

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
MAIN EXAM: DECEMBER 2019

COURSE TITLE: PRIMARY MENTAL HEALTH CARE

COURSE CODE: CHN 403

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE WRITE LEGIBLY**
- 2. PLEASE ANSWER ALL QUESTIONS**
- 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

Section A: Multiple choice questions.

1. Which of the following will be a benefit of integrating mental health into primary health care?
 - a) It will increase the cost of health care
 - b) It will improve coverage for the population
 - c) It will make the service to be far from consumers
 - d) It will decrease rehabilitation of patients

2. An inability to diagnose and treat mental disorders by a health care provider working in a primary health care setting exemplifies
 - a) A geographical barrier
 - b) A cultural barrier
 - c) An economic barrier
 - d) A knowledge barrier

3. Which of the following is not helpful in patient-centred approaches?
 - a) Warmth
 - b) Conditional acceptance
 - c) Empathy
 - d) Respect

4. A mentally healthy student who obtains a D grade in Primary Mental Health Nursing course may
 - a) Withdraw from the course
 - b) Try to assess the reason for doing poorly
 - c) Shift blame to the lecturer
 - d) Become sarcastic about passing the examination

5. Which of the following is important when restraining a violent client?
 - a) Have three staff members present, one for each side of the body and one for the head.
 - b) Always tie restraints to side rails
 - c) Have an organized, efficient team approach after the decision is made to restrain the client.
 - d) Secure restraints to the gurney with knots to prevent escape

6. A rape victim with multiple injuries has been brought to the outpatient department for evaluation and treatment. The first thing that the psychiatric nurse should communicate is:
- a) "I'm so sorry this happened to you"
 - b) "I'm thankful you survived this attack"
 - c) "This was not your fault"
 - d) "You are safe here no one can hurt you"
7. All individuals are provided with prevention educational information and skills necessary to prevent a condition like substance abuse is considered to be which type of prevention
- a) Selective prevention
 - b) Indicated prevention
 - c) Universal prevention
 - d) Environmental prevention
8. Prevention of PTSD is best achieved when
- a) Counseling all those exposed
 - b) Counseling only those with early signs
 - c) Not being exposed to trauma
 - d) Having intensive psychotherapy to those affected
9. Mental health nurse identifies the following to be a possible cause of disruptive behaviour
- a) Frustration due to waiting in long lines
 - b) Adverse effects of medication
 - c) Loneliness
 - d) Getting a promotion at work
10. High risk approach in health promotion can be defined as:
- a) Targeting individuals who are not susceptible to a specific disorder
 - b) Targeting adolescents transitioning from childhood to adulthood
 - c) Target individuals who are susceptible to a specific disorder
 - d) Having media awareness campaigns

11. Family members should follow the following guidelines in ensuring recovery of the mentally ill client except
- a) Create an environment with low stress
 - b) Avoiding disturbing behaviour
 - c) Promote social re-integration and rehabilitation
 - d) Function independently as a family
12. The purpose of the mental health Act is less likely to include:
- a) Provision for the care, treatment and rehabilitation
 - b) Establishment of review boards
 - c) Set out procedures to be followed in admissions of the mentally ill
 - d) Establish mental health institutions
13. The psychiatric nurse practitioner evaluates a new adult patient in the clinic presenting with memory loss, as a primary mental health nurse which service would be the priority to benefit the client
- a) Psycho-education on strategies to prevent mental illness
 - b) Proper assessment or screening for psychiatric diagnosis
 - c) Provision of treatment for the symptoms of the client
 - d) Refer the client to the nearest psychiatric institution
14. The psychiatric nurse is concerned about access issues in the local clinic and wants to help develop health policy that will promote access. The most effective avenues that the nurse will engage is:
- a) Asking the nurse manager explore options for access
 - b) Organizing political protest
 - c) Working with the local clinic team
 - d) Writing an article in The Times of Eswatini

15. One of the following is not a basic element of tertiary prevention

- a) Increasing support
- b) Increasing skills
- c) Adherence to treatment
- d) Respecting client's rights

16. Socio-ecological perspective as a principle for health promotion means:

- a) Socio-environmental influence on individual behaviour
- b) Interdependencies among family systems
- c) Economic empowerment policies
- d) Understanding the setting and how community resources can be mobilized

17. Screening of patients for the presence of mental illnesses is considered to be:

- a) Primary prevention
- b) Tertiary prevention
- c) Secondary prevention
- d) Both primary and secondary prevention

18. Institutional support services are least likely to include

- a) Establishing case management,
- b) Improving mental health coverage of community mental health services,
- c) Adding rehabilitative services
- d) Increasing admission of mentally ill patients in hospital

19. Steps in the development of school mental health programme does not include

- a) Assessment of a school and community environment
- b) Forming a team that includes parents, teachers, students and school mental health professionals
- c) Having a support group
- d) Development of a strategic plan

20. Children with emotional disturbances may
- Be socially rejected
 - Have positive social image
 - Relate well to their peers
 - Do very well academically
21. Roles of the community mental health nurse at tertiary prevention level include the following except:
- Facilitate support systems from family members, teachers, employers and colleagues
 - Early treatment initiation
 - Facilitate support groups
 - Follow up of cases, i.e. home visits
22. The reason of having community mental health services is to be able to:
- Improve the community's understanding of mental illness and mental health
 - Better understanding of mental health to decrease the stigma attached to psychiatric patients and their families
 - For having detection and treatment in the Psychiatric hospital
 - Avoid involvement of the family and community
23. Purpose of conducting community assessment include:
- Assessing what is currently known and what needs to be known
 - Stating the purpose of assessment
 - Presenting the problems that emerged in the assessment
 - Develop strategies to address the needs
24. Which of the following is a primary health care need?
- Management of chronic mental illnesses
 - Syndromic management of common mental illnesses
 - Rehabilitation of mentally ill patients

d) Prevention of mental illnesses and promotion of mental health

25. One of the following is a mechanism of protecting mental health

- a) Promoting self esteem
- b) Increase negative chain impact
- c) Being in a community that does support Sexual violence
- d) Having no opportunities for improvement

Section B

Question 1(One mark for each point mentioned

In order to achieve the standard of the definition of Primary Mental Health care, mental health services in Eswatini should be accessible, comprehensive, appropriate, affordable integration of mental health services.

Discuss the issues of comprehensive mental health care under the following headings:

- (a) Accessible (5 Marks)
- (b) Comprehensive (5 Marks)
- (c) Appropriate (5 marks)
- (d) Affordable (5 marks)
- (e) Integration of mental health services. (5 Marks)

(25 marks)

QUESTION 2

- (i) Discuss five (5) mechanisms of protecting mental health (10)
- (ii) With the use of examples discuss the three categories of Primary Prevention (one mark for each point stated, three marks for each category (9 Marks)
- (iii) In your observation discuss why mental health disorders should be cared for at primary level (6 Marks)

(25 marks)