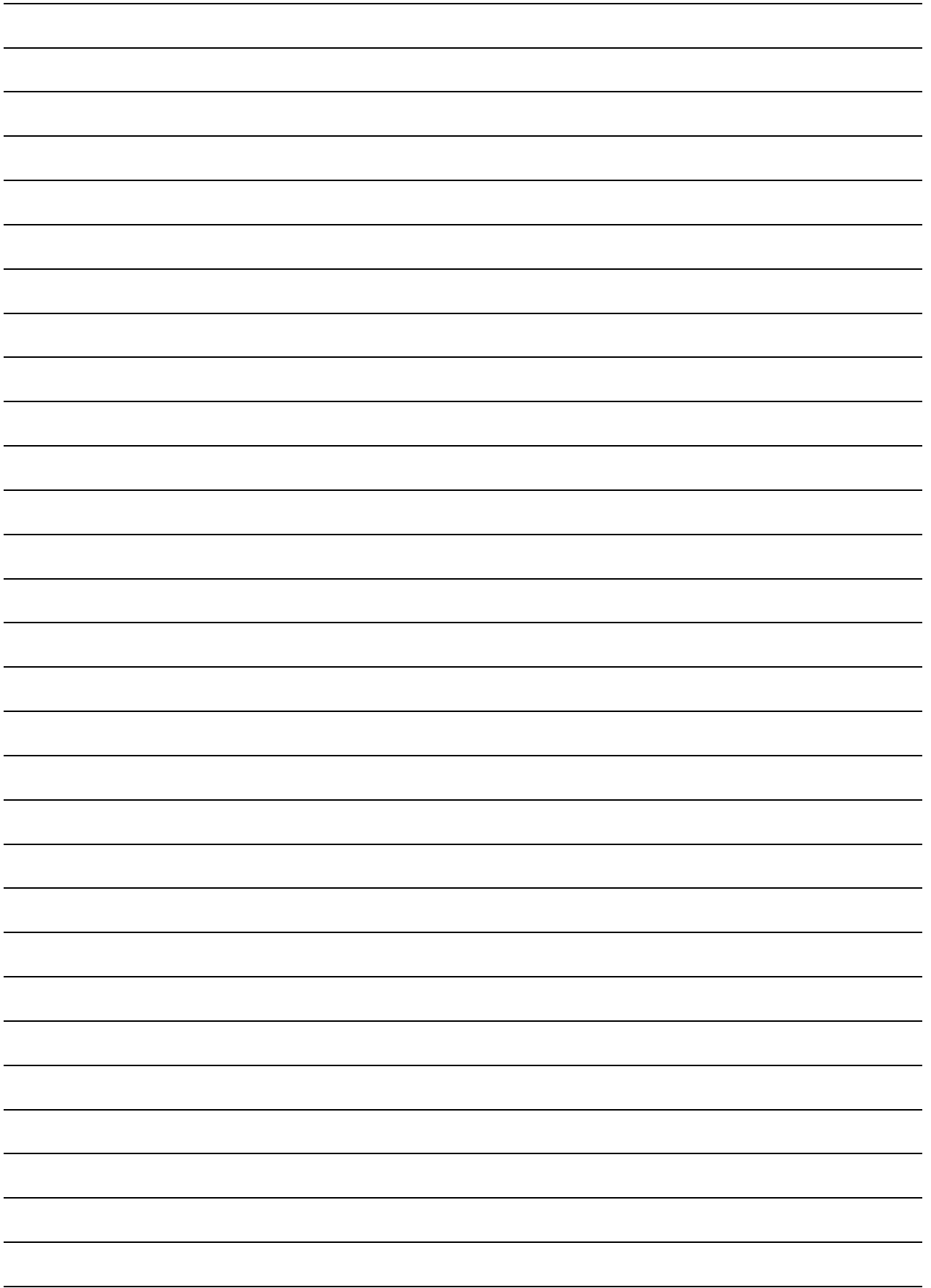
Question 4.1 (10 marks)

Describe (list and explain) the key aspects you would cover in your assessment of Lara’s alcohol use disorder.

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

A series of 30 horizontal lines, evenly spaced, filling the majority of the page, typical of a notebook or a form designed for writing or drawing.





