

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION PAPER 2013**

**TITLE : COMMUNITY MENTAL HEALTH NURSING IV**

**COURSE : NUR 324**

**DURATION : TWO (2) HOURS**

**MARKS : 75**

- INSTRUCTIONS:**
- 1. ANSWER ALL QUESTIONS**
  - 2. EACH QUESTION CARRIES 25 MARKS**

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**Question 1:**

**A. Multiple Choice Questions.**

Select the answer that best corresponds to each of the following questions, e.g. 50=p. (1 mark each).

1. Health promotion is based on the assumption that
  - a) Everyone's health is their own business
  - b) Individuals do not have a choice with regards to their own
  - c) Individuals or communities may be influenced purposefully by both knowledge base and resource availability
  - d) None of the above
2. Conduct disorder generally does not include
  - a) Aggressive or defiant conduct
  - b) Exceptional academic functioning
  - c) A repetitive and persistent pattern of dissocial behaviour
  - d) The young person violating age-appropriate social expectations
3. Attention deficit hyperactivity disorder is a serious neurobiological condition that causes
  - a) Little impairment and is one of the most common childhood psychiatric disorders
  - b) No impairment and is one of the most common childhood psychiatric disorders
  - c) Significant impairment and is not one of the most common childhood psychiatric disorders
  - d) Significant impairment and is one of the most common childhood psychiatric disorders
4. The diagnosis of major depression refers to
  - a) Feeling a bit down
  - b) A sign of weakness
  - c) Poor coping skills
  - d) A chemical imbalance that has a profound effect on daily functioning
5. Anhedonia is the
  - a) Inability to gain pleasure from normally pleasurable experiences
  - b) Ability to gain pleasure from normally pleasurable experiences
  - c) Constant need to laugh
  - d) Constant need to cry
6. Dysthymia refers to
  - a) A crisis situation
  - b) Two years of depressed mood for more days than not
  - c) One episode of moderate depression
  - d) None of the above

7. Pharmacokinetic considerations of medications relate to the
  - a) Physiological effect of the drug
  - b) Psychological effect of the drug
  - c) A and B
  - d) Absorption, distribution and metabolism of the drug in the body
8. Promoting adherence to a medication regime is a
  - a) Central role of the psychiatric nurse and a major focus for health teaching
  - b) Role of medical staff only
  - c) Role of clients and family only
  - d) Role of allied health staff only
9. Skhumbuzo is hyperactive as displayed by an inability to stay in one place for long. Despite perpetual activity Skhumbuzo achieves little as he does not finish things he starts. Invariably he is the first up in the morning but last to breakfast. This behaviour describes a
  - a) Depressed client
  - b) Psychotic client
  - c) Manic client
  - d) Anxious client.
10. Many of the major tranquilizers display untoward side effects. The one side effect displaying irreversible, abnormal, involuntary movements of the tongue and mouth is:
  - a) Akathisia
  - b) Tardive dyskinesia
  - c) Agranulocytosis
  - d) Dystonia
11. The most common high prevalence psychiatric disorder within the community is
  - a) Anxiety
  - b) Bipolar disorder
  - c) Schizophrenia
  - d) None of the above
12. The greatest risk factor for suicide is the presence of
  - a) A supportive family
  - b) No specific suicidal plan
  - c) An anxiety disorder
  - d) A mood disorder
13. Adolescents with mental health problems report a high rate of suicidal thoughts and other health-risk behaviours, including smoking, drinking and drug use. Indicators of such problems may include
  - a) A decline in school performance
  - b) Loss of interest and social withdrawal
  - c) Improved school performance
  - d) A and B

14. Selective serotonin reuptake inhibitors belong to which group of psychotropic drugs
  - a) Anxiolytics
  - b) Mood stabilizers
  - c) Antidepressants
  - d) Antipsychotics
15. Benzodiazepines reduce anxiety by acting on which neurotransmitter?
  - a) Gamma aminobutyric acid
  - b) Sertraline
  - c) Noradrenaline
  - d) Dopamine
16. Pharmacodynamics of drugs relate to the
  - a) Side effects
  - b) Psychological implications of the drug
  - c) Physiological effect of the drug on the body
  - d) Absorption of the drug
17. Sexual dysfunction is one category of disorders of sexuality and sexual functioning. The term sexual dysfunction refers to:
  - a) Problems with the normal sexual response cycle
  - b) Sexual urges or fantasies involving unusual sources of gratification problems
  - c) An individual is dissatisfied with their biological sex and have a strong desire to be a member of the opposite sex
  - d) Problems with sexual fantasies
18. Sexual Arousal Disorder is defined primarily in terms of a deficiency in physical or physiological response, and as a result may be caused by a range of physical or physiological factors, including:
  - a) Hormone imbalances
  - b) Diabetes
  - c) Medications being taken for other disorders
  - d) All of the above
19. Clinical symptoms likely to be present in a client with a phobic disorder include
  - a) Persistent obsessive thoughts
  - b) Re-experience of feelings associated with traumatic events
  - c) Fear and avoidance of specific situations or places
  - d) Unrealistic worry about a number of events in one's life
20. Mvemve has been diagnosed with schizotypal personality disorder. Which of the following would describe Mvemve's behaviour?
  - a) Attention-seeking, seductive and overly gregarious
  - b) Hypervigilant, suspicious and intimidating
  - c) Submissive and clinging, with fears of separation
  - d) Aloof and isolated with magical thinking and ideas of reference



