

## A QUEST FOR WISDOM

- 1) **The Jet Lag Syndrome** consists of insomnia as a result of rapid time-zone changes. Which of the following will make you sleep worse and why?
  - a) Fly Eastwards
  - b) Fly Westwards
- 2) in U.K., according to Register General's figures (1978), what were the three conditions from which **doctors are more likely to die** than the general population?
- 3) **Doctors may be sued** in court for the following 3 categories of reasons:-
  - a) Errors in diagnosis or assessment
  - b) Errors in treatment
  - c) Non-ethical behavioursPsychiatrists are seldom sued, but what do you think is the commonest error under category (a) above for which psychiatrists are sued in U.S.A.? (whether the claims are successful is another matter)
- 4) **A patient speaks so softly** that you can hardly hear. The following are some methods to get around it:-
  - a) ask the patient to write
  - b) use gestures
  - c) ask yes/no questions
  - d) put your ear close to his mouthCan you suggest another simple clinical method?
- 5) How do the **marriages of the female doctors** differ (same/decreased/increased/earlier/later) from those of male doctors in:-
  - a) the overall marital rate
  - b) the chance of being married to other doctors among those who get married
  - c) the age of having the first child
  - d) the divorce rate?
- 6) How does the **suicide rate** in Group (A) compare with Group (B)? (same, increased, decreased)

Group A	Group B
a) Female Medical students	General Population of same sex and age
b) Male Medical students	General Population of same sex and age
c) Doctors' wives	Wives of other professional groups
- 7) If a psychiatrist terminates the physician-patient relationship when the patient still requires treatment, and injury to the patient occurs as a result thereof, the practitioner may be liable for **abandonment** unless:-
  - a) the patient himself consents to the termination, or
  - b) the patient is unco-operative with the doctor's management.Can you think of two more situations in which the practitioner would not be liable for abandonment?
- 8) Two kinds of **near-death experiences** have been described:-
  - a) Autoscopic
  - b) transcendentalWhat is the meaning of each?
- 9) According to the **Bible**,
  - a) number of documented completed suicide in the Bible is (3, 6, 9).
- 10) Comparisons were made among 3 groups of American **prisoners-of-wars**, captured respectively by a) German; b) Japanese; c) North Koreans. Which group of P.O.W. is found to have suffered the least amount of post-war adverse effects (both physical and mental)?
- 11) A study was made on the mental health of **undergraduates** in Oxford University. Which 4 kinds of students were most likely to be referred to psychiatric service? Choose from the followings:-

Architecture	Classics	Music
Engineering	Medicine	Law
Physics	English	
- 12) When dealing with **dying patients**, physicians sometimes tell the patient about the terminal nature of the illness in an overly factual and text-book like manner, that neither allows the patient the time to discuss feelings nor creates an atmosphere that would encourage the patient to explore his emotional responses to the illness. What defence mechanism is being used by these physicians?

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## A QUEST FOR WISDOM (continued from P. 46)

- 13) Most of the psychiatric trainees of Hong Kong sent abroad by the Government for postgraduate training in psychiatry went to the Maudsley Hospital situated at Denmark Hill of London.  
111 Denmark Hill has become well-known recently as a **hostel-ward**, which is an innovation in psychiatric rehabilitation.  
Why is this place called 'hostel-ward'?
- 14) At present, there is approximately **1 doctor working in the field of psychiatry** for every 45,000 of the population in Hong Kong. This ratio is of course sub-optimal. What is the recommended ratio proposed by the health-planners of U.S.A.?  
(1 psychiatrist [including trainee] per 30,000, 20,000, 10,000, 5,000, 1,000 population)
- 15) The relative suicidal risks among different occupational groups can be compared by using the so-called **standardized mortality ratio**.  
In a survey made in England, the standardized mortality ratios for suicide in males aged 15-64 have been found in various occupational groups to vary from the lowest of 34 to the highest of 464.  
The 3 groups on the top of the list and the 3 on the bottom are contained in the followings:-
- |                     |                                  |
|---------------------|----------------------------------|
| Clergy              | Members of political bureaucracy |
| Pharmacists         | Physicians                       |
| University teachers | Unskilled labourers              |
- Which 3 have the highest suicidal risk, and which 3 the lowest?

## ANSWERS

- 1) a) Worse if fly eastwards because if you fly eastwards, you will go to bed earlier than usual and if you fly westwards, you will go to bed later than usual. It is more difficult to fall into sleep in the former situation.
- 2) Suicide, liver cirrhosis, road accidents.
- 3) Failure to detect suicidal intent.
- 4) Speaks into the stethoscope
- 5) a) decreased;  
b) increased;  
c) later;  
d) increased.
- 6) a) much increased;  
b) same;  
c) much increased.
- 7) a) patient can retain the service of another qualified physician;  
b) the psychiatrist acts only as a consultant, and his sole purpose is for assessment of the patient's mental state (e.g. the forensic psychiatrists and the remand patient).
- 8) a) Visualization of one's own body from an outside position  
b) Apparent passage of consciousness into a foreign region or dimension.
- 9) a) 6.
- 10) German
- 11) English, Law, Classics, Music
- 12) Intellectualization
- 13) A house opening onto the street, but with its back-door opening onto its own garden within the hospital grounds.
- 14) 1 per 10,000
- 15) Top three = Pharmacists (464), Unskilled labourers (370), Physicians (335).  
Lowest three = University teachers (56), Clergy (51), Members of the political bureaucracy (34).

Dr. H.K. Cheung kindly permitted the printing of these questions which are drawn from a pool of more than 850 quiz he wrote almost daily for the doctors in Castle Peak Hospital to widen their scope of knowledge.