

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DIPLOMA IN GENERAL NURSING**

FINAL EXAMINATION PAPER 2012

**TITLE OF PAPER: INTRODUCTION TO MENTAL HEALTH
NURSING**

COURSE CODE : NUR 350

MARKS ALLOCATION: 75

TIME ALLOCATION : 2 HOURS

**INSTRUCTIONS : THIS PAPER CONSISTS OF THREE
QUESTIONS.
ANSWER ALL QUESTIONS.
DO NOT OPEN THIS PAPER UNTIL TOLD
TO DO SO.**

QUESTION 1

Management of mentally disordered patients needs to be done in a holistic manner. It does not help much to concentrate on one part and ignore the rest. Discuss how lack of understanding of (a) individual holism (b) societal holism and (c) disadvantages of treatment of the physical part only may jeopardise the adequate and holistic therapeutic interventions in clients.

- a) Individual holism **(10marks)**
- b) Societal holism **(10marks)**
- c) Treatment of the physical part only **(5 marks)**

QUESTION 2

Promotion of mental health through secondary and tertiary prevention is the most difficult thing to do in mental health. This is because it is difficult to cure mental disorders once they have set in. Most patients believe at this stage that they have been bewitched. Discuss how the (a) belief around bewitchment, (b) Denial of being sick and (c) defaulting medication delay recovery in the management of mental disorders.

- (a) Defaulting medication **(10 marks)**
- (b) Belief around bewitchment **(10 marks)**
- (c) Denial of being sick **(5 marks)**

QUESTION 3

Primary mental health prevention is the best approach that should be emphasized in mental health. Discuss three primary related strategic issues that you think you can use in promoting mental health of individuals.

- a) Strategic approaches in this section carry **(10 marks)**
- b) Strategic approaches in this section carry **(10 marks)**
- c) Strategic approaches in this section carry **(5 marks)**