

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION MAY 2005

PROGRAMME: BACHELOR OF NURSING SCIENCE

COURSE : NUR 551

TITLE OF PAPER : TREATMENT MODALITIES

DURATION : 3 HOURS

MARKS: : 100

INSTRUCTIONS

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

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QUESTION 1

Society nowadays seems to be infiltrated with a lot of mental health problems, which the larger society is not even aware of. This is because a number of people are not informed about such problems and their impact in one's life. It therefore becomes imperative that something is done in the form of helping individuals understand as to what mental health problems are and also what they can do to minimize the impact of such problems to individuals' life.

Discuss five factors contributing to lack of understanding of mental health problems and their destructive nature in life.

[25 marks]

QUESTION 2

It looks like there is some professional politics that prevail between modern and post modern counselors. This is believed to have been caused by the different approaches in terms of the models used in psychotherapy. However, there is need to harmonize the two approaches.

Discuss clearly the differences between modern and post-modern psychotherapy/counseling.

[30 marks]

QUESTION 3

In post-modern counseling, the focus is on the deconstruction of discourses and reconstruction of normal expected courses in one's life. This is achieved in most cases by allowing the patient/client to talk about his/her feelings instead of the issues.

In your own understanding discuss as to how psychotherapy is conducted using the deconstruction for reconstruction process.

[25 marks]

QUESTION 4

In psychiatric nursing the concept of internal and external environments is very important because it shows as to how individuals are affected by factors of the environment.

In your own observation, clearly discuss the importance of the internal and external environments in the psychiatric nursing profession.

[15 marks]