**Critical Essay Question:**

‘Cure sometimes, relieve often, comfort always’

Quote from 1960s and also apparently said by Hippocrates

**Modified Essay Question 1 (31 marks):**

You are consultant psychiatrist visiting a small town of 400 people a few days each month

56yo Aboriginal woman from Wiradjiri country

Previously assessed for anxiety but did not engage and Aboriginal MH nurse felt she was ok so she was discharged to care of GP

Presents now with complaints of increased anxiety and fear of leaving the house in the context of the recent release from prison of the man who sexually assaulted her 25 years ago. He has returned to the town and she fears seeing him. Extremely distressed, but not suicidal, psychotic or depressed.

* 1. What are the cultural considerations for your assessment?
  2. You diagnose her with PTSD. What factors may affect her engagement in treatment?
  3. She asks you for a script for diazepam and you discover she has been taking 40mg daily for several years. Her GP neglected to mention this in the referral letter. How would you respond to her request?
  4. What implications does her benzo use have on treatment?

**Modified Essay Question 2:**

Man in his 30s who is married and has a child. Corporate account, well-respected at work, and is expected to become a partner soon. Volunteers on weekends with disadvantaged youths.

Presents on request of his wife after she discovered him looking at adult pornography online.

2.1 What are the possible reasons for his use of pornography?

2.2 He is reluctant to talk about it with you – why might this be?

2.3 You decide they need couples therapy. What are the key issues you would explore in couples therapy?

2.4 After a few sessions he reports that he spends large amounts of time watching pornography and gets pleasure from it. He reports he was found using a work computer to watch pornography and is facing disciplinary action at work. He asks you to write a report for his employer. How would you respond to this request?

**Modified Essay Question 3:**

Man in his 80s in a high-level care nursing home with severe Alzheimer’s dementia. Has episodes of verbal aggression and at times hits the staff. Some of the nurses are relatively untrained and believe he is behaving this way deliberately.

3.1 You ask the nurses to collect some information about his behaviours before your visit in a few weeks. What information would you like them to collect?

3.2 When you next visit in 2 weeks you discover that they have not collected any information. What factors may contribute to them not collecting this information?

3.3 The manager asks you to conduct a case discussion with the staff to engage them in behavioural interventions. What would you cover in this case discussion?

**Modified Essay Question 4:**

Man in his 70s is taken to ED after a serious suicide attempt by hanging. No evidence of depression, psychosis or psychiatric morbidity. He says he has lived a full life and would like to die. He is reviewed by the ED registrar who rings you for advice on whether to detain him.

4.1 ??? something about your approach to the situation in regards to detention in hospital

4.2 He gets admitted for further observation and assessment. During the admission, his son arrives from overseas and sees you in a face-to-face meeting. He says that his father will kill himself if discharged. What would you discuss in this meeting with the son?

4.3 A week after discharge, the man completes suicide. You discover that your registrar did not handover to the community team for follow-up, as had been planned. What would you do?

**Modified Essay Question 5 (17 marks):**

Woman in her 30s with bipolar disorder. Married and has 2 preschool-aged children. Has had multiple previous admissions for mania and an episode of severe post-partum psychosis. Currently treated with valproate and olanzapine 20mg to good effect.

Comes to see you in the community complaining of weight gain. Has put on 20kg since being on these meds and has tried to lose weight through diet modification but has struggled to do so.

5.1 She asks if she can stop her medications because of her weight gain. What is your response?

5.2 She manages to lose 6kg through use of new strategies. She now reports that she and her husband want to have the 3rd child they have always wanted, and asks for your advice about her medication for pregnancy planning. What is your response?