

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE**  
**FINAL EXAMINATION: MAY 2016**

**COURSE TITLE: NURSING MANAGEMENT OF MENTAL DISORDERS IN ADULTS**

**COURSE CODE: CMH 406**

**TIME ALLOCATED: 2 HOURS**

**TOTAL MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1. PLEASE WRITE LEGIBLY**
- 2. PLEASE ANSWER ALL QUESTIONS**
  - i. SECTION A: MULTIPLE CHOICE [25 MARKS]**
  - ii. SECTION B: SHORT STRUCTURED QUESTIONS [50 MARKS]**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 4. START A NEW QUESTION ON A NEW PAGE**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**

**DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR OR HIS/HER REPRESENTATIVE**

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## SECTION A.

### QUESTION ONE

This section contains fifteen (15) multiple choice questions, five true/false questions and five matching questions. Write the letter representing your best answer next to the question number, e.g. 20=B for the multiple choice; 20=T for the true/false questions and 50=N for the matching questions. Each question carries one (1) mark.

#### A.

1. Which part of the brain is concerned with integration of affective and emotional aspects of behaviour?
  - a. Sympathetic system
  - b. Parasympathetic system
  - c. Limbic system
  - d. Brain stem
  
2. Which of the following examples best illustrate a delusion of reference?
  - a. The night shift nurse does not like me
  - b. The news reader on TV is talking about me
  - c. I do not want the food because it is poisoned
  - d. The Samsung company stole my invention for the S6 Galaxy smartphone
  
3. ----- refers to a false sensory perception in the absence of a real external stimuli:
  - a. Depersonalisation
  - b. Hallucination
  - c. Illusion
  - d. Déjà vu
  
4. The fear of being in situations or places that may be difficult or embarrassing to leave or escape is:
  - a. Social phobia
  - b. Agoraphobia
  - c. Claustrophobia
  - d. Generalised anxiety disorder
  
5. During the first encounter with a patient, the priority of the psychiatric nurse is to:
  - a. Fill the psychiatric history sheet comprehensively in order to arrive at proper diagnosis
  - b. Establish rapport and gain the patient's trust
  - c. Do a thorough mental status examination in order to arrive at a proper nursing diagnosis

- d. Let the patient talk freely as he/she wants
6. The **priority** nursing diagnosis for a patient presenting with suicidal ideation would be
- High risk for self-harm
  - altered self-perception
  - altered thought process
  - all of the above
7. Which statement is most accurate regarding the assessment of clients diagnosed with psychiatric problems?
- Medical history is of little significance and can be eliminated from the nursing assessment.
  - Assessment provides a holistic view of the client including bio-psychosocial aspects.
  - Comprehensive assessments can be performed only by advanced practice nurses.
  - Psychosocial evaluations are gained by subjective reports rather than objective observations
8. During unit rounds with the psychiatrist, a patient asks to be locked up in a secluded room because the people who killed his wife visited the hospital looking for him and he is afraid they will kill him too. The nurse's response should be to:
- Reassure the patient that he was safe in the ward and had nothing to worry about
  - Acknowledge the patient's concern and lock him up in a secluded room for his safety
  - Inform the patient that his concern is not real but part of the symptoms of his illness
  - Increase the dose of the patient's antipsychotic drug
9. CAGE is a tool used in the screening of
- Suicidal ideation
  - Psychosis
  - Epilepsy
  - Alcoholism
10. The nursing care of a patient presenting with alcohol withdrawal will include
- Keeping the patient as calm as possible
  - Keeping the patient hydrated
  - Keeping the patient well nourished
  - All of the above

11. You are in charge of a ward in the psychiatric unit when a patient is brought in with a history of being suicidal. What precaution should you take when admitting the patient?

- a. No precaution because the patient will be safe in the hospital
- b. Alert other staff members about patient's suicidal thoughts and ensure to keep the patient in a room where she can be visible to ward staff at all times
- c. Lock the patient up in the seclusion room
- d. Keep the patient sedated at all times

12. Dagga, also called cannabis, is an example of which class of substances?

- a. Hypnotics
- b. Hallucinogens
- c. Narcotics
- d. Amphetamines

**Case:** Sicelo, a 27 year old male, is admitted at the psychiatric hospital for the first time with a history of poor sleep, praying non-stop, talking to unseen people asking them for forgiveness, and generally acting confused. According to the history sheet, Sicelo started showing signs of mental illness immediately after he was diagnosed with HIV. Questions 13 through 15 relate to this case.

