

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE

COURSE TITLE: COMMUNITY MENTAL HEALTH NURSING 11

COURSE TITLE : NUR 312

FINAL EXAMINTION

MAY 2005

INSTRUCTIONS:

1. TIME ALLOWED FOR THIS EXAMINATION IS THREE (3) HOURS
2. TOTAL MARKS FOR THIS PAPER = 100
3. ANSWER ALL QUESTIONS

Question 1: Multiple choice questions

Choose the one appropriate answer and indicate your choice by writing the letter preceding the statement chosen next to the question number e.g. 57 = f

1. Predisposing factors influence how an individual responds to a stressful situation. Musa is fixed in the developmental stage trust versus mistrust this would be an example of which of the following:
 - a. Genetic influences
 - b. Existing conditions
 - c. Past experiences
 - d. Biological factors
2. Which of the following statement by an alcoholic would be an indication of the use of the defense mechanism of rationalization?
 - a. "I can quit drinking anytime I want to."
 - b. "I'm not an alcoholic. I only drink on the weekends".
 - c. "My father drank all hi life, and he did okay."
 - d. "I drink so that I can put up with my wife's nagging."
3. Makholwa, who is dying of cancer, states, "If I can just live long enough to see my little grandson finish primary school, then I'll be ready to die." This is an example of which stage of the grief process?
 - a. Denial
 - b. Anger
 - c. Bargaining
 - d. Depression
4. Freud believed that rigid, punitive toilet training of a child may result in fixation in the anal stage of personality development. Which of the following behavioural characteristics are identified with fixation in the anal stage of development?
 - a. Stubborn and miserly
 - b. Anxious and withdrawn
 - c. Isolated and suspicious
 - d. Extroverted and altruistic

5. An alteration in neurotransmitters has been implicated in the aetiology of numerous psychiatric conditions. Which of the following is associated with schizophrenia?
- a. Decreased norepinephrine and serotonin
 - b. Increased acetylcholine
 - c. Increased dopamine
 - d. Decreased dopamine
6. Hyposecretion of the thyroid hormone has been associated with which of the following.
- a. Anxiety disorders
 - b. Alzheimer's disease
 - c. Depression
 - d. Anorexia nervosa
7. Nurse Maseko is working with a client who is dependent on alcohol. Nurse Maseko uses confrontation in her interactions and the client shouts, "Oh, you make me angry. You sound just like my wife! "This is an example of which of the following?
- a. Transference
 - b. Counter transference
 - c. Rationalization
 - d. Introjection
8. Pepe is a nurse on the psychiatric unit in which Zodwa is admitted with a panic attack. Pepe learns that Zodwa's mother is terminally ill with cancer and Zodwa, an only child, is in charge of her mother's care. Zodwa says to Pepe, "I watched my cousin die of cancer it was awful! I just panic when I think mother may go through the same thing." Which of the following is an example of attempting to translate words into feelings?
- a. "What are you afraid of?"
 - b. "Your mother may not even go through the same thing as your cousin."
 - c. "I understand how you must be feeling."
 - d. "You are afraid that your mother will suffer a great deal before she dies."
9. Namile is a patient on the psychiatric unit. She is depressed because she discovered that her husband has been having an affair with his secret lover.

Namile asks the nurse, "Do you think I should leave him?" Which is the most appropriate response by the nurse?

- a. "I think you should just rest and not think about that right now."
- b. "What do you think would be the best course of action for you."
- c. "Yes, I think that you should leave him. That would be best for you."
- d. "May be you could find it in your heart to forgive him."

10. Crisis intervention is aimed at:

- a. Behavioural management
- b. Ego reconstruction
- c. Major personality change
- d. Restoring functioning

11. An advantage of deep-breathing exercises is:

- a. It reduces muscular tension and anxiety
- b. It results in a reduction in blood pressure and heart rate
- c. It is more effective than other types of relaxation exercises
- d. It can be accomplished anywhere and at any time

12. All of following are manifestations of low self esteem except:

- a. Increased libido
- b. Withdrawal from activities
- c. Inattention to grooming
- d. Overeating

13. Zulu has been diagnosed with schizotypal personality discord. Which of the following would describe Zulu's behaviour.

