



**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCES**  
**BACHELOR OF NURSING SCIENCE YEAR 5 (IDE)**  
**FINAL EXAMINATION PAPER**  
**NOVEMBER, 2021**

**COURSE CODE:** CHN554

**COURSE TITLE:** TREATMENT AND MANAGEMENT MODALITIES FOR  
MENTAL HEALTH PROBLEMS I

**TIME ALLOCATION:** 2 HOURS

**MARKS ALLOCATION:** 75

**INSTRUCTIONS:** THIS PAPER CONSISTS OF THREE QUESTIONS.  
ANSWER ALL QUESTIONS.

**DO NOT OPEN THIS PAPER UNTIL TOLD TO DO SO.**

## QUESTION 1

State whether each statement is true or false by writing (True) or (False) against the question number e.g. 28= F

1. Mentally ill patients are often physically abused by mental attendants because their rights do not exist.
2. Even if the rights of mentally ill patients exist, often focus lies instead on chemotherapy
3. The absence of a child and adolescent mental health clinic is a serious infrastructure omission which is a violation of the rights of the child in mental health.
4. Children's rights in mental health are a social obligation that need to be considered by health care workers, but it is not a holistic concept.
5. Children's rights are a legal instrument that should be used when dealing with children but the instrument is not therapeutic.
6. The concept of child participation during therapeutic interventions is not essential because children are young and have no voice in therapy.
7. Only the adult mentally ill patients are allowed to participate during therapeutic sessions.
8. Treatment according to Mental Health Rights of children must be family driven and parent focused.
9. Treatment according to Mental Health Rights of children must be professionally driven and child focused.
10. The holistic coverage according to children's rights in mental health is about adequate external consideration of professional issues.
11. The concept of holistic coverage in children's rights in mental health is about the external and internal issues affecting children.
12. One of the demands in children's Mental Health Disorders Rights is receiving care from highly-qualified professionals in the general health care setting.
13. According to the Mental Health Rights of children and adolescents, children must have a secondary decision making role in their treatment.
14. Mental health services are the integral part of a child's overall healthcare.
15. In the Mental Health profession, children are entitled to as much information as possible about the risks and benefits of all treatment options because at this time they could be confused because of their mental illness.
16. The best care arrangement for children is deinstitutionalization in which children can be brought together to enjoy game play for the enhancement of physical and social development.
17. Children and their families should have access to a comprehensive continuum of care based on their needs.
18. Comprehensive needs for children emanate from the full range of psychosocial, behavioral, pharmacological and educational services.
19. Institutionalization could be a preferred form of treatment arrangement because mentally ill patients are dangerous, therefore need not necessarily be with their relatives.

20. Institutionalization is good for government because the patients are together and therefore easy to handle by the professionals including feeding them.
21. It is important to monitor mentally ill children receiving medication because doing so optimizes the benefit and reduces any risks or potential side effects associated with such treatment.
22. One of the burdens faced by government when rendering services for mentally ill patients is that these patients do not adequately pay for their stay at the Psychiatric Centre.
23. The violation of the Rights of the Child in many developing countries is perpetuated by the failure to timely implement actions and policies to reach standards and benchmarks articulated in children related conventions.
24. The inability to timely implement actions and policies is at times exacerbated by the big gap from theory to factual evidence.
25. Lack of commitment on the part of national and global entities entrusted with the responsibility to develop effective national and regional policies and plans for child mental health programs, may not severely retard mental health services implementation for children.

[25 marks]

## QUESTION 2

The conditions for mental health professionals seem not to be good in Eswatini. That is why then there is an exodus of the professionals for “greener pastures”.

Discuss how (a) job dissatisfaction, (b) lack of incentives and (c) lack of refresher courses contribute to mental health professionals’ exodus.

- |                               |           |
|-------------------------------|-----------|
| (a) Job dissatisfaction       | (10marks) |
| (b) Lack of incentives        | (10marks) |
| (c) Lack of refresher courses | (5 marks) |

[Subtotal: 25 marks]

## QUESTION 3

Suicide incidents are increasing among the youth in Eswatini. Children that have both parents have been reported to have killed themselves either through taking poisonous substances or hanging by the rope. Many parents are worried about this because they do not know who could be next and why.

Discuss three possible causes of suicide among children who are not orphans.

[25 marks]