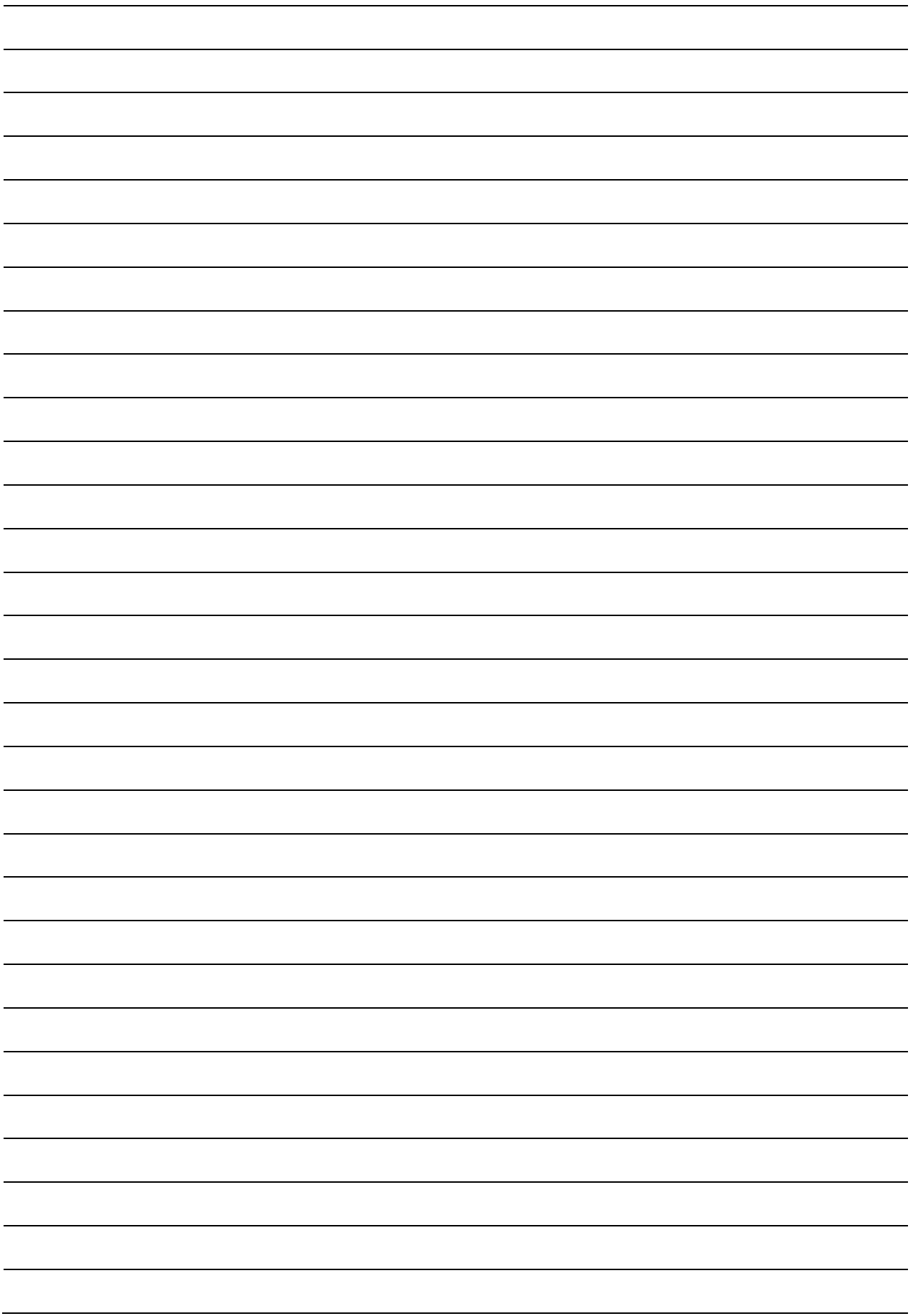
Modified Essay Question 4 contd.

You arrange for Lara to receive outpatient alcohol withdrawal management and counselling via the local Community Alcohol And Drug Services. You review her two weeks later, at which time she is abstinent from alcohol and has been prescribed Acamprosate 666 mg TDS. Her mood has deteriorated but she is not suicidal and has no thoughts of self-harm. She explains that alcohol usually helps her escape from her feelings and that she does not know how to cope without it. She says she is tired of being “miserable all the time” and worries that she will end up like her mother who had “manic depression and a truckload of addictions.”

Question 4.2 (8 marks)

Outline (list and justify) your differential diagnoses for Lara, other than alcohol use disorder.

