

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION: NOVEMBER 2019

COURSE TITLE: NURSING MANAGEMENT OF CHILDHOOD MENTAL DISORDERS
COURSE CODE: CHN 407
TIME ALLOCATED: 2 HOURS
TOTAL MARKS: 75

INSTRUCTIONS:

- 1. THE EXAMINATION HAS THREE QUESTIONS, ANSWER ALL OF THEM**
- 2. PLEASE WRITE CLEARLY AND LEGIBLY**
- 3. START A NEW QUESTION ON A NEW PAGE**
- 4. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**
- 5. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**

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

QUESTION 1A: MULTIPLE CHOICE

Each of the following questions has only one option as an answer. Choose the response that best answers the question. Indicate your answer by writing the alphabet in CAPITAL LETTER next to the appropriate question number, e.g. 50. J. Each correct answer carries 1 mark.

1. -----is a scientific process used in the care of patients, and involves such steps like data collection, diagnosis, planning of interventions, implementation, and evaluation.
 - A. Mental Status Examination process
 - B. Quality Nursing Care process
 - C. Nursing process
 - D. Nursing diagnosis

2. The goal of the process referred to in question 1 above is to:
 - A. Provide holistic nursing care to patients
 - B. Provide quality nursing care to patients
 - C. To obtain comprehensive history to ensure quality nursing care
 - D. All of the above

3. The primary goal of mental health nursing is to:
 - A. Promote mental wellbeing, to prevent mental health problems and illness and to manage mental disorders
 - B. Provide in- and out-patient nursing care to those who present with mental disorders in collaboration with their families and other professionals
 - C. Assist the psychiatrist in the management of patients presenting with mental disorders
 - D. Coordinate psychiatric care for patients with mental disorders

4. During the first encounter with a patient, the priority of the psychiatric/mental health nurse is to:
 - A. Obtain comprehensive psychiatric history in order to arrive at a proper psychiatric diagnosis.
 - B. Establish a rapport and gain the patient's trust.
 - C. Do a thorough mental status examination in order to arrive at a proper nursing diagnosis.
 - D. Let the patient talk freely as he/she wants.

5. The client referred to in question 4 turns out to be a 5 year old boy. In preparing for history taking, the nurse has to be mindful of all of the following, *except*:
- A. The age and developmental maturity of the child
 - B. The environment where the history will be obtained need not necessarily be child friendly
 - C. That the child has a right to privacy and confidentiality
 - D. That the child's parents may or may not be part of the history taking process
6. In obtaining history from the client in question 5 above, the psychiatric nurse asks the accompanying relative to describe the chronology of events leading to the decision to seek psychiatric care. In mental status examination, the nurse is trying to establish:
- A. Chief complaint
 - B. History of present illness episode
 - C. History of past psychiatric illness
 - D. Family history of mental illness
7. In response to one of the questions by the nurse during a mental status examination, a client state that yesterday he ate rice and chicken for supper. What could the nurse have been assessing?
- A. Judgement
 - B. Speech
 - C. Memory
 - D. Orientation

CASE: Gugu is a 12 year old girl brought to your facility with a history of hypervigilance, worsening aggressive behaviour and night mares that severely affect her sleep. These symptoms started after she was raped under a knife point on her way from school about six months ago. Further probing found that Gugu has been avoiding going to school and or using the path where she was raped. Questions 8 to 13 relate to Gugu's case.

8. Based on DSM 5 diagnostic criteria, what is the possible psychiatric diagnosis for Gugu?
- A. Acute Stress Disorder
 - B. Post-traumatic stress disorder
 - C. Trauma and Stressor Related Disorder
 - D. ADHD
9. Given the history, what would be the priority nursing goal for Gugu?
- A. Suicide prevention by ensuring safety

- B. Reduction of stress related symptoms
 - C. Promoting sleep
 - D. Collecting as much evidence as possible that will assist police in arresting the perpetrator
10. The recommended management approach for Gugu is:
- A. Trauma focused Cognitive Behavioural Therapy
 - B. Dialectical behaviour therapy
 - C. Pharmacological treatment with antidepressants
 - D. A and B
11. The psychiatrist decides to put Gugu on benzodiazepine treatment. What could the primary concern of the nurse with this treatment?
- A. That Gugu is too young to be treated with benzodiazepine
 - B. That benzodiazepine drugs are not recommended for Gugu's mental disorder
 - C. That Gugu may develop side effects such as dependence, tolerance and withdrawal syndrome
 - D. That benzodiazepines are currently not available in the country
14. According to DSM-5^{TR} Anxiety disorders that can occur in children and adolescents include:
- A. Generalised anxiety disorder, social anxiety disorder, post traumatic stress disorder and agoraphobia
 - B. Generalised anxiety disorder, separation anxiety disorder , acute stress disorder and specific phobia
 - C. Generalised anxiety disorder, separation anxiety disorder, social anxiety disorder and agoraphobia
 - D. Separation anxiety disorder, social anxiety disorder, panic attack and generalised anxiety disorder
15. Etiologic evidence suggests that anxiety disorders involve dysfunction in the parts of the----- system in the Central nervous system that regulate emotions and response to fear
- A. Hypothalamus
 - B. Limbic
 - C. Hippocampus
 - D. Amygdala
16. The parts of the system referred to in question 15 above include all of the following, except:
- A. The amygdala, hippocampus, thalamus, hypothalamus, basal ganglia, and cingulate gyrus

