

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION MAY 2005

PROGRAMME : GENERAL NNURSING
COURSE : NUR 350
TITLE OF PAPER : INTRODUCTION TO PSYCHIATRIC NURSING
DURATION : 2 HOURS
MARKS: : 75

INSTRUCTIONS

1. ANSWER ALL QUESTIONS
2. WRITE EACH QUESTION ON A SEPARATE SHEET OF PAPER

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QUESTION 1 MULTIPLE CHOICE QUESTIONS.

For each of the given statements select the most appropriate answer and indicate your chosen response by writing the number preceding the written response e.g. Z = 4

A The thought process in which a person expresses an illogical, difficult-to-follow shifting of ideas is

- 1 Flight of ideas
- 2 circumstantial thought
- 3 looseness of association
- 4 tangentiality

B The capacity to identify possible causes of action, anticipate their consequences and choose the appropriate behaviour is an example of

- 1 perception
- 2 judgement
- 3 insight
- 4 knowledge

C Mcenge a 20year-old from Lavumisa holds the conviction that he is God and the ruler of the universe. You would consider this conviction to be

- 1 an obsession
- 2 a compulsion
- 3 hypochondriasis
- 4 a delusion

D Ziggy was admitted a week ago and placed on chlorpromazine. Today you find him sitting still with a mask-like face, salivating and when asked to walk he exhibits stiffness or rigidity of movements. You would describe the side effects he has developed as

- 1 akinesia
- 2 akathisia
- 3 tardive dyskinesia
- 4 acute dystonic reaction

E A hostile, aggressive young man becomes a boxer. This coping mechanism is best described as

- 1 compensation
- 2 substitution
- 3 regression
- 4 sublimation

F Stereotyped involuntary movements are described as

- 1 compulsions
- 2 obsessions
- 3 mannerisms
- 4 hyperactivity

G A female client in the OPD alcohol abuse treatment programme tells the nurse that she used to become intoxicated after only three or four drinks, but now must drink 10 to 12 drinks before achieving the same effect. The nurse should explain to the patient that this phenomenon is typical of

- 1 withdrawal
- 2 dependence
- 3 tolerance
- 4 intoxication

H A nurse who cares for victims of rape should be aware that they are at risk of developing

- 1 post traumatic stress disorder
- 2 paranoid schizophrenia
- 3 manic episodes
- 4 Kleptomania

I Physical signs of alcohol withdrawal include

- 1 hypotention
- 2 bradycardia
- 3 somnolence
- 4 diaphoresis

J Which action by the nurse would **not** be appropriate in the treatment of clients with substance-related disorder?

- 1 assess for suicide
- 2 encourage the client to tolerate withdrawal symptoms without additional medication
- 3 accompany the client to a group therapy meeting
- 4 awaken a sleeping patient to evaluate for withdrawal

K Of all the psychotropic medications, the ones with the greatest potential for addiction are the

- 1 antipsychotic medications
- 2 anti-anxiety medications
- 3 antidepressants
- 4 mood stabilizers

L A patient who has been taking diazepam (valium) for one year for severe anxiety should receive which of these instructions

- 1 "avoid eating aged cheese"
- 2 "take the medications with food"
- 3 "stay out of direct sunlight"
- 4 "do not abruptly discontinue the medication"

M A major difference between acute stress disorder and post traumatic disorder (PTSD) is that

- 1 PTSD may occur anytime following a threatened or actual traumatic event whereas acute stress disorder occurs within 2 days to 4 weeks following the event
- 2 The duration of PTSD symptom is much shorter than the duration of symptoms in acute stress disorder
- 3 Flash back episodes of the traumatic event are experienced only by persons who have PTSD, not by persons who have acute stress disorder
- 4 Sleeping difficulties are experienced only by persons who have acute stress disorder, not by persons who have PTSD

N A person, seeing a design on the wall paper, perceives it as an animal. This is an example of a

