

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER 2009-2010

TITLE : COMMUNITY MENTAL HEALTH NURSING IV

COURSE : NUR 324

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 answer that best responds to each of the following questions, e.g. 50=p. (1 mark each).

1. Malawi is diagnosed with major depression spends majority of the day lying in bed with the sheet pulled over his head. Which of the following approaches by the nurse would be the most therapeutic?
 - a. Question the client until he responds
 - b. Initiate contact with the client frequently
 - c. Sit outside the client's room
 - d. Wait for the client to begin the conversation

2. Jololo who is very depressed exhibits psychomotor retardation, a flat affect and apathy. The nurse in charge observes Joe to be in need of grooming and hygiene. Which of the following nursing actions would be most appropriate?
 - a. Waiting until the client's family can participate in the client's care
 - b. Asking the client if he is ready to take shower
 - c. Explaining the importance of hygiene to the client
 - d. Stating to the client that it's time for him to take a shower

3. When assessing a female client who is receiving tricyclic antidepressant therapy, which of the following would alert the nurse to the possibility that the client is experiencing anticholinergic effects?
 - a. Urine retention and blurred vision
 - b. Respiratory depression and convulsion
 - c. Delirium and Sedation
 - d. Tremors and cardiac arrhythmias

4. Senzo who is diagnosed with bipolar disorder and acute mania, states the nurse, "Where is my daughter? I love Louis. Rain, rain go away. Dogs eat dirt." The nurse interprets these statements as indicating which of the following?
 - a. Echolalia
 - b. Neologism
 - c. Clang associations
 - d. Flight of ideas

5. Vuma with mania is skipping up and down the hallway practically running into other clients. Which of the following activities would the nurse in charge expect to include in Vuma's plan of care?
 - a. Watching TV
 - b. Cleaning dayroom tables
 - c. Leading group activity
 - d. Reading a book

6. When assessing a male client for suicidal risk, which of the following methods of suicide would the nurse identify as most lethal?
 - a. Wrist cutting
 - b. Head banging
 - c. Use of gun
 - d. Aspirin overdose

7. Which of the following activities would Nurse Sydwell recommend to the client who becomes very anxious when thoughts of suicide occur?
 - a. Using exercise bicycle
 - b. Meditating
 - c. Watching TV

- d. Reading comics
8. When developing the plan of care for a client receiving haloperidol, which of the following medications would nurse Monet anticipate administering if the client developed extra pyramidal side effects?
- a. Olanzapine (Zyprexa)
 - b. Paroxetine (Paxil)
 - c. Benztropine mesylate (Cogentin)
 - d. Lorazepam (Ativan)
9. Colile a suspicious client states that “I know you nurses are spraying my food with poison as you take it out of the cart.” Which of the following would be the best response of the nurse?
- a. Giving the client canned supplements until the delusion subsides
 - b. Asking what kind of poison the client suspects is being used
 - c. Serving foods that come in sealed packages
 - d. Allowing the client to be the first to open the cart and get a tray
10. A client is suffering from catatonic behaviors. Which of the following would the nurse use to determine that the medication administered PRN have been most effective?
- a. The client responds to verbal directions to eat
 - b. The client initiates simple activities without direction
 - c. The client walks with the nurse to her room
 - d. The client is able to move all extremities occasionally
11. Siviwe has entered the chemical dependency unit for treatment of alcohol dependency. Which of the following client’s possession will the nurse most likely place in a locked area?
- a. Toothpaste
 - b. Shampoo

c. Antiseptic wash

d. Moisturizer

12. Which of the following assessment would provide the best information about the client's physiologic response and the effectiveness of the medication prescribed specifically for alcohol withdrawal?

a. Sleeping pattern

b. Mental alertness

c. Nutritional status

d. Vital signs

13. When developing an initial nursing care plan for a male client with a Bipolar I disorder (manic episode) nurse Mcebo should plan to?

