

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER 2007-2008

TITLE : INTRODUCTION TO MENTAL HEALTH/PSYCHIATRIC NURSING

COURSE : NUR 350

DURATION : TWO (2) HOURS

MARKS : 75

INTERNAL EXAMINER: DR. N. A. SUKATI

EXTERNAL EXAMINER: PROF. R. M. GANGA-LIMANDO

- INSTRUCTIONS:
1. ANSWER ALL QUESTIONS
 2. EACH QUESTION CARRIES 25 MARKS

Question 1,

Multiple choice questions. Choose the response that best answers each of the following questions. Indicate your answer by writing the alphabet next to the appropriate question number, e.g. 35=f (1 point each).

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

2. Whether an individual develops post-traumatic stress disorder after experiencing trauma relates to which of the following;
 - a) The availability of social supports
 - b) The severity and duration of the stressor
 - c) The personal degree of ego-strength he/she possesses
 - d) Any or all of the above

3. Khekhe suffers from social phobia. Which of the following applies to him
 - a) He refuses to leave his home alone
 - b) He becomes very anxious when in crowded places
 - c) He experiences panic anxiety when he encounters a spider
 - d) He refuses to eat any of his meals in a public restaurant

4. An alteration in neurotransmitters has been implicated in the aetiology of neuropsychiatric conditions. Which of the following is associated with schizophrenia?
 - a) Decreased norepinephrine and serotonin
 - b) Increased acetylcholine
 - c) Decreased dopamine
 - d) Increased dopamine

5. All the following are considered advantages of psychiatric home health care **except**
 - a) Psychiatric home health care is cost effective
 - b) The client's home is a safer environment for the nurse
 - c) There are advantages to observing the client in the context of his family and home environment
 - d) Psychiatric care provided in the home is often perceived as less threatening

6. Which of the following statements is correct?
 - a) Women become intoxicated from alcohol faster than men
 - b) Women are able to drink more alcohol than men without becoming intoxicated
 - c) Women's blood alcohol levels will read lower than men's
 - d) The negative effects of alcohol on the liver appear worse in men than in women

7. Tiki is a client on the psychiatric unit with a diagnosis of major depression. On admission she tells the nurse "Now that my husband is gone, I don't have anything to live for". Which of the following would be an appropriate nursing diagnosis
- Low self-esteem related to depressed mood
 - Risk of suicide related to depressed mood
 - Dysfunctional grieving related to loss of husband
 - Helplessness related to being alone
8. Which of the following statements is true regarding suicide?
- People who talk about suicide do not commit suicide
 - If a suicidal person is intent on dying, he/she can not be stopped
 - Most people give clues and warnings about their suicidal intent
 - If a person has attempted suicide, he or she will not do it again
9. Which of the following is characteristic of the child with mild mental retardation (IQ 50-70)
- Is capable of academic skills up to 6th grade level
 - Has minimal verbal skills
 - Requires complete supervision
 - Has difficulty adhering to social convention
10. Qomu, a patient with a history of schizophrenia, has had allergic reactions to chlorpromazine and penicillin in the past. The psychiatrist orders an antipsychotic for Qomu. Which of the following medications would not be appropriate for Qomu?
- Olanzapine
 - Clozapine
 - Risperidone
 - Fluphenazine
11. What is the rationale for the correct answer to 10?
- It is not an antipsychotic
 - It is not as effective as other antipsychotics
 - Qomu would not be able to follow the required diet in his psychotic state
 - Cross-sensitivity exists among phenothiazines
12. The primary gain experienced by a client when giving in to a compulsion is likely
- Attention from others
 - Relief from responsibility
 - Decrease in anxiety
 - Increased self-esteem
13. An extrapyramidal symptom characterized by abnormal contractions of muscles controlling movements of the tongue, face, neck and back within 1-5 days of starting antipsychotic drugs is
- Akinesia
 - Akathisia
 - Parkinsonism
 - Acute dystonic reaction

14. Tardive dyskinesia usually occurs
- Within 1-5 days of starting antipsychotic drugs
 - Between 5-60 days after starting treatment with antipsychotic drugs
 - After long-term treatment or with high doses of antipsychotic drugs
 - Immediately after receiving the first injectable dose of antipsychotic drugs
15. A question you could ask to best assess the magnitude of a client's depression admitted to ward 2 for major depression is
- How would you rate your depression on a scale of 1 to 10?
 - How long have you felt depressed/
 - Have you ever experienced depression before?
 - What are feelings of depression like for you?
16. All of the following are manifestations of low self-esteem **except**
- Withdrawal from social activities
 - Increased libido
 - Inattention to grooming
 - Overeating
17. The defense mechanism in which socially unacceptable needs are gratified in a way that is socially acceptable is
- Substitution
 - Sublimation
 - Compensation
 - Conversion
18. Assigning one's own undesirable or unacceptable characteristics to others is an example of
- Denial
 - Displacement
 - Projection
 - Undoing
19. A speech disorder characterized by pathologic repetition of words said by another is
- Echopraxia
 - Looseness of association
 - Circumstantiality
 - Echolalia
20. Hypochondriasis is characterized by which of the following
- Predominant complaints of pain
 - Symptoms that are concocted to avoid situations
 - Preoccupation with fear of serious illness
 - Symptoms associated with motor function
21. A characteristic feature of narcissistic personality disorder is
- An exaggerated or grandiose sense of self importance
 - Lack of self confidence and inability to function independently
 - Preoccupation with rules and regulations
 - Theatrical or overly dramatic behaviour

22. The technique of exposing a client to a fear-producing sensation in a gradual manner is called
- Systematic desensitization
 - Relaxation techniques
 - Biofeedback
 - Imaging
23. The DSM IV-TR diagnosis of borderline Personality Disorder is coded on which of the following diagnostic axes?
- Axis V
 - Axis IV
 - Axis III
 - Axis II
24. The nurse advises a client taking lithium carbonate to do which of the following to prevent toxic effects of lithium?
- Avoid foods high in tyramine
 - Establish a schedule for regular sleep
 - Monitor for increased temperature
 - Maintain adequate sodium and water intake
25. When administering the neuroleptic haloperidol to a client, the nurse understands that it is decreasing the amounts of which neurotransmitter?
- Acetylcholine
 - Dopamine
 - Serotonin
 - Histamine

Question 2

Toto is a 25-year old insurance underwriter seen by a nurse in the OPD for a minor cold. During the examination, he asks the nurse whether he is anaemic because he was "just exhausted all the time". Toto reveals that for the past month he has had difficulty getting out of bed in the morning. Getting dressed and ready for work left him drained. He describes standing in front of his wardrobe for long periods, unable to decide what to wear. He is having extreme difficulty calling on and keeping appointments with potential insurance clients. Previously, he was normally an assertive person who called on strangers with ease but now sits at his desk for hours trying to work up the energy to pick up the phone. His workmates, including his supervisor, have commented on his over 10 kg. weight gain and these comments precipitated uncharacteristic angry and tearful outbursts from Toto.

- Do a DSM IV-TR multi-axial diagnosis of Toto (5)
- Justify the diagnosis given to Toto in a) above (20)

TOTAL: 25

Question 3

Write self explanatory notes on

- a) Oppositional Defiant behaviour (8)
- b) Antisocial personality disorder (8)
- c) Mania (7)

TPTAL: 25