**B. Matching.**

Match the statement in column A with the word in Column B that correctly describes the given statement. E.g. 22= A. (½ a mark each)

COLUMN A	COLUMN B
1. While performing a mental status examination on a client, the nurse notices that the client's facial expression constantly appears angry	A. Poor Insight
2. Major depressive disorder, single episode	B. Decreased judgment
3. Encouragement of activities to increase client's self esteem	C. Nursing assessment
4. A client who is hospitalized states she is in the hospital "to help with the other patients"	D. Affect
5. Client identification of one support person that he/she can call if he/she feels suicidal	E. Appearance
6. Client feelings of worthlessness such as "I am not as good as anyone else"	F. Medical Diagnosis
	G. Nursing Diagnosis
	H. Nursing intervention
	I. Nursing Outcome

**C. True and False questions.**

State whether each of the following statements is true or false. E. g. 7 = False (½ a mark each)

1. A client who is admitted involuntarily to an acute care mental health facility automatically loses his right to informed consent for medical procedures or treatments.
2. A nurse is committing battery against a client by forcefully holding the client and insisting that he swallow a pill. The nurse tells the client that he will be punished if he does not do it.
3. The health care professional who typically manages client care on an acute mental health unit is a psychiatrist.
4. The best long term goal for a 59-year old client with severe mental illness, who has resided in a locked acute care facility for 2 years, is that she will be able to remain safe from harm on an acute care unit for the rest of her life.

**TOTAL: 25**

**Question 2**

a) Mcebo is a 21 year-old third year nursing student at a major university. Since October 2012 his family and friends have noticed increasingly bizarre behaviours. They have overheard him whispering in an agitated voice even though there is no one nearby. Mcebo now neglects his personal hygiene. For the past 3 weeks he has refused to answer or make calls on his cell phone because he believes the cell phone will activate a chip inserted by aliens in his brain. He refuses to go to the psychiatric hospital and accuses those advising him to go for a psychiatric evaluation for conspiring with aliens to have him killed so they can remove his brain to put inside one of their own. He does not present any physical complaints. He no longer attends classes and is now far behind in his coursework.

What is probably wrong with Mcebo? Justify your answer (10 marks)

- b) Discuss the mechanism of action and uses of antipsychotic drugs. (5)
- c) Thozo, a 33 year old man, has been admitted in the Psychiatric Unit for 5 days. He spends all the time seated in a foetal position motionless, appears to be unaware of what is going on around him and will not take food offered to him. When nurse Zungu makes him change position, Thozo will remain in the new position for days until someone else decides to change his position again. Thozo is unkempt and his clothing is wet and has a strong stench of urine.
- (i) What would be Thozo's psychiatric diagnosis (1)
- (ii) Describe the nursing management that Thozo will need giving rationale for your nursing actions. (9)

TOTAL: 25 marks

### Question 3

a) Lwazi is an 8-year old brought to the Out-patient Department for assessment by both parents. Parents report that he is causing a lot of problems in the family. He refuses to obey simple instructions and argues over every small thing. He flatly refuses to comply with parental instructions. Lwazi defies parental authority and every simple request is met with defiance. He does not abide by house rules and attempts to get him to abide by rules result in arguments or temper tantrums. Lwazi always wants to have his way in most things. He dominates the household and fights with older siblings. He takes his siblings belongings without permission and insists that he has the right to keep them. He is very aggressive and easily provoked.

What psychiatric condition is Lwazi probably having? Justify your answer using the DSM IV-TR diagnostic criteria. (10)

b) Short answer questions. Write brief but self explanatory notes on:

- (i) Obsessive compulsive disorder and its management. (5)
- (ii) DSM-IV-TR diagnostic criteria for major depression (5)
- (iii) Nursing implications for the phenothiazine group of major tranquilizers (5)

TOTAL: 25