

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION PAPER, MAY 2006

TITLE OF PAPER : COMMUNITY MENTAL HEALTH NURSING 11

COURSE CODE : NUR 312

DURATION : THREE (3) HOURS

INSTRUCTION :

- 1. ANSWER ALL QUESTIONS**
- 2. TOTAL MARKS FOR THE EXAMINATION IS 100**

THIS PAPER IS NOT OPENED UNTIL PERMISSION HAS BEEN GIVEN BY THE INVIGILATOR.

QUESTION 1

A majority of persons with mental disorders utilize defense mechanisms to cope with their *impaired cognitive functioning*. Describe and give an example of each of the following defense mechanisms. (2 points each)

- a. Reaction formation
- b. Sublimation
- c. Projection
- d. Repression
- e. Conversion
- f. Undoing
- g. Denial
- h. Compensation
- i. Regression
- j. Rationalization

TOTAL: 20

QUESTION 2

Zolo, a 16 year old student, was brought to the psychiatric centre by his family who reported that the client started to have problems after starting high school. At first he seemed to make good adjustment, was popular and received good grades, but then his appearance and behaviour started to change. At first, the family thought he had become involved with the wrong group of friends, but when they checked with the school counselor, they were told that their son was a loner and that his behaviour was disruptive; Zolo laughed and talked inappropriately in class. The family was frustrated that no one, not even school authorities, was able to make Zolo "shape up". The family stated that the client has become eccentric in his dress and mannerisms and, over the last few months, had stopped going to school. When he began to neglect his personal hygiene and act more bizarre, they thought he was using drugs. However, no evidence of drug use was ever found, and the client rarely left the room. Zolo's younger siblings were ashamed to bring friends home because Zolo would act strangely, used bad language, masturbated in public, and talked about receiving messages from the television set. Neighbours called the police when they saw the client acting suspiciously and walking up and down their driveway. Zolo was found picking through the garbage, taking empty cans and storing them in his clothing. His speech has recently consisted of a string of words that were unrelated – he seemed to be speaking nonsense.

What psychiatric disorder is Zolo suffering from? Motivate your answer.

TOTAL : 20

QUESTION 3

Rex was admitted 2 days ago following a road traffic accident in which he sustained a fracture of the left lower limb which has been immobilized on POP. He does not seem to have suffered any injuries. While taking his vital signs, Rex tells you that he was from party when the accident occurred. He then complains of a severe headache and you note that he is sweating profusely and is tremulous. A few minutes later he starts shouting that snakes are climbing onto his bed wanting to bite him. 3 hours later he develops a grand mal fit on recovering from the fit he exhibits severe memory disturbances and becomes agitated.

- (a) What is probably wrong with Rex? State reasons for your answer. [6 Marks]
- (b) Discuss the nursing management Rex will require. [14 Marks]

TOTAL : 20

QUESTION 4

- (a) Discuss the concept "health promotion". [10 Marks]
- (b) You are a new community mental health nurse at a health centre where they never had one. The administrator at the center thinks you will not have much work to do because the centre's catchment area does not have psychiatric patients. What information would you share with the administrator regarding community mental health nursing? [10 Marks]

TOTAL : 20

QUESTION 5

Multiple Choice questions. Select the most appropriate answer and indicate your response by writing the appropriate response next to the question number, e.g. 37 = r (1 mark each).

1. When special feelings about each other have been developed by both the client and the nurse, _____ has been established.
 - a. Sympathy
 - b. Empathy
 - c. Rapport
 - d. Confidence

2. Four year old Kwandza has been told by his mother to share his sweet with his friend Wezi. According to Kohlberg's theory of moral development, Kwandza obeys his mother because:
 - a. He is afraid his mother will punish him if he does not
 - b. He wants Wezi to like him
 - c. It makes him feel good to share
 - d. He feels guilty if he does not obey his mother

3. The main difference between neurotic and psychotic behaviour is that clients experiencing psychoses:
 - a. Are aware of possible psychological causes
 - b. Are aware that their behaviour is disruptive
 - c. Experience a great deal of distress
 - d. Experience loss of contact with reality

4. Peplau compares new clients to the infancy stage of development because most clients:
 - a. Make unreasonable demands of the caregiver
 - b. Demonstrate regressive behaviour when ill
 - c. Believe nurses should fulfill their every need
 - d. Refuse to take responsibility for themselves

5. Nomsa has been diagnosed with depression. She lost her job and has been unable to find another. She is a single mother and must support herself and her child. Which of the following is an example of a non therapeutic response by the nurse?

