

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
(FIRST SEMESTER)

FINAL EXAMINATION PAPER
DECEMBER, 2010

COURSE: NUR 350

**COURSE TITLE: INTRODUCTION TO MENTAL
HEALTH/PSYCHIATRIC NURSING**

TIME ALLOWED: 2 HOURS

MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. THIS PAPER CONTAINS FOUR QUESTIONS**
- 2. ANSWER THREE QUESTIONS ONLY**
- 3. QUESTION ONE (1) IS COMPULSORY**
- 4. EACH QUESTION CARRIES A TOTAL OF 25 MARKS**
- 5. ANSWER EACH QUESTION ON A SEPARATE SHEET OF PAPER**

**PLEASE DO NOT OPEN THIS QUESTION PAPER UNTIL
PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR**

QUESTION ONE

MULTIPLE CHOICE QUESTIONS (1 mark each)

1. The client has tearfully described her negative feelings about herself to the nurse during their last three interactions. Which of the following goals would be most appropriate for the nurse to include in the plan of care at this time? The client will:
 - a) Increase her self-esteem
 - b) Write her negative feelings in a daily journal
 - c) Verbalize her work-related accomplishments
 - d) Verbalize three things she likes about herself

2. On arrival for admission to a voluntary unit, a female client loudly announces: "Everyone kneel, you are in the presence of the Queen of England." This is an example of:
 - a) A delusion of self-belief
 - b) A delusion of self-appreciation
 - c) A nihilistic delusion
 - d) A delusion of grandeur

3. A client refuses to eat food sent up on individual trays from the hospital kitchen. The client shouts, "You want to kill me." This is an example of what?
 - a) Olfactory hallucination
 - b) Persecutory delusion
 - c) Grandiose delusion
 - d) Persecutory hallucination

4. The situation in which individuals have excessive worry or belief that they are suffering from a physical illness despite lack of medical evidence is known as:
 - a) Pain disorder
 - b) Phobic disorder
 - c) Somatoform disorder
 - d) Dissociative disorder

5. Your client states, "I work for the government, and I am so important in my office that that the other people will not be able to work without me." This is characteristic of:
 - a) A histrionic personality disorder
 - b) An antisocial personality disorder
 - c) A narcissistic personality disorder
 - d) A multiple personality disorder

6. A client is diagnosed with catatonic schizophrenia. Which is the highest priority nursing diagnosis?
- a) Non-compliance
 - b) Impaired communication
 - c) Ineffective coping
 - d) Self-care deficit
7. For clients with paranoid disorders, which would be an initial goal?
- a) The clients will diminish suspicious behaviour.
 - b) The clients will express thoughts and feeling verbally.
 - c) The clients will develop a sense of trust of reality that is validated by others
 - d) The clients will establish trusting relationships with staff
8. -----refers to the continued use of alcohol or other drugs despite negative consequences.
- a) Substance abuse
 - b) Substance dependency
 - c) Substance misuse
 - d) Tolerance
9. -----refers to use of alcohol or other drugs repeatedly to the extent that functional problems occur
- a) Substance abuse
 - b) Substance dependency
 - c) Substance misuse
 - d) Tolerance
10. -----is a phenomenon that occurs after heavy drug or alcohol use in which the user needs more of the drug to achieve the same effect
- a) Substance abuse
 - b) Substance dependency
 - c) Substance misuse
 - d) Tolerance
11. A baby whose mother drinks alcohol during pregnancy may be born with
- a) Fetal Alcohol Syndrome
 - b) Alcohol abuse syndrome
 - c) Alcohol dependency syndrome
 - d) Alcohol Tolerance syndrome

12. Which statement is true about antidepressants?

- a) All antidepressants affect the reuptake of serotonin at synapses in the brain
- b) The majority of patients will experience remission (abolition of nearly all symptoms) with the first antidepressant medication prescribed
- c) In the primary care setting, most patients refill their antidepressant prescription
- d) The majority of patients with major depression can experience remission, although most will need to try more than one treatment before finding a successful regimen

13. Odd, eccentric, withdrawn and irrational describe the symptoms associated with which cluster of personality disorders?