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



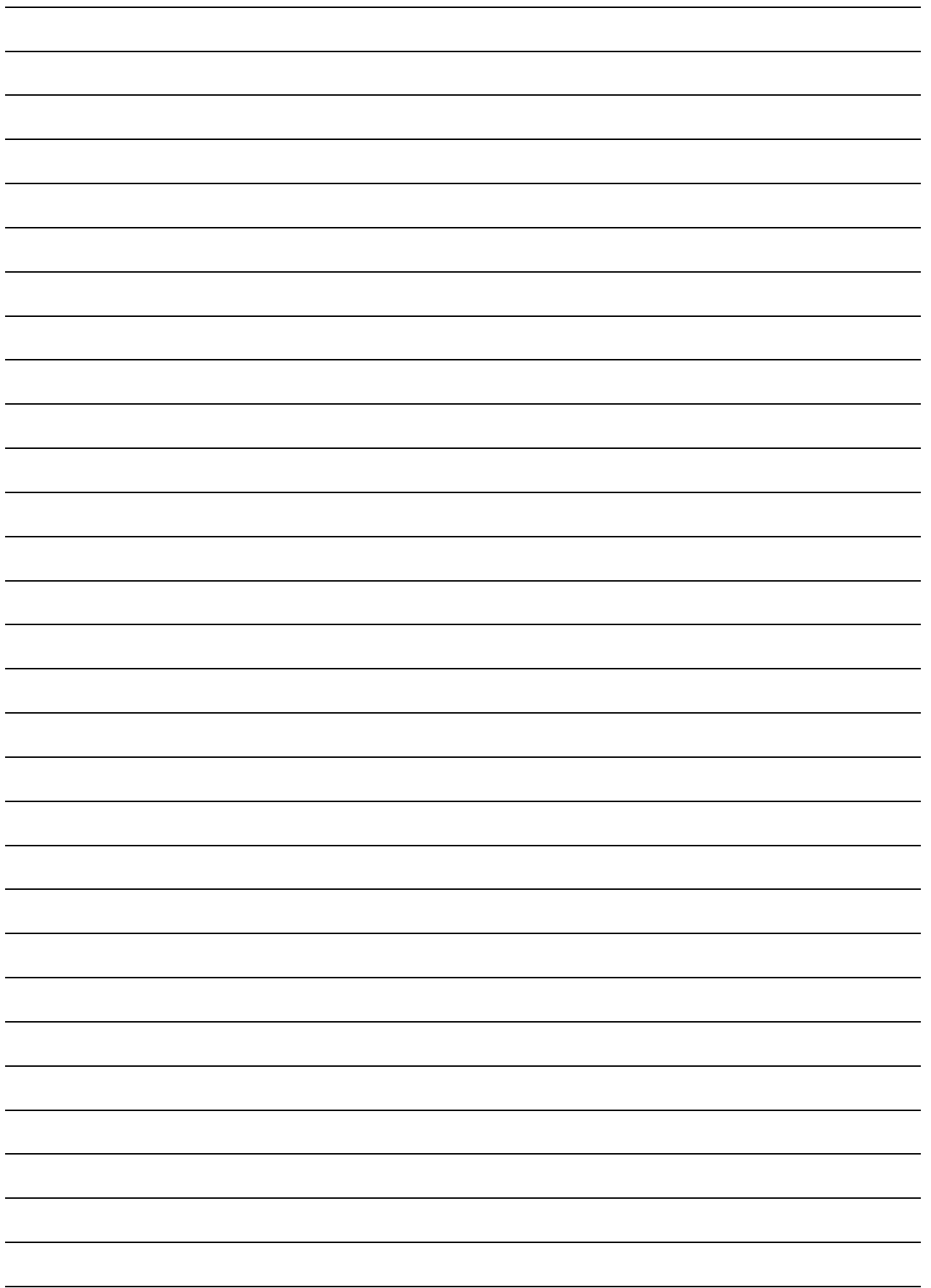
Modified Essay Question 4 contd.

You review Lara after another four weeks and she remains abstinent from alcohol. Her mood has improved but she still feels low a lot of the time. You decide that Lara would benefit from an antidepressant trial but when you begin to discuss options she asks you to prescribe Quetiapine. She says that her counsellor told her that it could be helpful because she is “a bit borderline”. She would like to know what this means and whether Quetiapine could be ‘the silver bullet’ for her depression and alcohol dependence.

Question 4.3 (7 marks)

Describe (list and explain) your further management of Lara.

Please note that a list without explanation will not receive any marks.



MODIFIED ESSAY QUESTION 5 (25 marks)