13. What would be the provisional psychiatric diagnosis for Sicelo?

- a. Brief psychotic episode
- b. Panic disorder
- c. Depression
- d. Bipolar disorder

14. What would be the priority nursing concern for Sicelo?

- a. Assisting Sicelo to cope with his HIV diagnosis
- b. Assessing for suicidal ideation
- c. Managing psychosis
- d. Preventing Sicelo from infecting other patients

15. The nursing interventions will include educating Sicelo about HIV and mental health.

What would the psychiatric nurse's goal in educating Sicelo

- a. Assist Sicelo to cope with his HIV positive diagnosis
- b. Prevent Sicelo from infecting other patients
- c. Prevent a similar episode in the future by ensuring adherence to prescribed medications
- d. All of the above

**B. True/false questions**

16. A panic disorder is the same as a panic attack.
17. People living with HIV are no more likely to present with depression than those who are HIV negative
18. People diagnosed with schizophrenia can relapse even if they adhere to their treatment
19. Anxiety disorders affect males more than females
20. Regardless their diagnoses, mentally ill patients gain better quality of care if managed by a mental health team than the psychiatrist alone

**C. Compare the terminology in column A with the correct definition in column B. Write only the letter in column B that represents your answer, e.g. 50=N**

	<b>COLUMN A</b>	<b>COLUMN B</b>
21	Remote memory	A. A disturbance in thought process in which the patient jumps from one topic to another irrelevant topic without realising it
22	Circumstantiality	B. The psychiatric/mental health nurse assesses this by asking the patient today's date
23	Tardive dyskinesia	C. A speech disorder in which the patient creates his or her own words
24	Orientation	D. One of the serious and often irreversible neurological disorders characterized by involuntary movements of the tongue, lips, face, trunk, and extremities associated with long-term use of neuroleptic drugs
25	Anhedonia	E. The psychiatric/mental health nurse assesses this by asking the patient the year in which King Mswati III became king of Swaziland
		F. A side effect of antidepressants characterised by diminished ability to experience pleasure from activities usually found enjoyable, e.g. exercise, hobbies, music, sexual activities or social interactions
		G. Overly friendliness and flamboyance is commonly associated with bipolar disorder
		H. A side effect of antipsychotic drugs in which the patient experiences loss of sexual drive or libido
		I. A disturbance in thought process in which the patient give details about a topic under discussion thus taking a long time to put forward a point
		J. Sexual excitability

**[Total marks: 25]**

## **SECTION B: SHORT QUESTIONS.**

### **QUESTION TWO**

Mandla is a 39 year old male admitted at the psychiatric hospital with a history of being violent towards his elder brother and other family members. On interview he stated that he possessed powers to heal people. He referred to himself as Jesus and often speaks to God, who instructs him what to do to heal people. He further stated that he last spoke to God this morning where he instructed him not to take the pills because they were poisoned. He stated that his family members were jealous that he was Jesus to the extent that his elder brother wants to kill him. Mandla has a history of abusing dagga and alcohol. On the day of admission the mental status examination revealed that he appeared dirty and unkempt, and his clothes were torn. His speech was pressured. His first admission was at the age of 21 years, and has had several admissions with the last discharge about three months ago. His outpatient card shows that he had not collected his medication since discharge.

- a) What would be the possible psychiatric diagnosis for Mandla and why? (5 marks)
- b) Develop a nursing care plan for Mandla using the following nursing diagnosis:  
Disturbance in thought process related to lack of trust evidenced by expressed suspicion that his brother wants to kill him (10 marks)
- c) Poor adherence to medication is one the main causes of Mandla's readmissions at the national psychiatric centre. As part of discharge planning discuss how you would address the problem of poor adherence with Mandla, and his family (10 marks)

**[Total marks: 25]**

### **QUESTION THREE**

- a) People diagnosed with HIV are at a higher risk of developing mental disorders such a depression. In recognition of this challenge, you have been asked to provide a health talk in a community meeting about Depression in people diagnosed with HIV. Using the below-listed subtopics, discuss the information you would give to the community during your health talk.
    - i. Causes of depression in PLHIV (4 marks)
    - ii. Manifestations of depression in PLHIV (4 marks)
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- b) Develop a nursing care plan using the following nursing diagnosis: ineffective individual coping related to diagnosis with HIV evidenced by verbalising suicidal thoughts (12 marks)
  
- c) There are two ways in which a person can be admitted into the national psychiatric centre: voluntary or involuntary. Outline the process of involuntary admission (5 marks).

**[Total marks: 25]**