- a. Attention seeking, seductive and overly gregarious
- b. Hypervigilant, suspicious and intimidating
- c. Aloof and isolated, with magical thinking and ideas of reference
- d. Submissive and clinging, with fears of separation

14. Which of the following statements is correct?

- a. Women become intoxicated from alcohol faster than men.
- b. Women are able to drink more alcohol than men without becoming intoxicated.
- c. Women's blood alcohol levels will read lower than men's after consuming equivalent amounts of alcohol.

- d. The negative effects of alcohol on the liver appear to be worse in men than women
15. Whether an individual develops post traumatic stress disorder after experiencing a trauma relates to which of the following?
- a. The severity and duration of the stressor
 - b. The personal degree of ego-strength he or she possesses
 - c. The availability of social supports
 - d. Any or all of the above
16. Macembe suffers from social phobia. Which of the following applies to him?
- a. He becomes very anxious when in crowded places
 - b. He refuses to leave his home alone
 - c. He experiences panic anxiety when he encounters a spider
 - d. He refuses to eat any of his meals in a public restaurant
17. Nomsa is admitted to the psychiatric unit with a diagnosis of obsessive compulsive disorder. She has been washing her hands over and over several times every day. The admitting nurse shows Nomsa to her room, locks the bathroom door and says "When you need to use the bathroom, please ask one of the staff." How is Nomsa likely to respond to this situation.?
- a. She has low-esteem and is non-assertive, so, Nomsa will comply
 - b. She will likely become very angry and aggressive
 - c. She is likely to experience panic anxiety
 - d. She will probably ask to be assigned to a different nurse
18. Psycho social therapy for individuals with psycho physiological disorders is aimed at:
- a. Helping individuals to live with the physical limitation
 - b. Developing healthier strategies for coping with stress
 - c. Being able to recognize and interrupt the exacerbation of the problematic symptoms
 - d. Helping resolve the unfulfilled dependency needs associated with the disorders

19. The most frequent neurological complication of HIV infection is:
- a. Convulsions
 - b. Delirium
 - c. Neuromas
 - d. HIV-associated dementia
20. All of the following are considered advantages of psychiatric home health care except:
- a. Psychiatric home care is cost effective
 - b. The client's home is a safer environment for the nurse
 - c. There are advantages to observing the client in the context of his family and home environment
 - d. Psychiatric care provided in the home is often perceived as less threatening

TOTAL : 20

QUESTION 2

In caring for people with mental disorders, a nurse is expected to utilize a variety of mental health nursing interventions. Briefly describe the following intervention strategies.

- a. Crisis intervention (10)
- b. Dealing with aggression (10)

TOTAL : 20

QUESTION 3

Thirty members of the "New Faith" church congregation held an afternoon prayer session on a Thursday. While in the middle of the prayer session a thunderstorm started developing and shortly struck the building in which they were assembled. Five of the members were killed instantly by a bolt of lightening and three suffered severe burns which eventually caused their death. The remaining members were treated and discharged at the nearby hospital.

How will you manage the survivors of this experience and why? (20)

TOTAL : 20

QUESTION 4

Nomsiko, a 32 year-old high school teacher is readmitted to the psychiatric unit 2 weeks after she was discharged following 3 weeks of treatment for a major depressive episode. Her husband describes her recent behaviours as being extremely unstable with rapidly alternating moods. "She is driving me and the kids crazy, crying and talking about herself one day and out shopping for a new glitzy wardrobe the next. She tried to go back to work right after she got out of hospital the first time, but the principal put her on leave of absence with the end of year. He said she made a pass (proposing to) at him and was behaving flirtatiously toward the coaches and even some of the students."

- a) What is probably wrong with Nomsiko? Justify your answer. (16)
- b) How should her condition be managed? (4)

TOTAL : 20

QUESTION 5

Ruud is a 26 year old insurance underwriter who is seen by a nurse in the outpatient department for a minor cold. During the examination he ask whether he might be anemic because he was "just exhausted all the time." Ruud reveals that for the past month he had difficulty getting out of bed in the morning. Getting dressed and ready for work left him drained. He describes standing in front of his wardrobe for long periods, unable to decide what to wear. He is having extreme difficulty calling on and keeping appointments with potential clients. Previously, he was normally an assertive person who called on strangers with ease but now sits at his desk for hours, trying to work up the motivation to pick up the phone. His work mates, including his supervisor, have commented on his 10 kg weight gain and these comments precipitated uncharacteristic angry and tearful out bursts at work.

- a) Do a DSM 1V multiaxial diagnosis of Ruud (5)
- b) Justify the diagnosis given to Ruud in a) (15)

TOTAL : 20