

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER 2007-2008

TITLE : MENTAL HEALTH PROBLRMS AND SOCIETY II

COURSE : NUR 553

DURATION : TWO (2) HOURS

MARKS : 75

INTERNAL EXAMINER: DR. N. A. SUKATI

EXTERNAL EXAMINER: PROF. R. M. GANGA-LIMANDO

- INSTRUCTIONS:
1. ANSWER ALL QUESTIONS
 2. EACH QUESTION CARRIES 25 MARKS

Question 1

Multiple choice questions. Select the response that best answers each of the following questions, e.g. 43=g

1. The nurse should be aware that children in which of these age groups are at risk for battered child syndrome?
 - a) Three years of age and younger
 - b) Four to six years of age
 - c) Seven to nine years of age
 - d) Ten years of age and older

2. Which of these types of abuse is frequently seen in elder abuse but rarely seen in children/
 - a) neglect
 - b) Physical abuse
 - c) Emotional abuse
 - d) Material exploitation

3. The de-escalation phase of abuse is indicated when the abuser
 - a) Is loving and overprotective toward the victim
 - b) Controls and isolates the victim from others
 - c) Is apologetic and promises never to harm the victim again
 - d) Uses threats and force to instil fear and reinforce control over the victim

4. When interviewing a victim of domestic violence, it is important that the nurse
 - a) Avoid asking the victim direct questions concerning abuse
 - b) Interview the victim alone
 - c) Reassure the victim that things will work out.
 - d) Sit in close proximity to the victim

5. A woman t the clinic has a black eye and bruises on her forearms. The woman reveals that her husband inflicted the injuries but then says "My husband is under a lot of stress lately and I haven't been much help. I can't seem to keep our home organized the way he likes it". It is **most** important that the nurse convey to the woman that she
 - a) Should learn techniques of self protection
 - b) Should become more assertive with her husband
 - c) Is not living up to her husband's expectations
 - d) Is not to blame for her husband's violence

6. Which of the following appears to be the most common reason battered women remain in abusive relationship
 - a) Most lack adequate finances to support themselves and their children
 - b) Most fear for their lives and the lives of their children
 - c) Most lack a network of supportive family members
 - d) Most refuse to leave because of religious convictions

7. Which of the following indicate sexual abuse in a child
- Withdrawal, apprehension when other children cry
 - Always hungry, steals food from other children
 - Frequent urinary infections, seductive behaviour
 - Bruises of various colours on the body, excessive anxiety
8. A 25-year-old male has recently been diagnosed with *pneumocystis carinii* pneumonia as a result of AIDS. He tells the nurse "I did everything the doctor told me when I was diagnosed as having HIV and it didn't matter. I still got sick.". The nursing diagnosis most appropriate for this client is
- Disturbed thought processes related to neurologic changes
 - Ineffective coping related to altered appearance
 - Hopelessness related to deterioration of physical condition
 - Deficient knowledge regarding handling of the illness
9. The nurse understands that which of the following is the most important factor affecting a client's ability to cope with the diagnosis of AIDS?
- Existing support systems
 - Knowledge of the disease
 - Attitudes of health care provider
 - Complexity of treatment regimen
10. The nurse assesses the client recently diagnosed with AIDS for which of the following psychological responses?
- cognitive impairment
 - Anxiety and depression
 - Delusions and hallucinations
 - Somatic symptoms
11. The plan of care for a client in the late phase of HIV/AIDS includes which of the following?
- Ensuring adequate financial support
 - Encouraging a life review
 - Monitoring for depression
 - Recognizing fear of deformity
12. Which intervention would the nurse implement to ensure the continuum of care for a client with HIV/AIDS?
- Assisting family to discuss feelings about the client's diagnosis
 - Encouraging client to learn about the disease process
 - Helping the client identify fears related to dying
 - Referring client to community AIDS support groups