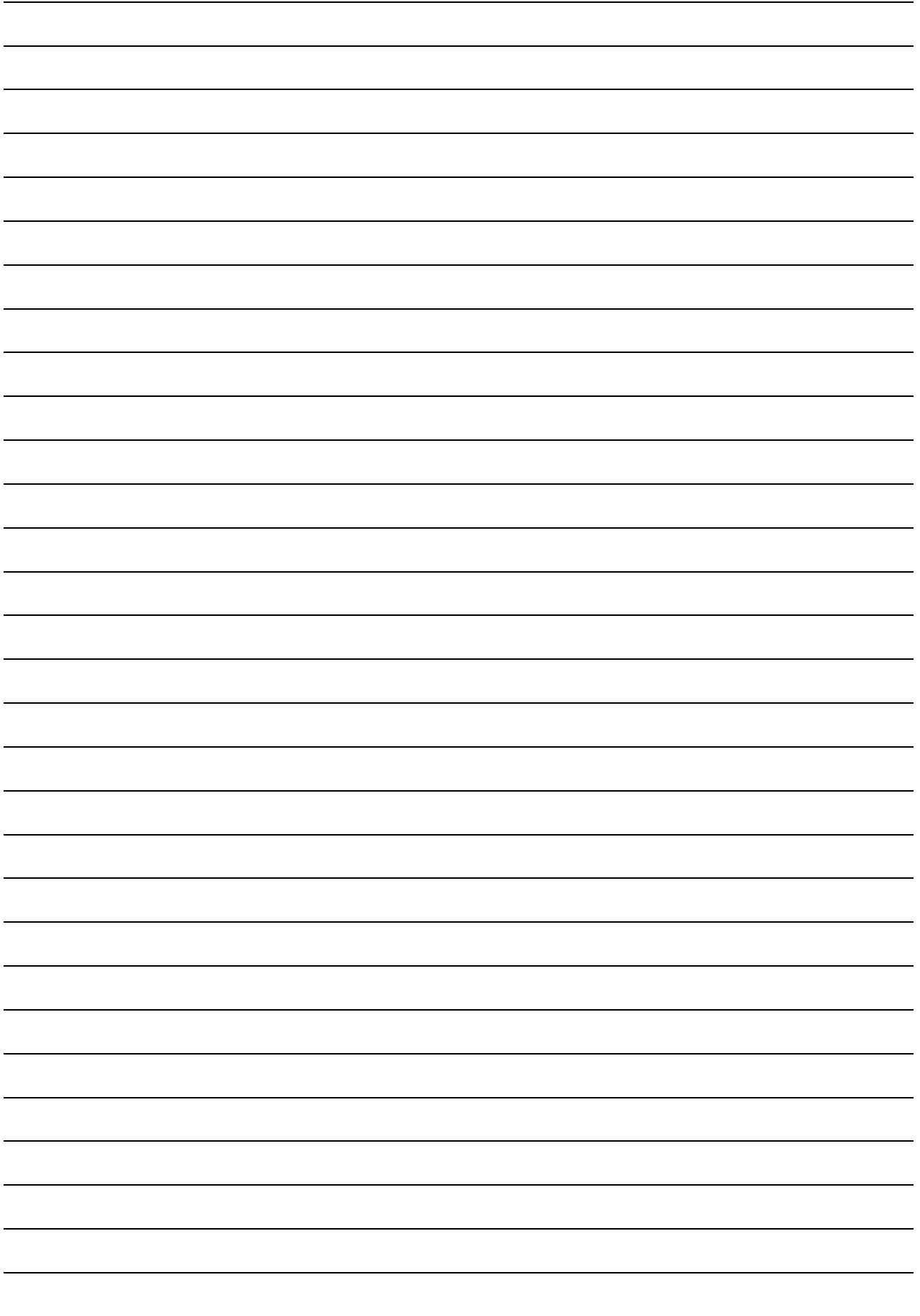
Each question within this modified essay will be marked by a different examiner. The examiner marking this question will not have access to your answers to the other questions. Therefore, please ensure that you address each question separately and specifically. Answer this question fully, even if you believe that you have partly covered its content in your answers to other questions.

You are a Junior Consultant Psychiatrist covering the Emergency Department (ED) of a small suburban hospital. The triage nurse gets a call in the morning from a local boarding school saying they are sending a 16 year old Māori girl, Mikayla, to the ED with one of their teachers. Mikayla is in the care of her great-grandmother who lives in a rural area. Child Protection Services are involved and she has a case manager. Mikayla saw the school counsellor today and said she was feeling suicidal. She has been prescribed Fluoxetine 20 mg daily by her General Practitioner which she apparently takes intermittently. Your Stage 1 registrar is planning to go to the ED to assess Mikayla and requests your guidance.

Question 5.1 (9 marks)

Outline (list and justify) what collateral information you would want the registrar to obtain to guide Mikayla’s assessment.

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



Modified Essay Question 5 contd.

The registrar calls you from ED saying that she has assessed Mikayla who has been stockpiling her Fluoxetine. Mikayla is unwilling to give details about where the medication is; she does not want admission and wants to go back to the boarding school. She says she is not suicidal anymore and is only holding the medication for a time when she might feel suicidal again. The teacher has had to leave to return to the school and the registrar has only been able to speak to Mikayla’s great-grandmother by phone, who supports Mikayla’s decision to be discharged.

Question 5.2 (8 marks)

Describe (list and explain) what further advice you would want to give the registrar regarding assessing Mikayla at the ED.

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