- a) Cluster A
- b) Cluster B
- c) Cluster C
- d) Cluster D

14. All of the following are forms of anxiety except:

- a) Signal anxiety
- b) Anxiety state
- c) Free-floating anxiety
- d) Genetic anxiety

15. Schizophrenia is primarily marked by:

- a) Inattention and anger
- b) violent and impulsive behaviour
- c) thought disturbance such as delusions
- d) none of the above

16. Which of the following variables has a most important impact on relapse prevention in patients with schizophrenia?

- a) strong social support
- b) high socio-economic status
- c) stress management skills
- d) medication adherence

17. Which of the following variables has a most important impact on relapse prevention in patients with depressive or bipolar disorder?
- a) strong social support
 - b) high socio-economic status
 - c) stress management skills
 - d) medication adherence
18. The key feature of this subtype of schizophrenia is persecutory delusions and hallucinations:
- a) Disorganised Schizophrenia
 - b) Paranoid schizophrenia
 - c) Undifferentiated schizophrenia
 - d) Residual schizophrenia
19. A personality disorder characterized by intrusive thoughts that produce anxiety, by repetitive behaviours aimed at reducing anxiety, or by combinations of such thoughts and behaviours is:
- a) An antisocial personality Disorder
 - b) An Obsessive- Compulsive Disorder
 - c) A narcissistic Personality disorder
 - d) None of the above
20. Carbamazepine is an-----that can also be used as a mood stabiliser
- a) Anti-emetic agent
 - b) Anti-pyrexia agent
 - c) Anti-epileptic agent
 - d) SSRI
21. The other name for psychotropic drugs is:
- a) Anxiolytic drugs
 - b) neuroleptic drugs
 - c) Anti-depressant drugs
 - d) Anti-epileptic drugs
22. Antipsychotic drugs provide symptomatic control of the patient by
- a) Blocking the activity of dopamine
 - b) Reducing the uptake of serotonin
 - c) Making the patient sleep a lot thus providing therapeutic rest.
 - d) None of the above

23. All of the following are classes of antidepressants **except**

- a) SSRI
- b) TCA
- c) MAOI
- d) NNRTI

24. This serious and often irreversible side effect is marked by involuntary choreo-athetotic movements affecting the face, tongue, buccal and masticatory muscles:

- a) Bradykinesia
- b) Tardive dyskinesia
- c) Akathisia
- d) Akinesia

25. Benzodiazepines should be used with caution because

- a) They have a higher potential for abuse and dependence
- b) They may result in severe hypothermia
- c) All of the above
- d) None of the above

[Total marks: 25]

QUESTION TWO

- a) What is generalised anxiety disorder (GAD)? (2 marks)
- b) State the diagnostic criteria for GAD as specified by DSM-IV-TR. (5 marks)
- c) Discuss client management under the following headings:
 - i. Psychopharmacology (2 marks)
 - ii. Nursing Management (16 marks)

[Total marks: 25]

QUESTION 3

Sibongile, a 34 year old mother of 3 children is brought to the National psychiatric Centre by her husband Mandla who reports that Sibongile has been sleeping a lot lately, ignoring her personal hygiene, not eating to an extent that she has lost considerable weight.

Further probing reveals that Sibongile lost her mother about a year ago and a job 3 months ago. According to Mandla since then “she has not been herself”; she has been crying quite frequently without any provocation, very quiet and hardly interested in any activities she used to like. When you talk to her, she takes time to respond and when she does she mumbles and can hardly be heard. According to Mandla, Sibongile has been expressing a wish to die because “there is nothing worth living for”.

1. Use the DSM IV-TR to diagnose Sibongile? (8 marks).
2. What will be the priority nursing diagnosis (1mark)
3. State the nursing interventions for the priority diagnosis in 2 above (6 marks)
4. What medication is likely to be prescribed for Sibongile (2 marks)
5. What are the nursing implications for the medication in 4 above? (8marks)

[Total marks: 25]

QUESTION 4

A 22 year old male client with history of schizophrenia is readmitted at the National Psychiatric centre for the third time within a space of one (1) year because of defaulting medication. History given is that he has become violent, proclaims that he is God and owns the universe. He also has a history of abusing cannabis and alcohol.

1. What psycho-education would you give to:
 - a) The patient (4 marks)
 - b) The family (5 marks)

2. In the Mental Health Team, who would you involve in the management of the client and why? (6 marks)

3. Briefly describe how you would go about preparing for the discharge of the patient to ensure that he adheres to his medication as an outpatient (10 marks)