13. The community mental health nurse plans an education programme for a group of parents who have been abusive to their children. Which of the following topics would be most helpful in preventing future abusive incidents?
- Handling a child who is a "picky" eater
 - Interacting with your child's teacher
 - Importance of regular paediatric check ups
 - Managing stressful events.
14. Which of the following would the nurse interpret as most indicative of child abuse
- Complaints of abdominal pain not accompanied by fever
 - Bruises on face and back in various stages of healing
 - Symptoms of dehydration after an episode of diarrhoea and vomiting
 - Elevated temperature unexplained by physical symptoms present
15. Myopathy in HIV disease is characterized by all the following **except**
- Muscular pain
 - Proximal muscle weakness
 - Pathologic changes in the spinal cord
 - It is more common in adults
16. Benefits to the patient of an effective ART programme will **not** include
- Immune system recovery
 - Increase in CD₄ count
 - Fewer opportunistic infections
 - Increased viral replication
17. HAART in Swaziland presently does not mean giving the patient
- 2 NRTIs plus 1 NNTRI
 - 2 NRTIs plus 1 PI
 - 2 NRTIs plus 2 PIs
 - 2 NNRTIs plus 1 NRTI
18. The antiretroviral drug that may cause birth defects in children of women who may fall pregnant is
- Efavirenz
 - Nevirapine
 - Lamivudine
 - Stavudine
19. All the following are examples of first line drugs for HIV **except**
- Stavudine
 - Kaletra
 - Lamivudine
 - Nevirapine

20. Which nursing diagnosis would be most appropriate for an adult who has admitted to abusing an elderly dependent parent
- Anxiety
 - Ineffective rope performance
 - Caregiver role strain
 - Ineffective coping
21. A 28-year-old woman visits a family planning clinic and during interaction with the nurse reveals that her husband has frequently hit her when she visits friends or family members he does not like. Which intervention would be a priority?
- Encouraging the client to leave her husband before the situation becomes worse
 - Providing the client with information about domestic violence and community resources
 - Instructing the client to talk about her feelings to her husband
 - Telling the client about the importance of obtaining marital counselling as soon as possible
22. People who have experienced disasters require crisis intervention. In crisis intervention the goal of treatment is
- Restore the client to previous level of functioning
 - Establish a basis for the client's further therapy
 - Resolve pre-existing conflicts stemming from the client's childhood
 - Bring alterations in the client's personality
23. Nurses who assist victims of a disaster may experience vicarious traumatization. Which of these interventions is indicated for nurses and other disaster workers who experience vicarious traumatization?
- High-dose anxiolytic therapy
 - Twelve-step , self-help group
 - Critical incident stress debriefing
 - Long-term group psychotherapy
24. A nurse is working in an in-patient mental health unit when a client approaches the nurse and shouts "If you don't give me some medication right now, I'm going to kill you". The nurse's action should be based on which of these understandings about threats of violence?
- They are made to attract attention
 - Hey should be met with confrontation
 - They are attempts to challenge authority figures
 - They should be taken seriously.
25. The human immunodeficiency virus first enters the brain and spinal cord of an infected person at what point in the infectious process?
- Almost immediately when the primary infection occurs
 - During the early symptomatic stage of HIV infection
 - At the time the acquired immune deficiency syndrome is diagnosed
 - During the final stage of HIV infection or full blown AIDS

Question 2

The HIV and AIDS pandemic has had an unprecedented negative impact on various aspects of life. Briefly outline the negative impacts of HIV and AIDS under the following sub-headings

- a) Psychosocial effects of HIV and AIDS on the family (8)
- b) Socio-economic effects of HIV and AIDS (8)
- c) Effects of HIV and AIDS on the societal level (9)

TOTAL: 25

Question 3

You have been assigned to work with refugees at Malindza Refugee Camp. How would you identify refugees who have experienced

- (i) Violent, hurtful and terrifying experiences (8)
- (ii) Emotional disturbances associated with intense fear and worry (9)
- (iii) Beatings and other injuries to the head (8)

TOTAL: 25