

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

TITLE OF PAPER : **INTRODUCTION OF MENTAL
HEALTH /PSYCHIATRIC NURSING**

COURSE CODE : **NUR 350**

DURATION : **TWO (2) HOURS**

INSTRUCTIONS : **1. ANSWER ALL QUESTIONS**
**2. TOTAL MARKS FOR THE
EXAMINATION IS 75**

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GIVEN BY THE INVIGILATOR**

QUESTION 1

Multiple Choice Questions. (1 point each)

1. Which of the following would the nurse expect as the least likely reason for using defense mechanisms.
 - a. Improved insight
 - b. Protection of self esteem
 - c. Reduced anxiety
 - d. Resolution of mental conflict

2. Which of the following statements about causation of mental illness would the nurse identify as incorrect:
 - a. Life circumstances can influence one's mental health from birth
 - b. The inability to deal with environmental stresses can result in mental illness
 - c. Mental health is influenced by relationships between persons who either love or refuse to love one another
 - d. Inherited characteristics exert minimal to no influence on one's mental health

3. The nurse asks a client with a diagnosis of bipolar disorder where he lived the past year. The client replies, "yes, I wanted to paint the living room blue but then decided on white of course there were nail holes in the wall, so I had to patch them before I could paint. Do you know how many different shades of white there are?" The nurse interprets the client's response as an example of which of the following?
 - a. Blocking
 - b. Circumstantiability
 - c. Perseveration
 - d. Neologism

4. A client tells the nurse that his (client's) body is made of wood and is quite heavy. The nurse interprets this as which of the following?
 - a. Compulsion
 - b. Hallucination
 - c. Depersonalization
 - d. Obsession

5. Then nurse expects a client exhibiting flight of ideas to do which of the following?
 - a. Make sudden stops in the flow of conversation
 - b. Coin new words or combinations of several words
 - c. Provide excessive detail that delays starting a point
 - d. Talk excessively while frequently shifting from one idea to another

6. Which finding would lead the nurse to suspect that a female client has insight into the mental disorder she is experiencing.
 - a. Demonstration of self-understanding related to the origin of behaviour
 - b. Verbalization of acceptance of her mental
 - c. Placement of responsibility for problems on dysfunctional family
 - d. Suggestion that problems are related to bad nerves

7. Assessment of a client reveals a long history of alcohol use. The client tells the nurse in the alcohol treatment unit, "I really don't have a problem with drinking because I drink only on weekends." Which of the following nursing diagnoses would most likely be a priority?
 - a. Ineffective denial
 - b. Situational low self-esteem
 - c. Acute confusion
 - d. Risk for injury

8. The nurse reviews the psychiatric history of a client with the DSM-IV diagnosis of borderline personality disorder. This diagnosis is recorded on which of the following diagnostic axes?
 - a. Axis I
 - b. Axis II
 - c. Axis III
 - d. Axis IV

9. When administering the neuroleptic Haloperidol to a client, the nurse understands that it is decreasing the amounts of which neurotransmitter?
 - a. Histamine
 - b. Acetylcholine
 - c. Dopamine
 - d. Serotonin

15. Patients with delusional disorder may require which type of medication to stabilize aggressive behavioural disturbances.
- Sedative-hypnotics
 - Antidepressants
 - Neuroleptics
 - Antiparkinsonism agents
16. A female client with Bipolar 1 disorder is noted to wear make-up, brightly coloured evening clothes that do not match, a vest, three different scarves and several necklaces and bracelets. Several of her peers in the unit have been laughing about her appearance. Which nursing action would be best to preserve the client's self esteem.
- Help the client change into more appropriate attire
 - Explain to the peer group that the client has bipolar disorder
 - Discuss issues of good grooming at the community meeting
 - Tell the client that she must select flamboyant clothing
17. A client with the diagnosis of major depressive disorder is admitted into ward 2 of the National Psychiatric Centre. Which question would be best to assess the magnitude of the client's depression?
- "How long have you felt depressed"?
 - "Have you ever experienced depression before"?
 - "What are your feelings of depression like for you"?
 - "How would you rate your depression on a scale of 1 to 10?"
18. The nurse understands that which of the following represents the primary gain experienced by a client when giving in to a compulsion?
- Attention from others
 - Decreased in anxiety
 - Disability payment
 - Relief from responsibility
19. A client with diagnosis obsessive-compulsive disorder is admitted to the psychiatric in patient unit for treatment when ritualistic behaviours become incapacitating. During the initial phase of treatment, which intervention would be best?
- Challenging client rituals
 - Accepting client rituals
 - Limiting client rituals
 - Teaching prevention of rituals

