

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
BACHELR OF NURSING YEAR 5 HEALTH SCIENCES**

FINAL EXAMINATION PAPER 2008

**TITLE OF PAPER : MANAGEMENT AND TREATMENT
MODALITIES.**

COURSE CODE : NUR 555

TIME : 2 HOURS

MARKS ALLOCATION: 75

**INSTRUCTIONS : THIS PAPER CONSISTS OF FOUR
QUESTIONS.**

**ANSWER THREE QUESTIONS.
DO NOT OPEN THIS PAPER UNTIL TOLD
TO DO SO.**

QUESTION 1

The holistic approach in psychotherapy is a very important thinking strategy. However, with some of the psychotherapeutic approaches it may be difficult to apply the holistic way of thinking. Discuss the professional limitations of each of the different psychotherapeutic approaches listed below.

- a) Chemotherapy (7 marks)
- b) Psychotherapy (6 marks)
- c) Supportive therapy (6 marks)
- d) Group therapy (6 marks)

[25 marks]

QUESTION 2

Still referring to question 1, indicate clearly as to how chemotherapy can be used to enhance the five parts of an individual.

[25 marks]

QUESTION 3

Counselling could be conducted through linear or circular causality. However, most therapists prefer the linear type of counseling. Discuss the therapeutic process that is followed when a therapist uses the linear causality type of counseling.

[25 marks]

QUESTION 4

The problem of stigma regarding mental health disorders has caused the development of negative attitudes in a number of families in Swaziland. Supportive therapy is therefore not practiced adequately due to such circumstances. As a result many patients are not given the support they need in society and therefore they relapse immediately after discharge.

In your own observation discuss how supportive therapy can be used to enhance/ promote mental health of individuals.

[25 marks]