

**UNIVERSITY OF SWAZILAND**

**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION PAPER MAY 2009**

**TITLE : MENTAL HEALTH PROBLEMS AND SOCIETY II**

**COURSE : NUR 553**

**DURATION : TWO (2) HOURS**

**MARKS : 75**

**INSTRUCTIONS:**

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

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## Question 1

Multiple choice questions. Select the response that best answers each of the following questions, e.g. 65=r

1. Which of these situations is an instance of aggressive behaviour?
  - a) A man fires a gun towards a human target, but misses
  - b) Your dentist carelessly drills into the wrong tooth
  - c) A doctor decides to amputate a patient's leg in order to treat an arm injury
  - d) A businessman shakes his client's hand so tightly that it hurts.
  
2. What is the difference between aggression and violence?
  - a) Violence can be physical and verbal, aggression is only physical.
  - b) Aggression is verbal, violence is physical
  - c) Violence can be non-verbal and verbal, aggression is only physical
  - d) Aggression can be physical and verbal, violence is only physical
  
3. Which of these statements about the influence of alcohol on aggressive behaviour is FALSE
  - a) Generally, even moderate amounts of alcohol lead to increased aggressive behaviour
  - b) The effects of alcohol may be strong for some people, but weak for others
  - c) After alcohol consumption, only aggressive cues receive attention
  - d) Alcohol reduces the attentional capacity of the individual
  
4. A nurse working in the emergency room is assigned to care for an older client who has been identified as a victim of physical abuse. In planning care for this client, the nurse's priority is focused on
  - a) removing the client from any immediate danger
  - b) reporting the abuse
  - c) obtaining referral services for the abusing family member
  - d) encouraging the client to file charges against the abuser.
  
5. Which of the following patients is likely to transmit HIV through sexual intercourse
  - a) An acutely infected person with viral load above 100,000 copies/mL
  - b) An acutely infected person with a CD<sub>4</sub> count below 50 and history of syphilis
  - c) A chronically infected person with three viral mutations and a viral load of 10,000 copies/mL
  - d) A chronically infected person who is ARV experienced with a viral load of 10,000 copies/mL

6. When drug resistance to anti-retroviral therapy occurs, the nurse should
  - a) assume the client has not been adherent to present regimen
  - b) increase the dosage of client's protease inhibitor
  - c) stop all medications for 3 weeks and then restart the same regimen
  - d) switch the client to a new drug regimen
  
7. The correct legal definition of a refugee is
  - a) anyone who has applied for asylum
  - b) anyone who is thinking of applying for asylum
  - c) someone who has been granted exceptional leave to remain in the host country
  - d) someone who has been granted a refugee status by the host government
  
8. Exile –related stressors may be
  - a) more powerful than events before exile
  - b) less powerful than events before exile
  - c) equally powerful than events prior to flight
  - d) irrelevant
  
9. A nurse working in the clinic is concerned about exposure to HIV. Which of the following body fluids should she be concerned about?
  - a) amniotic fluid
  - b) saliva
  - c) sputum
  - d) urine
  
10. Females with HIV should have a baseline gynaecological examination for STDs for which of the following reasons?
  - a) HIV increases the susceptibility of the woman to STDs
  - b) Most women with an STD will also be infected with HIV
  - c) STDs are frequently asymptomatic and facilitate HIV transmission
  - d) STDs are 10 times more prevalent in women with HIV
  
11. For initial ART regimens, guidelines recommend the use of which of the following?
  - a) Drug combinations that always include a protease inhibitor (PI)
  - b) Drug combinations that include only nucleoside reverse transcriptase inhibitors (NRTIs)
  - c) Two NRTIs in combination with either a non- nucleoside reverse transcriptase inhibitor (NNRTI) or a PI
  - d) Three or more antiretroviral medications from any class.

12. The human immunodeficiency virus first enters the brain and spinal cord of an infected person at what point in the infectious process?
  - a) Almost immediately when the primary infection occurs
  - b) During the early symptomatic stage of HIV infection
  - c) At the time the acquired immune deficiency syndrome is diagnosed
  - d) During the final stage of HIV infection or full blown AIDS
  
13. Drugs and alcohol use may enhance HIV transmission for which of the following reasons?
  - a) Drugs and alcohol directly affect the immune system
  - b) HIV replicates faster in people who use drugs and alcohol
  - c) Drugs or alcohol use may not be viewed as a primary health care problem
  - d) Risk behaviour may increase while under the influence of drugs and alcohol
  
14. Sexual aggression
  - a) includes stalking and obscene phone calls
  - b) is usually committed by a stranger
  - c) is gender symmetrical
  - d) by a stranger is more traumatizing than by a partner
  
15. Factors that place parents at increased risk of perpetrating abuse on their child will NOT include
  - a) single parenthood in a young parent
  - b) history of childhood abuse
  - c) supportive family environment
  - d) substance abuse
  
16. Which of the following indicate sexual abuse in a child
  - a) Steals food from other children, violent
  - b) Seductive behaviour, frequent urinary tract infections
  - c) Social isolation, refusal to play favourite games
  - d) Bruises of various colours on the body, excessive apprehension
  
17. Which intervention would a nurse implement to ensure the continuum of care for a client with AIDS?
  - a) Assisting family to discuss feelings about the client's diagnosis
  - b) Referring client to community AIDS support groups
  - c) Helping the client identify fears related to dying
  - d) Encouraging client to learn about the disease process

18. Massive landslides subsequent to heavy rain after an area had been extensively cleared of forests would be an example of a
- a) Man-made disaster
  - b) Natural disaster
  - c) Biological phenomenon
  - d) Hybrid disaster
19. A refugee who is emotionally disturbed because they have experienced intense fear and worry is likely to present with the following EXCEPT
- a) easily frightened by loud noises or sudden sounds
  - b) fear of leaving home or being in public places
  - c) forgetting things easily
  - d) a terrible fear of common objects or situations
20. Studies have shown that one of the leading contributors to teenage pregnancy is
- a) sexualized content in the mass media
  - b) failure to use contraceptives
  - c) poor parental relationship
  - d) peer pressure
21. The public assistance program that provides monthly cash payments to the needy elderly, blind and disabled is called
- a) Temporary Assistance to Needy Families
  - b) Food Stamps
  - c) Social Security
  - d) Supplemental Security Income
22. In the Social Security system, the number of recipients as a percentage of the number of contributing workers is called the:
- a) dependency ratio
  - b) ratio
  - c) tax ratio
  - d) reserve ratio
23. People who live in poverty experience the following negative impacts EXCEPT
- a) social inclusion
  - b) loss of freedom
  - c) dependency on others
  - d) increased infant mortality

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 now, I'm going to kill you". The nurse's action should be based on which of the understandings about threats of violence?
- They are made to attract attention
  - They should be met with confrontation
  - They should be taken seriously
  - They are attempts to challenge authority figures
- 25 Which of the following would a 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
  - Elevated temperature unexplained by physical symptoms present
  - Symptoms of dehydration after an episode of diarrhoea and vomiting

### Question 2

Write brief, self explanatory notes on the following

- Child abuse (8)
- Natural disasters (8)
- Neuropsychiatric manifestations of HIV (9)

**TOTAL = 25**

### Question 3

- Discuss the psychosocial impacts of HIV and AIDS on the family (10)
- Africa has experienced a number of civil wars, resulting in a number of people being displaced and seeking refuge in other countries. As a nurse, what symptoms would be indicative of a refugee who has
  - experienced violent, hurtful and terrifying experiences? (8)
  - suffered beatings and other injuries to the head (7)

**TOTAL = 25**