- 1 delusion
- 2 hallucination
- 3 illusion
- 4 idea of reference

- O A phobic reaction will rarely occur unless the person
- 1 Thinks about the feared object
 - 2 Comes into contact with the feared object
 - 3 Introjects the feared object
 - 4 Observes the guilt of the feared object
- P People with obsessive-compulsive anxiety control the anxiety by ritualistic behaviour. The nurse taking care of these patients must
- 1 Prevent the patients from carrying out the ritual
 - 2 Explain the meaning of ritual
 - 3 Allow time to carry out the ritual
 - 4 Avoid mentioning the ritual
- Q A person with an antisocial personality disorder has difficulty relating to others because of never having learned to
- 1 count on others
 - 2 be dependent
 - 3 communicate with others socially
 - 4 empathize with others
- R Unsatisfied needs create anxiety that motivates an individual to action. This action is brought about mainly to
- 1 relieve physical discomfort
 - 2 remove the problem
 - 3 deny the situation
 - 4 reduce tension
- S Physiologically, a nurse would expect anxiety in a patient to be manifested by
- 1 dilated pupils, dilated bronchioles, hyperglycemia, increased pulse rate and peripheral vasoconstriction
 - 2 constricted pupils, constricted bronchioles, increased pulse rate, hypoglycemia and peripheral vasodilation
 - 3 Dilated pupils, constricted bronchioles, decreased pulse rate, hypoglycemia and peripheral vasoconstriction
 - 4 Constricted pupils, dilated bronchioles, increased pulse rate, hypoglycemia and peripheral vasodilation

T A patient repeats phrases ythat others have just said. This type of speech is known as

- 1 echolalia
- 2 Echopraxia
- 3 Autism
- 4 Neologism

U Lithium carbonate is the drug of choice for

- 1 acute agitation of schizophrenia
- 2 modification of the depressive state of major depression
- 3 control of manic episode of bipolar disorders
- 4 panic attack

V A person who makes up stories to fill in the blank spaces of his her memory is

- 1 rationalizing
- 2 denying
- 3 lying
- 4 confabulating

W Criteria for the diagnosis of mental retardation include an intelligence quotient (IQ) below 70 and onset of the condition before age

- 1 25
- 2 18
- 3 12
- 4 7

X An emotional experience in childhood becomes traumatic when

- 1 the ego is overwhelmed by anxiety it cannot handle
- 2 the superego has not been internalized
- 3 the child is unable to verbalize own feelings
- 4 the parents are harsh and restrictive

Y The ability to tolerate frustration is an example of the function of the

- 1 Unconscious
- 2 Id
- 3 Ego
- 4 Superego

QUESTION 2

Gugu, a 25 year –old University student is brought to the OPD of the Psychiatric Centre by friends who report that for the past month she has been very quiet and not mixing with others and missed a lot of classes and is neglecting her personal hygiene because she says she has no energy to perform these activities. Gugu looks emaciated and her friends report she has not been eating well and hardly sleeps. On appearance she looks very unhappy. As a nurse who is examining Gugu, what essential components of a psychiatric patient assessment should you identify?.....(25)

QUESTION 3

Mafu, a 30-year old man is brought to the OPD by his mother in the company of a police. They report that Mafu has not slept for 5 nights but keeps guard over the community borehole chasing people who come to fetch water telling them that he owns the borehole. On examination, Mafu is restless and keeps pacing up and down the OPD shouting loudly that he own that borehole and the police are taking him to hospital so that someone can steal his water. One moment he laughs at the police and quickly shouts in an angry tone at his mother. He is dressed in a yellow shirt, red trousers and white shoes. This is the first time that the illness has attacked Mafu.

- a) What is the probable psychiatric condition Mafu is suffering from? Justify your answer.....(20)**
- b) What psychotropic medications are appropriate for Mafu’s condition and what are the nursing implications for these medications... ..(5)**

Total: 25