

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION MAY 2005

PROGRAMME: BACHELOR OF NURSING SCIENCE

COURSE : NUR 550
TITLE OF PAPER : MENTAL HEALTH PROBLEMS AND SOCIETY
DURATION : 3 HOURS
MARKS: : 100

INSTRUCTIONS

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

DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR.

QUESTION 1

Marital rape is not a crime in Swaziland. Discuss the factors that contribute to this state of affairs and the possible impact this crime has on the affected women.....(25)

QUESTION 2

Stress is a leading cause of psychiatric morbidity and mortality in society. In what ways does stress contribute to this state of affairs?.....(25)

QUESTION 3

Zonke, a 24 year old is married and a house wife. Her husband works as a manager in one of the local banks. They have two children aged 4 and 1. As a child Zonke was sexually abused by her grandfather from a very young age until about 11 & 12 years of age. Zonke says she told her mother about the abuse when she 9 or 10 but her mother just ignored it. Zonke had tried to ignore her abuse history until three months ago when she saw a television program about incest. She alternates between being immobilized with depression and filled with rage at her parents and grandfather. Zonke was the third child of five but did not communicate well with her father whom she describes as always being distant and as kids they could not talk directly to him but always had to go through their mother. Zonke describes herself as a "home body". In the past he attended social functions with her husband as necessitated by his employment position but lately, she has no desire to participate in any activities outside the home. She states that she has never had close friends and her only friend is her husband. She feels somehow intimidated by him. She is very close to her children. Current mental status is that Zonke is well oriented but her affect is dysphoric and irritable. At times she is very angry saying "I am mad at the world in general and angry at having to deal with this" She states that she has spent her entire life and energy in "not thinking", "not imagining" and "not remembering" the abuse. After viewing the television programme on incest, she now experiences painful bittes, brooding thoughts about abuse". She is depressed, anxious and angry with low self esteem and intense feelings of inadequacy. She sees the world as untrustworthy, betraying and cruel. Zonke fears being autonomous but also fears being dependent on others because of mistrust of the sincerity and commitment that others can offer. She says she needs a lot of emotional support fro her husband but he says he cannot give it to her lately because he is often irritated because the house is messy and dirty. He has offered to have someone to help up but Zonke sees that as another failure on her part.

- a) Do an DSMIV multiaxial diagnoses on Zonke.....(5)
- b) Manage Zonke over three areas of need.....(20)

QUESTION 4

4a MULTIPLE CHOICE QUESTIONS e.g. R = 10

A Fanisile is a client of the community mental health centre. Three months ago she was raped while jogging in a park near her home. Her wounds were treated in the emergency department and she was later referred to the mental health centre where she was diagnosed with compounded rape reaction. With this diagnosis, which of the following symptoms apply to Fanisile?

- 1 She still has told no one about details of the rape
- 2 She frequently cries and yells and curses her attacker
- 3 Her affect is calm, composed and subdued
- 4 She has begun drinking heavily and is severely depressed

B Which of the following indicate sexual abuse in a child?

- 1 Frequent urinary infections, seductive behaviour
- 2 Bruises of various colours on the body, excessive anxiety
- 3 Always hungry, steals food from other children
- 4 Withdrawal, apprehension when other children cry

C Which of the following appears to be the most common reason battered women remain in an abusive relationship?

- 1 Most lack adequate finances to support themselves and their children
- 2 Most fear for their lives and lives of their children
- 3 Most lack a network of supportive family members
- 4 Most refuse to leave because of religious convictions

D Which of the following characteristics is associated with Type A personality?

- 1 Repressed anxiety
- 2 Suppressed anxiety
- 3 Unresolved guilt
- 4 Unfulfilled dependency needs

E Nursing intervention at the tertiary level of prevention includes all of the following **except**

- 1 Providing care for the client with schizophrenia who has been hospitalized for an exacerbation of the illness
- 2 Visiting an individual with schizophrenia in his home to give him monthly injection of antipsychotic medication
- 3 Conducting a weekly ant-psychotic medication management group at the mental health care centre
- 4 Serving as case manager for a client with severe and persistent illness

4b How does poverty contribute to mental health problems in society?.....(20)

TOTAL: 25