

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION: MAY, 2021

COURSE TITLE: MENTAL HEALTH PROBLEMS AND SOCIETY I

COURSE CODE: NUR552

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

1. THIS PAPER HAS THREE QUESTIONS. PLEASE ANSWER ALL OF THEM.
2. UNLESS OTHERWISE STATED, EACH QUESTION CARRIES A TOTAL OF 25 MARKS.
3. START EACH NEW QUESTION IN A NEW PAGE
4. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY
5. PLEASE WRITE LEGIBLE

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

QUESTION 1

Multiple Choice Questions: Select the response that best answers each of the following questions and indicate your choice by writing the letter preceding the response next to the corresponding number, for example, 65=s.

1.1 The primary goal of mental health nursing is to:

- A. Promote mental wellbeing, to prevent mental health problems and disorders and to manage mental illnesses
- B. Provide in- and out-patient nursing care to those who are already mental ill in collaboration with their families and other professionals
- C. Assist the psychiatrist in the management of patients presenting with mental disorders
- D. All of the above

1.2 Which of the following is not a component of mental health nursing?

- A. Interpersonal process
- B. Supporting and facilitating
- C. Curing mental disorders
- D. Counselling

1.3 When caring for a patient with a mental health disorder, a formal contract is made with the patient at which phase of the nurse-patient relationship?

- A. Orientation phase
- B. Identification phase
- C. Exploitation phase
- D. Resolution phase

1.4 In order to provide effective nursing care, the nurse should engage in what type of communication with the patient and significant other?

- A. Therapeutic communication
- B. Clinical communication
- C. Social communication
- D. Psychological communication

1.5 On review of the client's record, the nurse notes that the mental health admission was voluntary regarding treatment measures. Based on this information, the nurse anticipates which client behavior?

- A. Fearfulness regarding treatment measures
- B. Anger and aggressiveness directed towards others
- C. An understanding of the psychopathology and symptoms of the diagnosis
- D. A willingness to participate in the planning for care and treatment

1.6 A client exhibiting no signs of affective response is said to exhibit what type of affect?

- A. Blunt affect
- B. Labile affect
- C. Restricted affect
- D. Blunted affect

1.7 In caring for a client with a recent history of sexual assault, what should the nurse pay particular attention to?

- A. Suicide attempt
- B. Self harm
- C. Suicidal ideation
- D. All of the above

1.8 From an epidemiologically perspective, in the context of Eswatini suicidal ideation is most common in

- A. Elderly women
- B. Elderly men
- C. Young women
- D. Young men

1.9 The nurse is preparing a patient for the termination of a nurse-patient relationship. The nurse must prepare to implement which nursing task that is most appropriate for the termination phase?

- A. Planning short term goals
- B. Making appropriate referrals
- C. Developing realistic solutions
- D. Identifying expected outcomes

1.10 While being treated, a patient is introduced to short periods of exposure to the phobic object while in a relaxed state. What term is used to describe this form of behaviour modification?

- A. Milieu therapy
- B. Systematic desensitisation
- C. Aversion therapy
- D. Self-control therapy

1.11 The Dopamine theory in schizophrenia refers to a situation where there is

- A. Insufficient Dopamine activity in the brain
- B. Excess dopamine activity in the brain
- C. Contaminated dopamine in the brain
- D. Allergic reaction to dopamine in the brain

- 1.12 According to Hildegard Peplau, the most important trait in developing a therapeutic nurse-patient relationship is:
- A. Self-awareness on the part of the nurse
 - B. Knowledge in mental health nursing
 - C. Creation and maintenance of a Milieu environment
 - D. All of the above
- 1.13 Which of the following is true of serotonin toxicity?
- A. Stimulation of the postsynaptic 5-HT_{1A} and 5-HT_{2A} receptors
 - B. Serotonin toxicity is very rare but is always fatal
 - C. Clients who develop serotonin toxicity have a history of chronic drug abuse
 - D. All of the above
- 1.14 Which of the following is not a differential diagnosis for serotonin toxicity?
- A. Neuroleptic malignant syndrome
 - B. Meningitis and encephalitis
 - C. Malignant hypothermia
 - D. Anticholinergic toxicity
- 1.15 All the below listed principles are central to the management of serotonin toxicity, except:
- A. Discontinuation of all serotonergic agents
 - B. Monitoring serotonin serum concentrations hourly
 - C. Administration of serotonin antagonists
 - D. Sedation of client with benzodiazepines
- 1.16 Based on DMS 5 diagnostic criteria, a person who presents with psychotic symptoms for a period of a day to less than a month can be diagnosed as having:
- A. Brief psychotic disorder
 - B. Schizophreniform disorder
 - C. Schizo-affective disorder
 - D. Reactive psychosis
- 1.17 -----refers to a speech disorder characterised by pathological repetition of words said by another person.
- A. Echopraxia
 - B. Apraxia
 - C. Dyspraxia
 - D. Echolalia

1.18 During a mental status examination, the mental health/psychiatric nurse asks a client what he could do if he were to find a bagful of firearms in the forest. What is the nurse assessing for?

