

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION PAPER DECEMBER 2009**

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

**COURSE: NUR 552**

**DURATION: TWO (2) HOURS**

**MARKS: 75**

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

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BY THE INVIGILATOR**

**QUESTION 1**

Sagila, a 51-year old president of a large accounting firm, suspected that the accountant was misappropriating the firm's funds. He was reluctant to confide in the firm's attorney because he feared that the information would be used maliciously against him. His wife also reported that for the past 8 months he had been refusing to eat food that had been prepared by her and voiced concerns that the food could be poisoned. At times he is seen cocking his head to the side as if he wants to hear something and occasionally responds as if he had been called by someone even when he is alone in the office or house. Because of his changed behaviour where he was exhibiting signs of unwarranted aggression to his family and colleagues, Sagila was seen by the family doctor who ruled out any medical problems and referred him for psychiatric evaluation.

- a) What condition is Sagila probably suffering from? Justify your answer. (9)  
 b) Manage Sagila over two areas of nursing need. (16)

Total = 25

**QUESTION 2**

2A. Matching. Write the letter preceding the correct response in column B next to the appropriate number indicating a corresponding response in Column A. (e.g. 33 = y). ½ a mark each

## Column A

1. The increasing progressive need for a particular substance (drug) to achieve a desired effect
2. False perception without external stimuli
3. The patient believes that his thoughts are taken out of his mind by some external force
4. Lack of logical connection between thoughts and ideas resulting in unfocused speech.
5. Sudden cessation of a thought
6. The imitation of another person's behaviour
7. Giving attention to every passing stimulus
8. The act or process of knowing
9. Use of a chemical or physical device to limit physical mobility of a patient
10. Understanding by the patient of the nature of his/her problem or illness
11. One of the negative symptoms of schizophrenia
12. Is a normal response to significant loss

## Column B

- A. Thought blocking
- B. Cognition
- C. Echopraxia
- D. Thought broadcasting
- E. Grief
- F. Echolalia
- G. Hallucination
- H. Insight
- I. Tolerance
- J. Thought withdrawal
- K. Poverty of speech
- L. Loss of associations
- M. Restraint
- N. Distractibility

2B. Multiple Choice. Select the response that best answers each of the following questions, e.g. 55 = t (1 point per question).

1. Mazwi is a 42 year old male who has been married for 15 years. He recently has been experiencing marital problems and his wife has separated from him. As a result of the stress he was fired from his job as an accountant for absenteeism and poor job performance. In the last month he has lost 15 pounds, sleeps most of the time, has no energy and fails to carry out normal ADL's. He has been admitted to the psychiatric hospital with a diagnosis of major depression. Which of the following would be the priority nursing assessment on admission?

- A. His weight loss.
- B. His anergia (lack of energy)
- C. His sleep disturbance
- D. Whether or not he is experiencing suicidal ideation.

2. Mazwi, the patient in the above scenario, has been placed on antidepressant medication, a tricyclic antidepressant (TCA) and after 10 inpatient days has been discharged to home with outpatient follow-up. He presents in the clinic two weeks after discharge looking much better and reporting he feels "wonderful". Which of the following assessments would be the most important for the nurse to make?

- A. His sleep pattern.
- B. His nutritional intake.
- C. His suicidal intent.
- D. His occupational and social plans

3. Electroconvulsive therapy is most commonly prescribed for:

- A. Bipolar disorder, manic
- B. Paranoid schizophrenia
- C. Major depression
- D. Obsessive-compulsive disorder

4. Symptoms of alcohol withdrawal include
- A. Euphoria, hyperactivity and insomnia
  - B. Depression, suicidal ideation and hypersomnia
  - C. Unsteady gait, nystagmus and profound disorientation
  - D. Diaphoresis, nausea and vomiting and tremours
5. Sima is admitted to the hospital after heavy binge drinking. Her sister reports that she has been a heavy drinker for a number of years. She is admitted for chemical dependency detoxification. Which of the following medications is the physician most likely to order for Sima during her withdrawal syndrome?
- A. Chlorpromazine
  - B. Chlordiazepoxide
  - C. Haloperidol
  - D. Phenytoin
6. Zimvu states “ I don’t have a problem with alcohol. I can handle my booze better than anyone I know. My boss is a jerk! I haven’t missed any more days than my co-workers.” The defence mechanism that Zimvu is using is
- A. Denial
  - B. Projection
  - C. Displacement
  - D. Rationalization
7. Sicwayi is admitted to the male ward and orders from the physician include Chlopromazine 100 mg. STAT then 50 mg. b.i.d.; benztropine 2mg b.i.d. p.r.n. Which of the following assessments would convey a need for the Benztropine dose?
- A. The client’s level of agitation increases.
  - B. The client develops tremors and a shuffling gai
  - C. The client complains of sore throat
  - D. The client’s skin has a yellowish cast.

8. Maviyo, was arrested for breaking into a jewellery store and stealing thousands of emalangeni worth of diamonds. At his arraignment, the judge ordered a psychological evaluation from which he was given a diagnosis of antisocial personality disorder. Which of the following aspects would you expect to assess in Maviyo?

- A. Lack of guilt for wrongdoing
- B. Insight into his own behaviour
- C. Ability to learn from past experiences
- D. Compliance with authority.

9. A nurse is collecting data from a client admitted in the mental health unit. The client's homestead was razed by a veld fire 2 months ago and is complaining of insomnia, difficulty concentrating, hypervigilance and nervousness. The nurse recognizes these symptoms to be indicative of:

- A. Phobia
- B. Dissociative disorder
- C. Post-traumatic stress disorder
- D. Obsessive compulsive disorder

10. The physician orders lithium carbonate 600mg t.i.d. for Mcondvo. There is a narrow margin between the therapeutic and toxic levels of lithium. Therapeutic range for acute mania is:

- A. 1.0 to 1.5 mEq/L.
- B. 10 to 15 mEq/L.
- C. 0.5 to 1.0 mEq/L.
- D. 5 to 10 mEq/L

11. Mzaca has been diagnosed with agoraphobia. Which behaviour would be most characteristic of this disorder?

- A. Mzaca experiences panic anxiety when she encounters snakes
- B. Mzaca refuses to fly in an aeroplane
- C. Mzaca will not eat in a restaurant
- D. Mzaca stays in her home for fear of being in a place where she cannot escape.

12. Which of the following may be influential in the predisposition to PTSD?

- A. Unsatisfactory parent-child relationship
- B. Excess of neurotransmitter serotonin
- C. Distorted, negative cognitions
- D. Severity of the stressor and availability of support systems

2C. Completion. Write the term that corresponds to each of the following descriptions (1 point each)

- i) ----- are defined as disorders that have a disturbance in the prevailing emotional state as their dominant feature.

- ii) ----- are the most common disorders. Two examples of these disorders include,-----, and -----
- iii) ----- refers to a mental disorder characterized by recurrent, persistent and intrusive thoughts that cause anxiety that a person tries to control by performing repetitive behaviours.
- iv) The belief that events or stimuli unrelated to the individual are actually relating to that individual is best described as -----
- v) The consistent use of physical appearance to draw attention to the self is typical of ----- personality disorder.

Total = 25

### QUESTION 3

A. Describe the DSM IV-TR diagnostic criteria for the following conditions

- a) Bipolar disorder I (mania) (7)
- b) Narcissistic personality disorder (6)

B. Define the following terms (2 points each)

- a) akathisia
- b) tardive dyskinesia
- c) concrete thinking
- d) Stereotypy
- e) euphoria
- f) hypochondriasis

Total = 25