

Unobserved Stations:

- Enlist the conditions in which confidentiality can be breached?

KEY: When it is in best interest of patient, When it is in best interest of public, Legislative requirement, When information is shared with health care team, When patient authorizes to do so, for research purpose as anonymous data.

- Draw pyramid of Robert's 7 stage model of crisis intervention?

KEY: Plan and conduct crisis assessment, establish rapport and rapidly establish relationship, identify major problems, deal with feeling and emotions, generate and explore alternatives, develop and formulate an action plan <crisis resolution>, establish follow up plan and agreement. *Note: Student should write these points in pyramidal form!*

- A man is angry at his wife, on coming home he shout at his son.
 1. What kind of defence mechanism he is using?
 2. Enumerate three other defence mechanisms with examples?

KEY: 1. Displacement

2. Denial. e.g. A manager tell an employee he may have to fire him. On the way home the employee shops for a new car. Projection e.g. A man who is quite critical of others thinks that people are joking about his appearance. Repression e.g. a man is jealous of his friend's success but don't know the feeling. *Note: Student can write any other defence mechanisms!*

- Write the psychosocial changes in old age?

KEY: IQ declines after the age of 60-70, Performance IQ drops faster then verbal IQ, Problem solving deteriorates, STM is not altered with age, LTM declines except for events of personal and emotional significance, well-rehearsed skills does not decline, emotional experience improve with age and old people are better able to regulate and control emotions.

- Enumerate stages of Piaget theory of cognitive development?

KEY: Sensorimotor stage (0-2 years), Pre-operational stage (2-7 years), Concrete operational stage (7-11 years), Formal operational stage (11years- onwards)

Observed Stations:

- Break the bad news of boy who came to emergency in critical condition and died during operation?
- Explain progressive muscle relaxation excercise?
- Take consent from a woman for the operation of gall bladder due to gall bladder stone?
- Use the biopsychosocial model of health belief to tell the patient that her insomnia, loss of appetite and low energy is not due to an evil spirit?

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Unobserved Stations:

- Write types of memory with examples?

KEY: (a) Implicit or procedural e.g. remembering how to dissect, how to drive a car. (b) Semantic e.g. water boils at 100C , pkistan is in asia. (c) Episodic e.g. first day in college, birthday.

- Write the mechanism of sleep exercise?

KEY: Lie down, close your eyes, guide your mind to deeper levels of relaxation from 3 to 1. Once at level 1, visualize a chalkboard. You will mentally have a chalk in one hand and eraser in the other. Mentally draw a big circle, then draw a big X in the circle. Then erase the X starting from the centre and erasing towards the inner edges of circle and careful not to erase the circle. After erasing X, write DEEPER to the right outside the circle. Everytime u write deeper, u enter a deeper healthier state of mind towards sleep. Repeat this with 100, 99 and keep descending until you enter normal natural healthy physiological sleep.

- Assessment of attitudes and professionalism in doctors?

KEY: Professional attire, Respect for time and punctuality, Grasp and knowledge of own patients, conscientiousness, integrity in reporting patients findings, availability to the patients, relationships with colleagues, hospital staff and patients.

- What are the factors influencing behavior and their effects on behavior?

KEY: Positive reinforcement (Behavior is increased by reward). Negative reinforcement (Behavior is increased by avoidance or escape). Punishment (Behavior is decreased by suppression). Extinction (Behavior is eliminated by non-reinforcement).

- Define Emotional intelligence and its components?

KEY: It is defined as the capacity to put emotions under control of reason and rationality. Its components include self-awareness, managing emotions, motivating oneself, recognizing emotions in others and handling relationships.

- Definitions of mechanisms of displacement, denial and projection?

KEY: Displacement is the discharging of pent-up feelings on people less dangerous than those who initially aroused the emotion. e.g. A student who received low grade on a term test blows up on his younger sister when she asks about his grade. Denial is blocking out painful or anxiety-inducing event or feelings. e.g. A manager tell an employee he may have to fire him. On the way home the employee shops for a new car. Projection is attributing of one's own

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unacceptable feelings and thoughts to others. e.g. A man who is quite critical of others thinks that people are joking about his appearance.

(The above question is repeated with different definitions, So Prepare all the definitions and examples given in table on page 76)

- Steps of Maslow pyramid?

KEY: Basic Physiological needs, Safety, Love and Belonging, Esteem and recognition, Self Actualization.

- Write the steps of counseling?

KEY: (i) Establishing a relationship of mutual trust and caring in which patient feels secure and able to express in any way necessary. (ii) Giving patients a chance to seek clarification and explanation. (iii) Providing an opportunity to freely express his/her feelings and emotions. (iv) Provision of reassurance. (v) Achieving a deeper and clearer understanding of a health related issue on scientific and evidence based data. (vi) Identifying the choices with their pros and cons through a discussion. (vii) Making a decision that is considered most suitable. (viii) Seeking support of the counselor for mobilization of resources to implement the solution. (ix) Learning the necessary skills to cope or deal with the issue.

