

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES**

FINAL EXAMINATION PAPER DECEMBER 2015

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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THE INVIGILATOR**

Question 1. Multiple choice questions. Select the response that best answers each of the following questions, e.g., 66 = f.

1. Which of the following is not a class of antidepressants?
 - a. Tetracyclics
 - b. Neuroleptics
 - c. Serotonin specific agents
 - d. MAO inhibitors

2. People taking an MAO inhibitor should avoid:
 - a. Loud noise, bright lights, social activities
 - b. Citrus fruit, hot peppers, spices
 - c. Over exertion, sexual activity, heavy lifting
 - d. Coffee, chocolate, cheese and beans

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

4. Which action by the nurse would **not** be appropriate in the treatment of clients with a substance-related disorder
 - a. assess for suicide
 - b. encourage the client to tolerate withdrawal symptoms without additional medication
 - c. Accompany the client to a group therapy meeting
 - d. Awaken a sleeping patient to evaluate for withdrawal symptoms

5. When applied to substance abuse, the phrase "equal opportunity disease" most likely refers to the fact that substance abusers are equally likely to be found in all
 - a. socio-economic levels
 - b. ethnic groups
 - c. ages across the life cycle
 - d. genetic inheritance patterns

6. The DSM-V is a tool utilized for diagnosis in mental health settings. This system includes:
 - a. Nursing and medical diagnosis
 - b. Frameworks of specific theories
 - c. Assessments for several areas of functioning
 - d. Diagnostic classifications and criteria sets.

7. A 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 care of plan 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

8. 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

9. 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."

10. Your client states, "I work for the government, and I am so important in my office 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

11. The following are true about personality disorders EXCEPT
 - a. They are seen in early childhood
 - b. They begin showing in adolescence and early adulthood
 - c. They are pervasive
 - d. They have general and specific criteria

12. The nurse is careful not to act rushed or impatient with the client and gradually learn that the client is very down and feel 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
13. Lithium, the drug of choice for bipolar disorders, has a narrow therapeutic range of:
- a. 0.5 mEq/L to 1.5 mEq/L
 - b. 0.6 mEq/L to 1.0 mEq/L
 - c. 0.7 mEq/L to 1.3 mEq/L
 - d. 1.0 mEq/L to 2.0 mEq/L
14. Many of the major tranquilizers display untoward side effects. The one side effect displaying irreversible, abnormal, involuntary movements of the tongue and mouth is:
- a. Akathisia
 - b. Tardive dyskinesia
 - c. Agranulocytosis
 - d. Dystonia
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. 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. Iron
 - b. Iodine
 - c. Calcium
 - d. Sodium
17. An actively psychotic client is being assessed by the nurse for a participation in a milieu group. Which is the most appropriate group for this client?
- a. A highly structured task-oriented group
 - b. An activity group
 - c. A group is not appropriate
 - d. A movement therapy group, after a short period of isolation
18. A nurse is talking with a client who is hearing voices. The nurse states, "The only voices I hear are yours and mine." This is an example of:
- a. Restating
 - b. Clarification
 - c. Focusing
 - d. Presenting reality

19. 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
20. 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.
21. Which of the following individuals is at highest risk of suicide?
- Muzi, age 30, divorced, works as a nurse
 - Nomsa, age 45, married, housewife
 - Musa, age 80, depressed from recent death of wife
 - Vusi, age 15, diagnosed with conduct disorder
22. Mboyi is admitted with a history of schizophrenia experiencing auditory and visual hallucinations. His mother tells the admitting nurse that Mboyi has had allergic reactions to chlorpromazine and penicillin in the past. The psychiatrist orders an antipsychotic for Mboyi. Which of the following medications would not be appropriate for Mboyi?
- fluphenazine
 - risperidone
 - clozapine
 - olanzapine
23. What is the rationale for the correct answer to 10 above?
- it is not an antipsychotic
 - it is not effective as other antipsychotics
 - cross-sensitivity exists among phenothiazines
 - Mboyi would not be able to follow the required diet in his psychotic state.
24. The biggest fear for a rape victim is
- Being injured
 - Not being believed
 - Being killed
 - Being shunned
25. About what percent of rape victims know their assailant?
- less than 1%
 - 5%
 - 25%
 - 70%

Question 2

- a) What guidelines should be followed when prescribing and/or administering antipsychotic agents? (5)
- b) Discuss the mechanism of action and uses of antipsychotic drugs. (5)
- c) Vumile, a 25-year old was admitted 3 days ago for being withdrawn, inactive, neglecting personal hygiene and hardly eating for the past 3 weeks. The day before admission she is reported to have attempted suicide by swallowing an overdose of tablets.

What precautions should be taken in a psychiatric unit to prevent suicide (15)

TOTAL = 25

Question 3

Maningi had visited Libya 5 months ago at the time when the war against the ruling government was just beginning. He saw a lot of people dying from gunfire, bombs and rockets. He managed to escape unharmed and returned home. He has been home for 4 months but his mind cannot get rid of the tragic events he saw and has sleepless nights because of nightmares. The slightest sounds now frighten him and he has been unable to function at his previous level at home and at work. He has been diagnosed as having post-traumatic stress disorder (PTSD).

- i) What signs and symptoms would you expect to find in Maningi? Use the DSM V criteria for PTSD. (15)
- ii) How should Maningi be managed? (10)