UNIVERSITY OF ESWATINI

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE

FINAL EXAMINATION: MAY, 2019

COURSE TITLE: NURSING MANAGEMENT OF MENTAL DISORDERS

COURSE CODE: CHN 406

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

1. PLEASE WRITE LEGIBLE

2. THE PAPER HAS THREE QUESTIONS, PLEASE ANSWER ALL OF THEM.

3. EACH QUESTION CARRIES A SUM TOTAL WEIGHTING OF 25 MARKS.

4. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS

5. START A NEW QUESTION IN A NEW PAGE

6. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY

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

QUESTION 1.

A. MULTIPLE CHOICE:

For each of the following questions, each question has only one correct option as an answer. Choose the most correct answer. Write clearly the question number and the letter that corresponds with the most appropriate or correct answer, e.g. 50. J. Each correctly answered question carries one (1) mark

1.1 Anxiety is a normal human response to a perceived or real threat. However, anxiety can be a disorder when:
- i.   it is prolonged and/or gets worse over time
- ii.   the anxiety reaction is significantly disproportionate to thethreat and the symptoms interfere significantly with functioning
- iii. when treatment with psychopharmacology is not possible
- iv.   it is comorbid with most psychiatric disorders

    A. i, ii, iii
    B. i, ii
    C. i, ii, iv
    D. Ii, iii, iv

1.2 Which of the following statements is not true about anxiety?
    A. It is more common in females than males;
    B. It tends to affect older people than young adults
    C. It is characterised by intense fear and worry about the future
    D. It is better managed through psychotherapy

1.3 According to World Health Organisation, --- people diagnosed with anxiety globally in 2015, and ----were from the Africa region.
    A. 246 million and 2.6 million
    B. 2.6 million and 260,000
    C. 450 million and 45 million
    D. 2.6 billion and 2 million

1.4 According to DSM–5, all of the following are anxiety disorders except:
    A. Obsessive compulsive disorder
    B. Selective Mutism
    C. Agoraphobia
    D. Panic disorder

1.5 The levels of anxiety, according to DSM-5 criteria, can be described as
    A. Normal, mild, moderate, and severe
    B. Normal, moderate, severe and panic

C. Mild, moderate, severe and panic

D. Normal, mild, severe, and panic

1.6 According to DSM-5 the diagnostic criteria for major depressive disorder must include all of the following symptoms except:

A. Depressed mood most of the day, nearly every day

B. Loss of pleasure in activities once enjoyed

C. Euphoric, expansive mood

D. Hyper-insomnia or insomnia

1.7 Which the following is not part of mood disorders?

A. Dysthymia

B. Bipolar Affective Disorder

C. Disruptive Mood Dysregulation Disorder

D. Premenstrual Dysphoric Disorder

1.8 Mood disorders have one of the highest mortality rates compared too other psychiatric disorders. This is primarily because of:

A. Poor diagnosis and treatment

B. High rates of attempted and completed suicide

C. Lack of proper medication to treat the disorders

D. Patients defaulting treatment

1.9 Most patients suffering from mood disorders are likely to:

A. Seek care from general medical facilities

B. Seek alternative care other than allopathic medicine

C. Lock themselves up and refuse treatment

D. To be admitted at psychiatric facilities

1.10 You will know a patient is possibly presenting with manic episode if she:

A. presents with psychomotor retardation and hallucinations

B. Thought blocking and Slurred speech

C. Inflated self-esteem and grandiosity

D. Anhedonia and fatigue

1.11 Which of the following is not a positive symptom of schizophrenia?

A. Delusions

B. Hallucinations

C. Disorganised behaviour

D. Apathy

1.12 Which of the following is true about anxiety?

A. It is a normal reaction to a perceived or real threat

B. It is characterised by fear and/ or worry that is directed to the future

C. Symptoms of anxiety are both physical and cognitive
D. All of the above

1.13   The prognosis of bipolar disorder may be worsened by which of the following?
   A. Age of onset
   B. The type of bipolar disorder
   C. Family history of bipolar disorder
   D. Concurrent misuse and abuse of substances

1.14   Which of the following is not true about bipolar disorders?
   A. Bipolar I is more severe, tend to experience more cycling & mixed episodes and more prone to substance abuse
   B. Bipolar II is more chronic, typically present with less intense and often unrecognized manic phases and experience more anxiety
   C. Unspecified bipolar presents the least group of patients with bipolar disorder
   D. Cyclothymia is the most disabling and often unrecognized

1.15   In deciding whether to admit a patient with schizophrenia into a psychiatric ward, which of the following would you consider the most?
   A. Their own safety and the safety of their family and the public
   B. Their age
   C. Homelessness
   D. Lack of social support system

B. **In the questions or patient's response statements provided below, state what the nurse was assessing for? (1 mark each)**

   a) When was the current king installed?
   b) You are nurse Dlamini.
   c) Can you tell me why you came here at this hospital?
   d) I often hear and talk to my late father who tells me to mend my ways.
   e) If you were given poison to kill your friend, what would you do?
   f) I am not sure sometimes I am happy, sometimes I feel sad. But right now I am indifferent.
   g) How did you come to the hospital?
   h) What was the colour of the first car you bought?
   i) Can you spell the word "good" forward and backward three times?
   j) What does it mean when someone says "Don't count your chickens before they hatch."?

[Total: 25 marks]

QUESTION 2

CASE: S'dudla is brought to your health centre with a history of psychomotor retardation, self-isolation, anhedonia, fatigue and hyper-insomnia since five days ago. In your assessment you find that she is a 26 year-old, a final year student at a local university. You also find that the symptoms started after she lost her external drive which had her research data and final research project due in two weeks. She did not have a backup for her project and data. On mental status examination you find evidence of thought blocking, and poverty of speech. She has no evidence of delusions or hallucinations. The medical officer diagnosed her with bipolar II disorder-depressive episode and admitted her in a medical ward for observation. She was prescribed the following treatment:

    I.   Carbamazepine 200mg po, mane and 400mgpobd

    II.   Haloperidol 2.5mg po, nocte

    III.   Artane 2mg po, od

    IV.   Folic acid 400mcg, po od

    A. Do you agree with the medical officer's diagnosis? Support your answer using DSM-5 diagnostic criteria **(6 marks)**

    B. Do you agree with the treatment ordered by the Medical Officer? Support your response using your knowledge from psychopharmacology **(10 marks).**

    C. Given her psychological and emotional state, what would be your nursing priority for S'dudla? **(2 marks)**

    D. Using a nursing care plan discuss what would you do as a nurse to minimise the risk for C?**(12 marks)**

[Total marks: 30]

QUESTION 3

In the field of mental health nursing, caring requires that the nurse develops and maintains a therapeutic relationship with his or her patients as well as a therapeutic milieu.

    A. Discuss what is meant by a:

        a. therapeutic relationship (2 marks)

        b. therapeutic milieu (3 marks)

    B. Discuss the characteristics of a therapeutic nurse-patient relationship (10 marks)

C. Part of managing patients with selected mental disorders requires group therapy. Discuss what you, as a mental health nurse, should consider when constituting a group for group therapy. (5 marks)

[Total marks: 20]