- Psychosocial aspect of health?

KEY: Dynamism, Optimization, personal contentment, socially responsible, occupationally effective, economically emancipated, relieved from pain and discomfort, homeostasis, defence mechanisms.

Observed Stations:

- Counsel a battered woman who has undergone a continuous torture from her husband?
- Convince a mother to give consent for her cancer affected child's chemotherapy?
- Reassure the patient that he/she is getting the best treatment?
- Points of professionalism?
- Break the bad news of an abnormal baby?
- Explain sleep techniques?
- Performance of open, closed & leading questions?
- Provide Informational care that chest pain is not due to heart attack?

Behavioral Science

NMC OSPE 3/11/2011

Unobserved Stations:

- Steps of Maslow pyramid?

KEY: Basic Physiological needs, Safety, Love and Belonging, Esteem and recognition, Self Actualization.

- Psychosocial aspect of health?

KEY: Dynamism, Optimization, personal contentment, socially responsible, occupationally effective, economically emancipated, relieved from pain and discomfort, homeostasis, defence mechanisms.

- Professionalism in doctor?

KEY: Professional attire, Respect for time and punctuality, Grasp and knowledge of own patients, conscientiousness, integrity in reporting patients findings, availability to the patients, relationships with colleagues, hospital staff and patients.

- Principles of Sleep hygiene?

KEY: Sleep and rise at about same time daily, Discontinue CNS acting Drugs and beverages at night which contain nicotine, caffeine and stimulants, avoid day time naps, establish physical fitness by means of regular exercise daily, avoid evening stimulation by substituting relax reading for television, eat at regular times daily and avoid large meals near bedtime, practice evening relaxation routines such as progressive muscular relaxation or evening prayers, maintain comfortable sleeping conditions.

- Definition of displacement, denial, projection with Example?

KEY: Displacement is the discharging of pent-up feelings on people less dangerous than those who initially aroused the emotion. e.g. A student who received low grade on a term test blows up on his younger sister when she asks about his grade. Denial is blocking out painful or anxiety-inducing event or feelings. e.g. A manager tell an employee he may have to fire him. On the way home the employee shops for a new car. Projection is attributing of one's own unacceptable feelings and thoughts to others. e.g. A man who is quite critical of others thinks that people are joking about his appearance.

Observed Stations:

- Break the bad news of an abnormal baby?
- Explain sleep techniques?
- Performance of open, closed & leading questions?
- Provide Informational care that chest pain is not due to heart attack?

1- Obtain informed consent from this young illiterate man suffering from acute appendicitis for appendectomy.

KEY

- **Introduce oneself properly**
- **Check for competence**
- **Talk in patient language**
- **Respond to patient concerns him finally**
- **Does not threaten the patient if he refuses but convince**

2- Deliver the news to a diabetic patient that his leg cannot be saved and it needs amputation

KEY

- **Seating and setting**
- **Patient's perception**
- **Invitation**
- **Knowledge**
- **Empathy**
- **Summarize**

3- Counsel your patient has brought an expensive watch as a gift for you at the end of successful treatment,

KEY

- **Give a chance to the patient to talk**
- **Identifies the violation in Ethics in professional way**
- **Is able to find a suitable solution**
- **Is able to satisfy the patient after refusing the gift**
- **Is able to finish the session in professional way**

4- Your patient uncle is here to ask about diagnosis and prognosis of your patient.

KEY

- **Give a chance to patient's uncle to talk**
- **Identifies the violation in confidentiality in professional way**
- **Is able to find a suitable solution**
- **Is able to satisfy the patient 's uncle after refusing to give information**
- **Is able to finish the session in professional way**

5- This middle age man who is recently diagnosed to be HIV positive is having unprotected sex with his wife. Wife does not know about his HIV status and patient refuses to tell her. Explain to the patient about breach of confidentiality.

KEY

- Inform the patient about HIV and its route of transmission and possible threat to wife
- Identifies the violation in Ethics if information is kept secret from wife
- Try to convince the patient to inform his wife
- Is able to find a suitable solution finally wife being informed in any case
- Is able to finish the session in professional way

6- Relieve the distress of this young man (using principals of crises intervention), the survivor of a suicide bomb attack ,who has been given first aid in emergency and came to know that he has lost his friend in this attack along with 40 more dead.

KEY

- Use silence
- Use non-verbal communication
- Paraphrase
- Reflect feelings
- Allow the expression of emotions

7- Provide informational care to this middle age lady suffering from diabetes mellitus.

