

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF GERNERAL NURSING SCIENCE**  
**MAIN EXAMINATION DECEMBER 2018**

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

**COURSE CODE: CHN 307**

**TIME ALLOCATED: 2 HOURS**

**TOTAL MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1. PLEASE WRITE LEGIBLE**
- 2. THE PAPER CONSISTS OF TWO SECTIONS-A AND B,PLEASE ANSWER ALL QUESTIONS.**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 4. START A NEW QUESTION IN 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**

**Section A. Multiple choice questions.**

1. Thando refers to a belt as a snake. What is wrong with Thando?
  - a. He has a hallucinations
  - b. He has a illusion
  - c. He has a delusion
  - d. He has a fix false belief
2. All nursing theorist agree that nursing theories provide which of the following
  - a. An expansive description of what nursing is.
  - b. An introduction to high-level wellness
  - c. The view of the recipient as a biologic being
  - d. A beginning description of nurses rolls
3. Nursing theorists concur in viewing humans as.....beings
  - a. Biologic
  - b. Holistic
  - c. Psychological
  - d. Sociological
4. The psychiatric nurse is providing care for a newly admitted client who is homeless and has not been able to bathe or change clothes for 2 weeks. Which of the following theorists would the nurse apply, using a needs approach to guide the nursing interventions for this client situation?
  - a. Leininger
  - b. Orem
  - c. Peplau
  - d. Roy
5. Repeated voiding of urine bed clothes in children is called
  - a. Encopresis
  - b. Nocturnal
  - c. Enuresis
  - d. Diurnal
6. The nurse notes that a client was admitted involuntarily. Based on this of admission the nurse should provide which intervention for the client.
  - a. Monitor closely for harm to self and other
  - b. Supply in completing an application for admission

- c. Supply the client with written information about the mental illness
  - d. Provide an opportunity for family to discuss why they felt the admission was needed
7. When communicating with emotionally and disturbed children the person should avoid
- a. Giving clear and simple instructions
  - b. Being consistent and firm but gentle
  - c. Giving one task at a time
  - d. Criticizing and punishing the child for not completing a task.
8. Which of the following questions would be most appropriate to use during the psychiatric admission assessment to obtain data about the client's affect?
- a. "How are you feeling"?
  - b. "Are you happy or sad"?
  - c. "You look upset; are you"?
  - d. "What brought you to the hospital"?
9. Depressed clients often display difficulty in communicating. Which of the following are common forms of impaired communication?
- a. Thought blocking
  - b. Sadness
  - c. Perseveration
  - d. Looseness of association
10. The nurse expects a client exhibiting flight of ideas to do which of the following?
- a. Make sudden stops in the flow of conversation
  - b. Coin new words or combinations of words
  - c. Provide excessive detail that delays starting a point
  - d. Talk excessively while frequently shifting from one idea to another
11. A client tells the nurse that his body is made of iron and is quite heavy. The nurse interprets this as which of the following?
- a. Delusion
  - b. Hallucination
  - c. Depersonalization
  - d. Obsession
12. Which finding would lead the nurse to suspect that a female client has insight into the mental disorder she is experiencing?
- a. Demonstration of self-understanding related to the origin of behaviour

- b. Verbalization of acceptance of her mental illness
  - c. Placement of responsibility for problems on dysfunctional family
  - d. Suggestion that problems are related to a neurological condition
13. Akathisia is best defined as:
- a. Rigidity of body
  - b. Hyperexia
  - c. Abnormal involuntary movement of body part
  - d. Restlessness movement of hands or feet
14. The nurse assesses a client with excessive worry and concern and that the client is showing the showing the signs of Generalised Anxiety Disorder for which clinical symptoms?
- a. Fear and avoidance of specific situations or places
  - b. Persistent obsessive thoughts
  - c. Re-experience of feeling associated with traumatic events.
  - d. Unrealistic concern for daily life activities
15. The diagnosed criteria for schizophrenia include all of following, **except**:
- a. Delusion
  - b. Disorganised behaviour
  - c. Marked rear about specific object
  - d. Hallucinations
16. A client with a diagnosis of Obsessive Compulsive Disorder is admitted to the psychiatric inpatient until for treatment when ritualistic behaviours become incapacitating. During the initial phase of treatment, which intervention would be best?
- a. Accepting client rituals
  - b. Challenging clients rituals
  - c. Limiting client rituals
  - d. Teaching on prevention of rituals
17. The first stage in the process of trauma counselling is:
- a. Setting realistic goals
  - b. Dealing with feelings of anger and guilt
  - c. Normalizing the situation
  - d. Establishing a trusting relationship
18. The technique of exposing a client to a fear-producing sensation in a gradual manner over time is called.....

- a. Biofeedback
  - b. Positive imaging
  - c. Relaxation techniques
  - d. Systematic desensitization
19. A client is to receive a medication therapy for anxiety disorder. To reduce the risk of dependence and problems with withdrawal, which of the following agents would the nurse most likely anticipate as being prescribed?
- a. Sertraline (Zoloft)
  - b. Lorazepam (Ativan)
  - c. Haloperidol (Haldol)
  - d. Clonazepam (Klonopin)
20. The definition of dementia is
- a. Fixed false belief that interfere with social functioning
  - b. False perception
  - c. Loss of intellectual that interfere with social or occupational functioning
  - d. Grossly disorganised speech
21. which of the following is observed in a patient with agoraphobia
- a. Fear of animals
  - b. Fear of using public transport
  - c. Fear of injection
  - d. Fear of water
22. Drugs used in the treatment of schizophrenia are called
- a. Anxiolytics
  - b. Neuroleptics
  - c. Mood stabilisers
  - d. Anticholinergics
23. The nurse would assess a client diagnosed with Cyclothymic disorder for which behaviours?
- a. Feelings of grandiosity and increased spending
  - b. Feeling of depression and decreased sleep
  - c. Periods of hypomania and depressive symptoms
  - d. Periods of depression-accompanied excessive sleep

24. A client with a diagnosis of major depression, single episode, without psychotic features, is admitted to inpatient psychiatric unit. Which question would be best to assess the magnitude of the client's depression?
- "How long have you felt depressed"?
  - "Have you ever feelings of depression like for you"?
  - "What are your feelings of depression like for you"?
  - "How would you rate your depression on a scale of 1 to 10"?
25. Mentally ill patients have rights; one of the rights is to refuse treatment. What makes nurses to override the patient's rights
- If the right does not benefit the client
  - If when right is observed there could be possible harm to either patient or the society
  - When the client is admitted at National Psychiatric Hospital
  - When they are not accountable for that client.

(25 Marks)

### **Section B: Structured questions**

#### **Question 1**

- 1.1. Outline the diagnostic criteria for major depressive disorder (13 marks)
- 1.2. Describe the pharmacological management and nursing management for mood disorders, depressive type (12 marks)

#### **Question 2**

- 2.1. What makes an individual to be vulnerable to suicide and what would you include in your psycho-education for helping the client with coping strategies (20 marks)
- 2.2. Outline common reactions in suicide survivors and discuss the four to be explored during counselling of survivors of suicide (5 marks)