- B. The amygdala, hippocampus, basal ganglia, the thalamus and the medulla oblongata
 - C. The amygdala, hippocampus, basal ganglia, cingulate gyrus and the cerebrum
 - D. The amygdala, hippocampus, hypothalamus, substantia nigra and cerebellum
17. Mbuso is a 3 year old boy brought to your clinic with a history of persistent pattern of rocking his body for extended periods of time. Mbuso is likely suffering from:
- A. Attention Deficit Hyperactivity Disorder
 - B. Attention Deficit Hypoactivity Disorder
 - C. Autism Spectrum Disorder
 - D. Generalised Anxiety Disorder
18. The disorder in question 17 above falls under which DSM-5 category of mental disorders?
- A. Child Anxiety disorders
 - B. Neurodevelopmental Disorders
 - C. Disruptive, Impulse Control, and Conduct Disorders
 - D. Dissociative Disorders
19. -----is a disorder characterised by excessive anxiety and worry about a number of things that persists for a minimum period of six months.
- A. Social Anxiety Disorder
 - B. Separation Anxiety Disorder
 - C. Generalised Anxiety Disorder
 - D. Major depressive disorder
20. In 2013, DSM-5 created the umbrella diagnosis of Autism Spectrum Disorder, consolidating four previously separate disorders. These disorders include all of the following, except:
- A. Autistic disorder, Asperger's syndrome, childhood disintegrative disorder, and pervasive developmental disorder not otherwise specified.
 - B. Autistic disorder, Asperger's syndrome, childhood disintegrative disorder and social communication disorder
 - C. Autistic disorder, Asperger's syndrome, pervasive developmental disorder not otherwise specified, and Neurodevelopmental disorder
 - D. All of the above
21. The main difference between acute stress disorder (ASD) and post-traumatic stress disorder (PTSD) is:

- A. The duration of the symptoms following exposure to or witnessing a traumatic event: ASD is diagnosed from three days to one month whilst PTSD is diagnosed after a month of the trauma.
 - B. ASD is classified under anxiety disorders in DSM 5 whilst PTSD is classified under trauma and stress-related disorders.
 - C. ASD is most common in female patients whilst PTSD is more common in males
 - D. ASD affects children and adolescents whilst PTSD affects mainly middle aged to older people.
22. ----- is a form of behavioural therapy for specific phobia involving repeated and guided exposure of the client to real or imagined fear or anxiety provoking situation or object.
- A. Exposure Sensitisation
 - B. Exposure Desensitisation
 - C. Systematic Sensitisation
 - D. Systematic Desensitisation
23. The statements below are all true about suicide, except:
- A. Suicide is the second leading cause of death amongst 15-29 year olds globally
 - B. Males are more likely to complete suicide while females are more likely to attempt suicide
 - C. Children below 10 years never think about, commit or attempt suicide
 - D. People with a family history of suicide are at higher risk than those with no such history
24. Conduct disorder in children and adolescents share similar clinical presentation with which of the following disorders?
- A. Oppositional defiant disorder and intermittent explosive disorder
 - B. Antisocial personality disorder and schizotypal personality disorder
 - C. ADHD and Autism spectrum disorder
 - D. Generalised anxiety disorder and Bipolar 1.
25. The management of children with conduct disorder is more effective with which of the following approaches?
- A. A multi-systematic therapy targeting the child, parents and other caregivers, and the school environment
 - B. Committing the child or adolescent to juvenile care for correction of behaviour
 - C. Non- pharmacological, pharmacological and alternative medical care
 - D. Corporal discipline at home and school

QUESTION 2

- A. Makwenzeke is a 12 year old grade four boy who has been brought to your clinic with a history of having a recurrent pattern of negative, defiant, or even hostile behaviour directed at authority figures. He is described as being quick to lose temper, very argumentative and always blame others for his behaviour. His bully behaviour towards other learners and teachers has led to his dismissal from his previous school. On examination you find that Makwenzeke is impatient, gets easily annoyed and angered. According to his mother who brought him to the clinic, Makwenzeke has been behaving this way for the past two and a half years, and was hoping that he will improve.
- What is the possible psychiatric diagnosis for Makwenzeke? *(1 mark)*
 - Use DSM-5^{TR} to explain your answer in (a) above. *(5 marks)*
 - Under which class of mental disorders does Makwenzeke's diagnosis fall in DSM-5 *(1 mark)*
 - Discuss the management of Makwenzeke and their nursing implications *(10 marks)*.
- B. Documentation is an important part of the nursing process which, unfortunately, is often ignored. Outline reasons on the importance of documentation in nursing *(8 marks)*.

QUESTION 3

A multi- disciplinary approach is essential in the management of Childhood Mental Disorders.

- What is meant by a multidisciplinary approach in the context of mental health care? *(3 marks)*
- Discuss three reasons on the importance of a multi disciplinary approach important in the management
- Discuss the role of the psychiatric nurse in the MDT *(10 marks)*.