10. A client receiving the neuroleptic chlorpromazine exhibits excessive drooling and fine hand tremors. The medication likely to be ordered for this side effect is:
 - a. Benztropine
 - b. Acetaminophen
 - c. Lorazepam
 - d. Naproxen

11. The nurse advises the client taking lithium carbonate to do which of the following to prevent toxic effects of lithium?
 - a. Maintain adequate sodium and water intake
 - b. Avoid foods high in tyramine
 - c. Establish a schedule for regular sleep
 - d. Monitor for increased temperature

12. The nurse instructs a client receiving the MAOI anti depressant phenelzine about dietary restrictions for foods high in tyramine to prevent which adverse effect?
 - a. Urinary retention
 - b. Neuromuscular effects
 - c. Gastro intestinal upset
 - d. Hypertensive crisis

13. Sipho has schizophrenia, disorganized type. He frequently giggles and mumbles to himself. He has not taken a bath for the past 3 days presenting a disheveled, unkempt appearance. Which statement would be most appropriate for the nurse to use in persuading the client to shower?
 - a. "Clients on this unit take showers daily."
 - b. "It's time to shower. I will help you."
 - c. "You'll feel better if you shower."
 - d. "Would you like to take a shower?"

14. Which nursing response would be most appropriate when a client talks about hearing voices?
 - a. "I do not hear the voices that you hear."
 - b. "Those voices will disappear as soon as the medicine works/"
 - c. "Try to think about positive things instead of the voices."
 - d. "Voices are only in your imagination "

20. Clinical symptoms likely to be present in a patient with generalized anxiety disorder include:
- Fear and avoidance of specific situations or places
 - Persistent obsessive thought
 - Unrealistic worry about a number of events in one's life
 - Re-experience of feelings associated with traumatic events
21. A client has been diagnosed with hypochondriasis which the nurse understands is characterized by which of the following?
- Symptoms that are concocted to avoid situations
 - Predominant complaints of pain
 - Symptoms that are associated with motor function
 - Pre-occupation with fear of serious disease
22. Which of the following is a statement by an alcoholic that would be an indication of the defense mechanism of rationalization?
- "I can quit drinking anytime I want to."
 - "I'm not an alcoholic. I only drink on weekends."
 - "My father drank all his life, and he did okay."
 - "I drink so that I can put up with my wife's nagging."
23. Dolo suffers social phobia. Which of the following applies to him?
- He refuses to eat any of his meals in a public restaurant
 - He becomes very anxious when in crowded places
 - He refuses to leave his home alone
 - He experiences panic anxiety when he encounters a spider
24. An alteration in neurotransmitters has been implicated in the etiology of numerous psychiatric disorders. Which of the following is associated with schizophrenia?
- Decreased dopamine
 - Increased dopamine
 - Increased acetylcholine
 - Decreased norepinephrine and serotonin

25. Zulu has been diagnosed with schizotypal personality disorder. Which of the following would describe Zulu's behaviour?
- Attention-seeking, seductive and overly gregarious
 - Hypervigilant, suspicious and intimidating
 - Aloof and isolated with magical thinking and ideas of reference
 - Submissive and clinging, with fears of separation

[25 Marks]

QUESTION 2

Write self explanatory notes on.

- Obsessive – compulsive disorder [10 Marks]
- Antisocial personality disorder [8 Marks]
- Conduct disorder [7 Marks]

[25 Marks]

QUESTION 3

Mavi, a 39 year old man, is admitted for the fourth time with agitated behaviour, hallucinations that are auditory in nature of voices of people threatening to take over his homestead, cattle and fields. He also exhibits persecutory delusions in that he states that his relatives hate him and are jealous of his successes.

How would you manage Mavi for the agitation, hallucinations and delusions?
[25 Marks]