a. Isolate his gym time

b. Encourage his active participation in unit programs

c. Provide foods, fluids and rest

d. Encourage his participation in programs

14. When asking the parents about the onset of problems in young client with the diagnosis of schizophrenia, Nurse Linda would expect that they would relate the client's difficulties began in:

a. Early childhood

b. Late childhood

c. Adolescence

d. Puberty

15. Muzi who has been hospitalized with schizophrenia tells Nurse Gule, "My heart has stopped and my veins have turned to glass!" Nurse Gule is aware that this is an example of:
- a. Somatic delusions
 - b. Depersonalization
 - c. Hypochondriasis
 - d. Echolalia
16. In recognizing common behaviors exhibited by male client who has a diagnosis of schizophrenia, nurse Josie can anticipate:
- a. Slumped posture, pessimistic out look and flight of ideas
 - b. Grandiosity, arrogance and distractibility
 - c. Withdrawal, regressed behavior and lack of social skills
 - d. Disorientation, forgetfulness and anxiety
17. One morning, nurse Menzi finds a disturbed client curled up in the fetal position in the corner of the dayroom. The most accurate initial evaluation of the behavior would be that the client is:
- a. Physically ill and experiencing abdominal discomfort
 - b. Tired and probably did not sleep well last night
 - c. Attempting to hide from the nurse
 - d. Feeling more anxious today
18. Nurse Sonto notices a female client sitting alone in the corner smiling and talking to herself. Realizing that the client is hallucinating. Nurse Sonto should:
- a. Invite the client to help decorate the dayroom
 - b. Leave the client alone until he stops talking
 - c. Ask the client why he is smiling and talking
 - d. Tell the client it is not good for him to talk to himself

19. A 25 year old male is admitted to a mental health facility because of inappropriate behavior. The client has been hearing voices, responding to imaginary companions and withdrawing to his room for several days at a time. Nurse Monette understands that the withdrawal is a defense against the client's fear of:
- a. Phobia
 - b. Powerlessness
 - c. Punishment
 - d. Rejection
20. Nurse Simanga recognizes that paranoid delusions usually are related to the defense mechanism of:
- a. Projection
 - b. Identification
 - c. Repression
 - d. Regression
21. When planning care for a male client using paranoid ideation, nurse Xulu should realize the importance of:
- a. Giving the client difficult tasks to provide stimulation
 - b. Providing the client with activities in which success can be achieved
 - c. Removing stress so that the client can relax
 - d. Not placing any demands on the client
22. Nurse Bheki is aware that the defense mechanism commonly used by clients who are alcoholics is:
- a. Displacement
 - b. Denial
 - c. Projection
 - d. Compensation

23. Within a few hours of alcohol withdrawal, nurse Simphiwe should assess the male client for the presence of:
- a. Disorientation, paranoia, tachycardia
 - b. Tremors, fever, profuse diaphoresis
 - c. Irritability, heightened alertness, jerky movements
 - d. Yawning, anxiety, convulsions
24. When developing a plan of care for a female client with acute stress disorder who lost her sister in a car accident. Which of the following would the nurse expect to initiate?
- a. Facilitating progressive review of the accident and its consequences
 - b. Postponing discussion of the accident until the client brings it up
 - c. Telling the client to avoid details of the accident
 - d. Helping the client to evaluate her sister's behavior
25. What is the priority care for a client with a dementia resulting from AIDS?
- a. Planning for re-motivational therapy
 - b. Arranging for long term custodial care
 - c. Providing basic intellectual stimulation
 - d. Assessing pain frequently

Question 2

Outline the DSM-IV-TR diagnostic criteria for the following conditions:

- | | | |
|----|-----------------------------------|-----|
| a) | Dementia | (6) |
| b) | Conduct disorder | (7) |
| c) | Narcissistic personality disorder | (6) |
| d) | Depression | (6) |

TOTAL = 25

Question 3

a) Define the following terms (1 point each)

- i) akathisia
- ii) akinesia
- iii) tardive dyskinesia
- iv) acute dystonic reaction
- v) neuroleptic malignant syndrome

b) Mgobo, a 50-year old employed as an accountant in a private company is admitted with broken ribs and a fractured leg and contusions following a car accident due to his drinking. This admission is the third one this year. He admits that he has a drinking problem. He has had the problem for 15 years but says he only drinks when he has problems. On physical examination he has a large hard liver, appears malnourished and reports difficulty with sleep.

- a) Do a DSM IV multiaxial diagnosis for Mgobo. (6)
- b) Manage Mgobo over 2 areas of nursing need. (14)

TOTAL =25