

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING
FINAL EXAMINATION: MAY 2019

COURSE CODE: GNS 622
COURSE TITLE: Common Mental Disorders in
Children and Adults
DURATION OF EXAMINATION: three (3 hours)

INSTRUCTIONS:

- 1. READ QUESTIONS AND INSTRUCTIONS CAREFULLY**
- 2. THE EXAMINATION HAS FOUR QUESTIONS, ANSWER ALL OF THEM;**
- 3. UNLESS OTHERWISE STATED, EACH QUESTION IS WEIGHTED 25 MARKS**
- 4. START EACH NEW QUESTION ON A NEW PAGE;**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY;**
- 6. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS;**
- 7. PLEASE WRITE CLEARLY AND LEGIBLY.**

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

QUESTION ONE.

- A. Determinants of Health are also considered the determinants for mental illness. Using the model of Determinants of health, discuss how gender and socio-economic status are risk factors for Mental illness. **(15 marks)**
- B. Mental health problems and mental disorders are a major contributory factor to outpatient visits in out-patient and primary care facilities, and one of the top ten leading causes of inpatient admissions. In addition, mental disorders contribute significantly to years lived with disability. The good thing is that most of these problems and disorders can be prevented or their impact minimised by ensuring access to quality (mental) health services. As a nurse practitioner, what would you do to close the gap in the management of mental health problem and mental disorders in the country? **(10 marks)**

QUESTION TWO

- A. Briefly discuss the physiology of anxiety **(10 marks)**
- B. In your facility you are tasked with developing a job aid for doctors and nurses on Pre-menstrual dysphoric disorder. Discuss the contents you would include in the job aid. **(15 marks)**

QUESTION THREE

Chazile is a 24 year old female referred to you with a history of irritability, irritability, depression, mood lability, anxiety, feelings of 'loss of control', difficulty concentrating and fatigue as well as abdominal bloating and breast tenderness. This, according to Chazile, happens just a few days before her menstrual period.

1. What is the possible psychiatric diagnosis for Chazile? (1 marks)
2. Support your answer in 1 with DSM 5 diagnostic criteria (5 marks)
3. What medication would you prescribe for Chazile and why? (5 marks)
4. Describe the mechanism of action of the medication you would prescribe in Q3. (4 marks)
5. What are the possible serious side effects of the medication you would prescribe in Q3 (4 marks)
6. How would you manage the side effects in Q5 as a mental health nurse (6 marks)

QUESTION FOUR

In the latter half of the 20th century there were increasing calls for the de-institutionalisation of psychiatric services, i.e. moving patients from hospital based to community-based care. In response to this global call, the Gauteng Department of Health moved patients to NGOs who were entrusted with the provision of mental health care. But this has led to disastrous outcomes including the death of over 100 patients from non-psychiatric causes, popularly referred to as Life Esidimeni.

As a senior manager within the Eswatini Ministry of Health, you are tasked to develop a cabinet paper to assist government on de-institutionalization of psychiatric services. Discuss the steps you would take in writing the cabinet paper, and a sound rationale for each step? **(25 marks)**