Case Vignette 1-
A 21 year old college freshman is brought to the emergency room by his room mate for not leaving his dormitory room for 2 weeks. The roommate reports that the patient has not left his dormitory room for 2 weeks and his room is in disarray. He describes the patient as being “normal” until about 3-4 months ago. He states that he noticed that the patient stopped going to social activities and spent most of his time in his room. He also states that the patient sometimes makes odd comments. He has stopped going to his classes and his grades have been declining. He also states that for about a week the patient has stopped eating and drinks only canned beverages and insists on keeping the shades down on the windows and has said that he is worried that someone is watching him. The patient denies using alcohol or any illicit drugs. His temp is 37° F, pulse is 92/min, and blood pressure is 140/80 mm Hg. On mental status exam he appears distracted and repeated stops answering your question in mid sentence. He describes hearing two voices that are telling him to stop eating. He is oriented to place, person and time.

Scenario A-
Which of the following is the most likely diagnosis?
(A) Anorexia Nervosa
(B) Delirium
(C) Delusional Disorder
(D) Major Depressive Disorder with psychotom features
(E) Schizophrenia

Scenario B-
Which of the following is the most appropriate pharmacotherapy?
(A) Buspirone
(B) Clonazepam
(C) Clozapine
(D) Sertraline
(E) Risperidone
Notes
Case vignette- 1
Case Vignette- 2
An 18 Year old woman is brought to the emergency room by her mother after she cut her wrists after an argument with her mother. Patient’s mother reports that she has not been going to school, not eating well and crying a lot for the last two weeks after she broke up with her boyfriend. She has a history of cutting herself several times in the past. Her mother states that that morning they had an argument that morning about her not cleaning up her room. Says a couple of hours later when she noticed that the patient had not come out of her room she opened the door and found the patient lying on her bed with blood on the sheets. Her past psychiatric history is significant for one prior psychiatric hospitalization after she overdosed on her mother’s sleeping pills. Her temperature is 37° F, pulse 82/min and blood pressure is 100/80 mm Hg. The cuts on her wrist are superficial and do not need suturing. On mental status exam she is tearful, reports her mood as depressed. She denies hearing voices. When asked if this was a suicide attempt, she says yes but denies any thoughts to hurt herself now but wishes to join her deceased grandmother. She is oriented to time, place and person.

Scenario A-
Which of the following is the most likely diagnosis?
(A) Conduct disorder
(B) Generalized anxiety disorder
(C) Borderline Personality Disorder
(D) Major Depressive Disorder
(E) Bipolar Disorder

Which of the following is the most appropriate treatment at this time?
(A) Cognitive behavioral therapy
(B) Serotonin Specific Reuptake Inhibitor (SSRI) therapy
(C) Admission to an inpatient psychiatric facility
(D) Insight Oriented therapy
Notes
Case vignette- 2
Case vignette 3

A 60 year old woman is brought to the emergency room by a neighbor after he found her wandering in the streets at 1 am in the morning. When he tried to talk to her she said “I don’t know you. Who are you?” He stated that she had lived in his block for about 7 years and has a tendency to keep to herself. He also stated that she has a son who lived in Virginia, was retired and used to work as a school teacher. He further reported that he has never seen her out of her house at that time of the night and she had no known prior history of psychiatric disorders. She is wearing a medical alert bracelet stating that she has diabetes mellitus. She is agitated in the emergency room. She states that she sees bugs on her bed and repeatedly tries to pick at them. She is oriented to self but not to time, place or person. Her temperature is 38 ° F, her pulse is 92/min, Blood pressure is 124/82. Urine analysis shows moderate amount of leukocyte esterase, and 12 WBCs.

Which of the following is the most likely diagnosis?

(A) Bipolar disorder
(B) Delirium
(C) Schizophrenia
(D) Psychological factors affecting a medical condition
(E) Delusional disorder
Case vignette 4
A 45 year old man is brought to the emergency room by police after he was found yelling loudly at passers by. The police report that he is usually at a nearby street corner drinking. They also describe him as a loner who keeps to himself and say that this is an unusual behavior for him. On examination he is disheveled, malodorous and his clothes are dirty. He is tremulous and diaphoretic. His temperature is 37 ° F, pulse is 118/min, Blood pressure 146/94. He does not have any bruises or needle tracks. He is sitting on his bed picking at the sheets. He appears scared and keeps turning around and mumbling to himself. On mental status exam he reports being scared and says that he sees spiders crawling on his sheet. He is not oriented to time, place or person.

Which of the following is the most likely diagnosis?
(A) Schizophrenia
(B) Alcohol hallucinosis
(C) Delirium tremens
(D) Cocaine withdrawal
(E) Alcohol induced psychotic disorder

Which of the following is the most appropriate pharmacotherapy?
(A) Haloperidol
(B) Clonidine
(C) Lorazepam
(D) Valproic acid
(E) Sertraline