KEY

- Use patient's language
- Asses patient's knowledge and perception
- Remove patient's myths and misconceptions
- Provide information about disease, drugs and doctor
- Use empathy
- Asks patients to summarise his new understanding

8- What are the points to assess the professionalism in doctors

KEY

- Professional attire/ demeanor
- Respect for time and punctuality
- Grasp and knowledge of own patients
- Conscientiousness
- Integrity in reporting patient's findings
- Availability to the patients
- Relationship with colleagues, hospital staff and patients

9- Enlist the factors that obstruct the Effective Communication

KEY

- Lack of exclusivity
- A pre occupied or anxious doctor
- Awkward and uncomfortable setting
- Lack of attention to the non verbal cues during active listening
- Offensive remarks or value judgements part of doctor
- Frequent interruptions
- Selective listening
- Day dreaming or dosing off during communication

10-Enlist the Donts of counseling?

KEY

- Don't ask why questions. They imply interrogation
- Don't use should and ought. They imply moralization.
- Don't blame the patient
- Don't automatically compare the patient's experience with your own
- Don't invalidate the patient's feelings

11-Enlist seven questions to be answered in Informational care?

KEY

- What is wrong with me?
- Why have I developed this disease?
- Is there an effective treatment to my problem?
- How long will I take to recover?
- Is there a Perhez?
- Is there risk of illness being spraed to those around me or passing it off to my off springs?
- How will the illness and the treatment influence my functioning?

12-Enlist the conditions in which confidentiality can be breeched?

KEY

- When it is in best interest of patient
- When it is in best interest of public
- Legislative requirement
- When information is shared with health care team
- When patient authorizes to do so

13-Enumerate the communication strategies in crises intervention?

KEY

- Use silence
- Use non-verbal communication
- Paraphrase
- Reflect feelings
- Allow the expression of emotions

14-Enumerate the steps in stress management?

KEY

- Managing the stressor
- Manage your behavior
- Manage your time
- Manage your stress
- Exercise and nutrition
- Relaxation
- Social support

15-Write down the defence mechanism namely Reaction Formation, Rationalization, Repression with examples?

KEY

- **Reaction Formation:** Unacceptable feelings disguised by repression of the real feelings and by reinforcement of the opposite feelings.

Example: a woman who dislikes her mother in law is very nice to her

- **Rationalization:** falsification of the experience through the construction of the socially or logically approved behavior

Example: A man cheats on his income tax returns and tell himself that everyone does it.

- **Repression:** unconsciously keeping unacceptable feelings out of awareness.

Example : A man is jealous of a good friend's success but is unaware of his feelings.

16-Write down the human needs according to Maslow's hierarchy?

KEY

- Basic physiological needs
- Safety needs
- Love and belonging needs
- Esteem needs
- Self actualization

17-Enumerate the parameters of psychosocial health and normalcy?

KEY

- Dynamism
- Optimization
- Personal contentment
- Socially responsible
- Occupationally effective
- Economically emancipated
- Relieved from pain and discomfort
- Homeostasis
- Defense mechanism

18-Enumerate stages of Freud's theory of Psychosexual development?

KEY

- Oral
- Anal
- Phallic
- Latency
- genital

19-Enumerate stages of Erickson's stages of psychosocial development?

20-Enlist the components of emotional intelligence?

KEY

- Self-awareness
- Managing emotions
- Motivating oneself
- Recognizing emotions in others
- Handling relationships

21-Enumerate stages of creative thinking?

KEY

- Orientation
- Preparation
- Incubation
- Illumination
- Verification

22-Name five methods to improve memory?

23-Enumerate types of memory with example?

KEY

- Short term memory
- Long term memory
- Sensory memory

24-Enumerate principals of operant conditioning used in real life?

KEY

- Positive reinforcement
- Negative reinforcement
- Punishment
- Extinction

25-Enumerate responsibilities of the patients?

KEY

- Know their medical history
- Keep appointments
- Comply with treatment
- Inform the doctor if they are receiving treatment from another health professional
- Conduct themselves in manner which does not interfere with rights of other patients

26-What are common psychological reactions in doctor patient relationship, define each?

KEY

1. **Transference:** The feelings, attitude, desires and wishes originally linked with significant figure in patient's life are projected on to the doctor
2. **Counter transference:** : The feelings, attitude, desires and wishes originally linked with significant figure in doctor's life are projected on to the patient.
3. **Resistance:** patient not complying with doctor's advice inspite of warning of serious consequences as a result of use of unhealthy defence mechanism like denial, rationalization, suppression etc

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27-Enumerate stages of Piaget theory of cognitive development?

KEY

- Sensorimotor stage
- Pre-operational stage
- Concrete operational stage
- Formal operational stage