- A. Client's insight
- B. Client's memory
- C. Client's judgement
- D. Client's attitude

1.19 In response to Q 1.18, the client tells the nurse, he would inform the police about what he found. The client's response indicate

- A. Good insight
- B. Good memory
- C. Intact judgement
- D. Positive attitude

1.20 Which of the following neurotransmitters is associated specifically with bipolar disorder?

- A. Serotonin
- B. Norepinephrine
- C. Dopamine
- D. Acetylcholine

1.21 Benzodiazepines reduce anxiety by acting on which neurotransmitter?

- A. Gamma-Amino Butyric Acid
- B. Serotonin
- C. Noradrenaline
- D. Dopamine

Sibonangaye is a 17 year old male student at a nearby school. He is brought to your clinic because he's always engaging in fights with other students. In the latest episode he is said to have beaten another student with fists and kicks, and teachers who tried to separate the two were also beaten. He went on to pelt one of the teacher's car with stones, breaking windows in the process. This "uncontrollable behaviour" has also been a concern to his parents to the extent that he has been jailed twice in the last two years. Further history reveals that he gets angry very quickly, lies most of the time but neither smokes, nor drinks alcohol. Developmental history indicates he has always had difficulty keeping relations due to his short temper, and that he is bossy. The next four questions relates to the case.

1.22 What is the possible psychiatric diagnosis for Sibonangaye

- A. Histrionic Personality Disorder
- B. Conduct Disorder
- C. Antisocial Personality Disorder
- D. Borderline Personality Disorder

1.23 Which of the following is not a differential diagnosis for Sibonangaye's mental disorder in Q22?

- A. Oppositional defiant disorder
- B. Avoidant personality disorder
- C. Intermittent personality disorder
- D. Attention Deficit/ hyperactive Disorder

1.24 Under which broad category of mental disorders does Sibonangaye's diagnosis fall according to DSM-5?

- A. Disruptive, impulse-control and conduct disorders
- B. Personality Disorders
- C. Schizophrenia and other psychotic disorders
- D. Substance use disorders

1.25 The first choice management modality for Sibonangaye will involve a focus on:

- A. Behaviour modification
- B. Family therapy
- C. Both A & B
- D. None of the above

[TOTAL MARKS: 25]

QUESTION 2

A. In the questions or patient's response statements provided below, state what the nurse was assessing for? **(1/2 a mark each for a total of 5 marks).**

- a) What did you eat for dinner yesterday?
- b) About 5 minutes ago at the beginning of our conversation, I told you my surname. What did I say my surname was?
- c) What does it mean when someone says "Don't count your chickens before they hatch."?
- d) Can you spell the word "good" forward and backward three times?
- e) If you saw a person drowning at the middle of a raging river, what would you do?
- f) "I do not know why I am here, but I think it is because my brother is jealous of my success".
- g) You mention that you are the President Obama, is that right?
- h) Can you tell what day is it today?
- i) You do look happy.
- j) What did you do for Christmas last year?

B. Explain the following terminology (1 mark each)

- a) Looseness of association
- b) flight of ideas
- c) Tangentially
- d) circumstantiality
- e) Tardive dyskinesia

C. State the class, primary indication and mechanism of action for each of the drugs listed below (3 marks each for a total of 15 marks).

- a. Fluoxetine
- b. Haloperidol
- d. Clozapine
- e. Amitriptyline
- f. Trihexyphenidyl (Artane)

[TOTAL MARKS: 25]

QUESTION 3

Manwele, a 36-year-old man from Sigombeni is admitted to RFM hospital after ingesting a concoction of battery acid, paraffin and brandy that caused severe burning of the oesophagus and stomach linings. On taking history you learn that he was retrenched from work a year ago. All attempts to find another job were fruitless and six months ago he began to drink alcohol heavily. After stabilisation, Manwele was transferred to the National Psychiatric Centre where he told the admitting nurse that he felt hopeless and despairing, had nothing to live for and it was his intention to take his own life because he does not like being a burden to his family. On examination, the nurse observes that Manwele is wasted, dehydrated, is poorly groomed and appears tired. Manwele takes time to respond to questions and when he does, he responds in monosyllables and in a low tone.

- a) Using your knowledge of DSM 5, explain the possible psychiatric diagnosis for Manwele **(5 marks)**
- b) Based on the above information, state two priority nursing diagnosis for Manwele **(4 marks)**.
- c) Using a nursing care plan, describe the nursing management that Manwele will require for his condition **(16 marks)**

[TOTAL MARKS=25]