

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
(FIRST SEMESTER)

FINAL EXAMINATION PAPER
DECEMBER, 2009

COURSE: NUR 323

COURSE TITLE: COMMUNITY MENTAL HEALTH NURSING I11

TIME ALLOWED: 2 HOURS

MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. THIS PAPER CONTAINS THREE QUESTIONS**
- 2. ANSWER ALL THREE QUESTIONS**
- 3. EACH QUESTION CARRIES A TOTAL OF 25 MARKS**
- 4. ANSWER EACH QUESTION ON A SEPARATE SHEET OF PAPER**

**PLEASE DO NOT OPEN THIS QUESTION PAPER UNTIL
PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR**

QUESTION 1:

A. Multiple choice: Choose the most appropriate response to the question asked. (1 mark each)

1. Which of the following is a component of mental status nursing assessment?
 - a) Past medical history
 - b) Mood and Affect
 - c) Past Psychiatric history
 - d) Nursing diagnosis

2. Primary prevention in mental health means:
 - a) Early detection and prompt treatment of mentally ill persons in the community
 - b) Taking steps to ensure that preventable mental health illnesses do not occur in the community
 - c) Taking steps to ensure proper rehabilitation of all patients with mental illnesses
 - d) Ensuring that everyone in the country has access to mental health care services

3. Gcina has been receiving antipsychotic drugs for 3 weeks and you now observe that he has developed an inability to sit still accompanied by restless movements of the hands. This side effect is best described as:
 - a) akinesia
 - b) dystonia
 - c) Akathisia
 - d) Bradykinesia

4. A client who recently lost her husband tells you that "my husband was a great friend". You respond by saying "tell me more about your husband". Your response is an example of which of the responses in the communication process:
 - a) an open ended question
 - b) direct question
 - c) reflecting
 - d) para-phrasing

5. When interviewing George, you observe that he often wanders off the subject at hand onto unrelated one, and has difficulty coming back to the original topic. You should recognise this as typical of:
 - a) confabulation
 - b) flight of ideas
 - c) thought blocking
 - d) tangential thinking

6. The feature in question 5 above is a disorder of:
- thought process
 - speech
 - thought content
 - perception
7. The benefits to the patient of utilising the nursing process include all of the following **except**:
- it increases job satisfaction and enhances professional growth
 - it encourages active participation of the patient in his or her care
 - it promotes individualised care
 - it promotes continuity of care through written care plan
8. The limbic system of the human brain has which of the following functions?
- receiving and storing representations of the external world
 - sensing and interpreting data to identify patterns
 - linking emotions to the person's experiences
 - critically analysing situations for strategy planning
9. The part of the brain that governs conscious and cognitive mental activities is the:
- medulla
 - cerebellum
 - basal ganglia
 - cerebral cortex
10. A hallucination is a disorder of:
- memory
 - perception
 - affect
 - orientation
11. Signs and symptoms seen in anxiety or fear are due to:
- Stimulation of the thyroid gland
 - Stimulation of the central nervous system
 - Stimulation of the sympathetic nervous system
 - Stimulation of the parasympathetic nervous system
12. Axis III of the DSM-IV-TR multi-axial system evaluates:
- clinical psychiatric syndromes and disorders
 - global assessment of functioning
 - mental retardation and personality disorders
 - general medical conditions relevant to the aetiology or treatment of psychiatric disorders

13. The nurse is assessing a client with chronic schizophrenia who has stopped taking his medication and is being admitted with acute psychotic symptoms. The client's perception of the present problem would best be documented by the nurse:
- Using exact words in client statements
 - With information obtained from the family
 - By observing behaviour for several hours
 - As interpreted from client's words
14. In the nursing process, a 'nursing diagnosis' refers to:
- Medical diagnosis made after comprehensive history taking
 - Is a measurable, client oriented goal that is realistic in relation to the client's present and potential capabilities
 - Another term for differential diagnosis
 - Term used to describe the process by which nurses make clinical decisions using their clinical expertise, client's preference and best available research evidence in choosing nursing interventions
15. Fana expresses his feelings without restraint with an overestimation of his importance. His mood can be described as:
- elevated
 - expansive
 - euphoric
 - labile

B. STATE IF THE FOLLOWING STATEMENTS ARE TRUE OR FALSE e.g. 20= F

- All mental illnesses are not curable
- The cause of most mental illnesses is not known
- People who are mentally ill have rights like everyone else that need to be observed
- Mental health is as critical as physical health
- It not possible to care for mentally ill people in the community
- Genes may be responsible for mental illness in a majority of people
- Positive parenting is an important preventive measure for some mental health disorders
- People who have experienced abuse are at a higher risk of mental health problems than those who have not.
- Age, sex and social environment are all important determinants of mental health
- Health promotion is one of the components of primary prevention

QUESTION 2

- A. Outline the roles and functions of a community mental health nurse (10 marks)
- B. Outline the advantages of including mental health care/ psychiatric nursing in Primary Health Care (10 marks)
- C. What steps would you take to promote mental health in your community? (5 marks)

QUESTION 3

You are assigned to the Lubombo region to provide mental health, where you find that there is no in-patient mental health service despite the existence of ten- bedded psychiatric unit. In a meeting with the Regional Health Management Team you suggest that the psychiatric unit should be used for in-patient psychiatric care, which the Regional Health Administrator vehemently disagrees. Outline how you would make the Regional Health Administrator change his mind. (25 marks)