

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES**

SUPPLEMENTARY EXAMINATION PAPER 2014

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 corresponds to each of the following questions, e.g. 50=p. (1 mark each).

1. Key symptoms of dementia include
 - a) Anxiety and depression
 - b) Irritability and agitation
 - c) Memory loss and disorientation
 - d) Suspiciousness or paranoia

2. Which of the following best describes tardive dyskinesia
 - a) It is usually reversible
 - b) It is a rare side effect of psychotropic drugs
 - c) It appears within hours after antipsychotic drug administration
 - d) It may occur after long-term use of anti-psychotic drugs

3. Mandla has a history of schizophrenia and is presently having audio-visual hallucinations. His mother tells the admitting nurse that Mandla has had allergic reactions to Chlorpromazine and penicillin. The psychiatrist orders an antipsychotic for Mandla. Which of the following medications would not be appropriate for Mandla?
 - a) Fluphenazine
 - b) Risperidone
 - c) Clozapine
 - d) Olanzapine

4. What is the rationale for the correct answer to question 3 above?
 - a) It is not an antipsychotic
 - b) It is not as effective as other antipsychotics
 - c) Mandla would not be able to follow the required diet in his psychotic state
 - d) Cross-sensitivity exists among phenothiazines

5. Senzo who is diagnosed with bipolar disorder and acute mania, tells 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) Flight of ideas
 - d) Clang associations

6. 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)
7. Which classification of drugs may be used in children to treat enuresis?
- a) Tricyclic antidepressant
 - b) Major tranquilizers
 - c) Antianxiety agents
 - d) Hypnotic
8. The client has been taking lithium carbonate (Lithane) for hyperactivity, as prescribed by his physician. While the client is taking this drug, the nurse should ensure that he has adequate intake of
- a) Sodium
 - b) Iron
 - c) Iodine
 - d) Calcium
10. 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:
- a) A delusion of self-belief
 - b) A delusion of self-appreciation
 - c) A nihilistic delusion
 - d) A delusion of grandeur
11. A client refuses to eat food sent up on individual trays from the hospital kitchen. The client shouts, "You want to kill me." The client has lost 8 pounds in 4 days. In discussion of this problem, with the assigned staff member, which statement by the nurse indicates an accurate interpretation of this client's needs?
- a) "The client is malnourished and may require tube feedings."
 - b) "The client is terrified. Ask the kitchen to send foods that are not easily contaminated such as baked potatoes"
 - c) "Continue to observe the client. When the client gets hungry enough, the client will eat."
 - d) The client appears frightened. Spend more time with the client, showing a warm affection."
12. 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
13. Personality disorders, on the multi-axial diagnosis, appear in:
- a) Axis II

- b) Axis I
 - c) Axis IV
 - d) Axis III
14. The nurse is careful not to act rushed or impatient with the client and gradually learns that the client is very down and feels worthless and unloved. In view of the fact that the client had previously made a suicidal gesture, which of the following interventions by the nurse would be a priority at this time?
- a) Ask the client frankly if she has thought of or plans of committing suicide
 - b) Avoid bringing up the subject of suicide to prevent giving the client ideas of self-harm
 - c) Outline some alternative measures to suicide for the client to use during periods of sadness
 - d) Mention others the nurse has known who have felt like the client and attempted suicide, to draw her out
15. Which classification of drugs may be used in children to treat enuresis?
- a) Tricyclic antidepressant
 - b) Major tranquilizers
 - c) Antianxiety agents
 - d) Hypnotic
16. A client has been medicated with trifluoperazine HCl (Stelazine) for a prolonged period of time. How would the nurse check for early signs of tardive dyskinesia?
- a) Akathisia of the lower extremities
 - b) Cogwheel rigidity at the elbow
 - c) Drying of the mucous membranes
 - d) Vermiform movements of the tongue
17. Sexual dysfunction is one category of disorders of sexuality and sexual functioning. The term sexual dysfunction refers to:
- a) Problems with the normal sexual response cycle
 - b) Sexual urges or fantasies involving unusual sources of gratification problems
 - c) An individual is dissatisfied with their own biological sex and have a strong desire to be a member of the opposite sex
 - d) Problems with sexual fantasies
18. Sexual Arousal Disorder is defined primarily in terms of a deficiency in a physical or physiological response, and as a result may be caused by a range of physical or physiological factors, including:
- a) Hormone imbalances
 - b) Diabetes
 - c) Medications being taken for other disorders
 - d) All of the above

19. Genital pains that can occur before, during or after sexual intercourse, and can occur in both males and females are known as:
- Dyspareunia
 - Dysmenhorea
 - Dyskinesia
 - Dyspraxia
20. Clinical symptoms likely to be present in a client with a phobic disorder include
- Persistent obsessive thoughts
 - Re-experience of feelings associated with traumatic events
 - Fear and avoidance of specific situations or places
 - Unrealistic worry about a number of events in one's life
21. Mvemve has been diagnosed with schizotypal personality disorder. Which of the following would describe Mvemve's behaviour?
- Attention-seeking, seductive and overly gregarious
 - Hypervigilant, suspicious and intimidating
 - Submissive and clinging, with fears of separation
 - Aloof and isolated with magical thinking and ideas of reference
22. Machehu is admitted in the psychiatric ward and has been diagnosed as having major depression. He tells the nurse on duty that "now that my wife is dead, I don't have anything to live for". Which of the following would be an appropriate nursing diagnosis for Machehu?
- Helplessness related to being alone manifested by verbalisation that he has nothing to live for.
 - Risk of suicide related to depressed mood
 - Low self esteem related to hopelessness
 - Dysfunctional grieving related to loss of wife
23. Which of the following is characteristic of the child with moderate mental retardation (I. Q. 35-40 to 50-55)?
- Is trainable in training centres
 - Requires complete supervision
 - Has minimal speech
 - Can be trained in elementary hygiene skills
24. People taking an MAO inhibitor should avoid:
- Loud noise, bright lights, social activities
 - Citrus fruit, hot peppers, spices
 - Over exertion, sexual activity, heavy lifting
 - Coffee, chocolate, cheese and beans

25. A male client in the OPD alcohol abuse treatment program tells the nurse that he used to become intoxicated only after three or four drinks, but now must drink 10 to 12 drinks before achieving the same effect. The nurse should explain that this phenomenon is typical of
- withdrawal
 - dependence
 - tolerance
 - intoxication

Question 2

Vusi, a 23 year old, is currently imprisoned on allegations of armed robbery and murder of a business man. He has had several encounters with the justice system. At the age of 16 he served a 9-month jail sentence for breaking into a neighbour's house and stealing valuables—it took the police 6 months to pin him down to that case. He has never had gainful employment but is always dressed in designer clothes. He is violent to people and it is rumoured that he stabbed someone to death at a drinking spot around his hometown. When confronted about his behaviour, he says there is nothing abnormal about him and threatens anyone questioning his conduct with violence. As a child, he never finished elementary school because he was truant and violent to both teachers and students and stole valuables such as money from his parents which he denied when confronted and attributed the thefts to his younger siblings.

- What is probably wrong with Vusi? Justify your answer. (15)
- How can Vusi's condition be best managed if he is brought to the Psychiatric Hospital? (10)

Total = 25 marks

Question 3

- Write brief self-explanatory notes on
 - Obsessive compulsive disorder and its management (6)
 - Nursing implications of the phenothiazine group of major tranquilizers (4)
- Outline the DSM-IV-TR diagnostic criteria for the following conditions:
 - Dementia (5 marks)
 - Conduct disorder (5 marks)
 - Depression (5 marks)

Total 25 marks