

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
CERTIFICATE IN COMMUNITY MENTAL HEALTH NURSING**

FINAL EXAMINATION PAPER 2009

**TITLE OF PAPER : COMMUNITY MENTAL HEALTH
NURSING 1**

COURSE CODE : NUR 321

TIME ALLOCATION : 2 HOURS

MARKS ALLOCATION: 75

**INSTRUCTIONS : THIS PAPER CONSISTS OF THREE
QUESTIONS.
ANSWER ALL THREE QUESTIONS.**

DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.

QUESTION 1

1.1 State whether each statement below is completely true or false concerning issues of comprehensive mental health promotion.

- a) Mental health promotion entails the successful development of the mental/ cognitive processes.
- b) Mental health promotion entails the successful development of the five parts of the individual only.
- c) Mental health promotion entails the successful empowerment of the internal environment and making the external environment conducive for the individuals to develop themselves.
- d) Mental health promotion is about strengthening the societal environment and making it healthy and free of mental health problems.
- e) Mental health promotion is about ensuring that there is enhancement of psychological being of individuals in society.

1.2 During comprehensive mental health promotion the focus is on:

- f) Primary and secondary prevention related issues.
- g) Secondary and tertiary prevention strategies.
- h) Tertiary prevention interventions and rehabilitation.
- i) Treatment of mental health problems, minimization of mental disorders and rehabilitation.
- j) Minimization of mental health problems, treatment of disorders and conducting of mental health rehabilitation.

1.3 During the comprehensive primary prevention interventions, the focus is on:

- k) Promoting the physical, biological, social and spiritual parts of individuals.
- l) Promoting the physical, mental, emotional and psychological parts of individuals.
- m) Promoting the physical, mental, emotional, psychosocial and spiritual parts of individuals only.
- n) Promoting the internal and external environmental parts.
- o) Promoting the physical, social and spiritual parts of individuals.

1.4 According to Shives the Characteristics of mental health include:

- p) Ability to accept self, others and nature.
- q) Individuals may not necessary show kindness, impatience and compassion.
- r) Life enjoyment and appreciation may not be a significant pre-occupation.
- s) Creativity and utilization of various approaches in task performance or problem solving.
- t) Inconsistent behaviour, appreciation, respect for the right of others and willingness to listen and learn from others.

1.5 The significance of defence mechanisms in everyday life world of individual include:

- u) Provide permanent relief from emotional conflicts.
- v) Unconscious attempts to obtain relief from anxiety.
- w) Conscious and unconscious ways of adjusting to environmental stress.
- x) May provide temporal hopes for individuals thus minimizing mental distress.
- y) Do not necessarily protect one's sense of security.

QUESTION 2

The impact of the negative historical development of the psychiatric nursing/mental health profession globally and locally has created some negative attitudes among health personnel in health ministries in many countries including Swaziland. Discuss five indicators of negative attitude towards mental health profession among health personnel in Swaziland. Five (5) marks for each indicator.

[25 marks]

QUESTION 3

According to UYS levels of life style functioning are very important for personality development. Discuss how the following patterns of life functioning contribute to personality growth and development?

- a) Patterns of building and maintaining relationships (10 marks).
- b) Patterns of participating in group community life(10 marks)
- c) Patterns of fulfilling biological needs (5 marks)

[25 marks]