- a. "You are afraid you will not be able to support yourself."
 - b. "You must be feeling quite alone and afraid right now."
 - c. "Try not to worry. I'm sure things will turn out okay for you."
 - d. "Tell me about what you are feeling right now."
6. Emotional response to trauma occurs:
- a. Immediately after the event
 - b. Within weeks of the events
 - c. Months after the event has occurred
 - d. Either a, b, or c
7. Physical exercise may elevate the mood and promote relaxation by:
- a. Stimulating secretion of dopamine in the brain
 - b. Stimulating the release of endorphins into the blood stream
 - c. Stimulating the sympathetic nervous system
 - d. Decreasing the basal metabolic rate
8. Ziggy, a client with schizophrenia, admitted after becoming violent at home and chasing his father with a bush knife, is calm and cooperative during the admitting process. The admitting nurse assigns to Ziggy the priority nursing diagnosis of risk for other related violence. Why was this considered to be a priority?
- a. A history of violence is the priority risk for violent behaviour
 - b. All psychiatric patients should be considered potentially violent
 - c. The nurse knew Ziggy's calm demeanor is a cover up for violence
 - d. The nurse knows that all people with schizophrenia are potentially violent

9. A group of nurses have been appointed by the hospital administrator to meet and identify ways to change staffing patterns in an effort to improve staff morale. Keith has been elected chairperson of the group. Keith states "I have a number of suggestions and ideas. Just listen to what I have to say, and I am sure you will agree they have a great deal of merit." What type of leader is Keith?
- Laissez-faire
 - Democratic
 - Autocratic
 - Dynamic
10. Mthombo is a client on the psychiatric unit with a diagnosis of major depression. On admission, he tells the nurse, "now that my wife is gone, I don't have anything to live for." Which of the following would be an appropriate nursing diagnosis for Mthombo?
- Risk for suicide related to depressed mood
 - Low self-esteem related to hopelessness
 - Dysfunctional grieving related to loss
 - Helplessness related to being alone
11. A group of psychiatric nurses have been appointed by the administrator to meet and identify ways to change staffing patterns in order to improve staff morale. This is an example of what type of group:
- Therapeutic
 - Teaching
 - Supportive
 - Task
12. Which of the following tasks takes place during the pre-interaction phase of relationship development?
- Establishing a contract for intervention
 - Examining feelings about working with a particular client
 - Establish a plan for continuing after care
 - Promoting the client's insight and perception of reality

13. Key symptoms of dementia include:
 - a. Anxiety and depression
 - b. Irritability and agitation
 - c. Memory loss and disorientation
 - d. Suspiciousness and paranoia

14. Which of the following statements is true regarding suicide?
 - a. People who talk about suicide do not commit suicide
 - b. If a suicidal person is intent on dying, he or she cannot be stopped
 - c. If a person has attempted suicide, he or she will not do it again
 - d. Most people give clues and warning about their suicidal intent

15. Which of the following statements about tardive dyskinesia is true?
 - a. It is a rare side effect of psychotropic drugs
 - b. It may occur after long-term use of psychotropic drugs
 - c. It usually appears within hours after psychotropic drug administration
 - d. It is usually reversible

16. Which of the following individuals is at high risk of suicide?
 - a. Muzi, aged 30 , divorced, works as a nurse
 - b. Nomsa, age 45, married, housewife
 - c. Musa, age 80, depressed from recent death wife
 - d. Vusi, age 15, diagnosed with conduct

17. Which of the following is characteristic of the child with mild mental retardation (IQ = 50-70)?
 - a. Is capable of academic skills to sixth grade level
 - b. Has minimal verbal skills
 - c. Requires complete supervision
 - d. Has difficulty adhering to social convention

18. Zodwa is the mother to 2 year old Sonke. Zodwa is consulting with the psychiatric nurse about Sonke's tantrum. Zodwa tells the nurse that the tantrums have become progressively worse and have become a source of worry within the family. Zodwa says she usually gives Sonke what she wants in order to quiet her. What behavioural principle is at work in this situation.
- Negative reinforcement
 - Conditional response
 - Stimulus generalization
 - Positive reinforcement
19. Charlie is admitted with a history of schizophrenia experiencing auditory and visual hallucinations. His mother tells the admitting nurse that Charlie has had allergic reactions to chlorpromazine and penicillin in the past. The psychiatrist orders an antipsychotic for Charlie. Which of the following medications would not be appropriate for Charlie?
- Fluphenazine
 - Risperidone
 - Clozapine
 - Olanzapine
20. What is the rationale for correct answer to 19.
- It is not an antipsychotic
 - It is not as effective as other antipsychotics
 - Cross-sensitivity exists among phenothiazines
 - Charlie would not be able to follow the required diet in his psychotic state.

TOTAL : 20