

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**(FIRST SEMESTER)**

**FINAL EXAMINATION PAPER**  
**DECEMBER, 2009**

**COURSE: NUR 350**

**COURSE TITLE: INTRODUCTION TO MENTAL  
HEALTH/PSYCHIATRIC NURSING**

**TIME ALLOWED: 2 HOURS**

**MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1. THIS PAPER CONTAINS THREE QUESTIONS**
- 2. ANSWER ALL THREE QUESTIONS**
- 3. EACH QUESTION CARRIES A TOTAL OF 25 MARKS**
- 4. ANSWER EACH QUESTION ON A SEPARATE SHEET OF PAPER**

**PLEASE DO NOT OPEN THIS QUESTION PAPER UNTIL  
PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR**

## QUESTION 1

### A. MULTIPLE CHOICE (1 mark each)

1. Odd, eccentric, withdrawn and irrational describe the symptoms associated with which cluster of personality disorders?
  - a) Cluster A
  - b) Cluster B
  - c) Cluster C
  - d) Cluster D
  
2. Clients who display behaviours such as fighting, lying, and stealing and who were diagnosed with a conduct disorder before the age of 17 years, may have which of the following personality disorder?
  - a) Borderline personality disorder
  - b) Antisocial personality disorder
  - c) Narcissistic Personality disorder
  - d) Histrionic personality disorder
  
3. All of the following are forms of anxiety **except:**
  - a) Signal anxiety
  - b) Anxiety state
  - c) Free-floating anxiety
  - d) Genetic anxiety
  
4. Cyclothymic disorder is an example of:
  - a) anxiety disorders
  - b) mood disorders
  - c) schizophrenia
  - d) personality disorder
  
5. This type of personality disorder is characterised by exaggerated or grandiose sense of self importance:
  - a) Narcissistic personality disorder
  - b) Antisocial personality disorder
  - c) Conduct personality disorder
  - d) Histrionic personality disorder
  
6. The following are all components of a comprehensive psychiatric history except:
  - a) Chief complaint and History of present illness
  - b) Past medical, surgical and psychiatric history

- c) Mental status examination
  - d) Discharge planning
7. A repetitive and persistent pattern of behaviour in which major age appropriate societal norms or the basic human rights of others are violated is referred to as:
- a) Narcissistic disorder
  - b) Antisocial disorder
  - c) Conduct disorder
  - d) Histrionic disorder
8. ADHD stands for:
- a) Acute Disturbance in Health and Disease
  - b) Attention Deficit Hyperactivity Disorder
  - c) Attention Disturbance Hyperactive Disease
  - d) Attention Deficit Health Disorder
9. The nurse expects to assess which of the following in a client with the diagnosis of schizophrenia, paranoid type?
- a) Anger, auditory hallucinations, persecutory delusions
  - b) Abnormal motor activity, frequent posturing, autism
  - c) Flat affect, anhedonia, alogia
  - d) Silly behaviour, poor personal hygiene, Incoherent speech
10. Which response would be most appropriate when a client talks about hearing voices?
- a) I do not hear the voices that you say you hear
  - b) Those voices will disappear once the medication starts working
  - c) Try to think about positive things instead of the voices
  - d) Voices are only in your imagination
11. You are likely to get most of the information in establishing a psychiatric disorder from:
- a) Mental Status examination
  - b) Physical examination
  - c) Laboratory findings
  - d) Patient's history
12. Senzo expresses his feelings without restraint with an overestimation of his importance. His mood can be described as:
- a) elevated
  - b) expansive
  - c) euphoric
  - d) labile

13. Early side effects to antipsychotic agents will **not** include:
- a) Tardive dyskinesia
  - b) Parkinsonism
  - c) Acute dystonia
  - d) Akathisia
14. Hloniphile, an 18 year old female, is unhappy and when people talk to her, she often picks the negative aspect in every situation, ignoring the positive. Such an unhealthy cognitive pattern is:
- a) Catastrophizing
  - b) Overgeneralization
  - c) Selective abstraction
  - d) Withdrawal
15. Mandla, a 40 year old male client, has had schizophrenia for 20 years, and lives with his mother. His mother tells the nurse "He was such a brilliant pharmacy student until he became ill during his last year of college. I still hope he will return to school and pursue his pharmacy career". The nurse should recognize the statement as most likely reflecting:
- a) rationalization
  - b) repression
  - c) denial
  - d) depression
16. The following are example of positive symptoms of schizophrenia, **except**:
- a) Poverty of speech
  - b) Hallucinations
  - c) Delusions
  - d) Bizarre Behaviour
17. Epilepsy can be a result of the following, **except**:
- a) Genetic factors
  - b) Brain damage before or during delivery
  - c) Infantile febrile convulsions due to infections
  - d) Psychological stress due to rapid social change
18. Axis II of the DSM-IV-TR multi-axial system evaluates:
- a) Clinical psychiatric syndromes or disorders
  - b) Global assessment of functioning
  - c) Mental retardation and personality disorders
  - d) General medical conditions relevant to the aetiology or treatment of psychiatric disorders

19. The aetiology of this disorder involves problems in communication between the front part of the brain (the orbital cortex) and deeper structures (the basal ganglia)
- An antisocial personality Disorder
  - An obsessive- Compulsive Disorder
  - A narcissistic Personality disorder
  - None of the above
20. One of the **key** drugs classes used for the disorder in questions 1 and 2 above is
- Serotonin Selective Reuptake Inhibitors
  - Analgesics
  - Antiepileptic agents
  - Antidiuretic agents

**B. Define the following terminology: (1 mark each)**

- Delusion
- Hallucination
- Looseness of association
- Flight of ideas
- Pressure of speech

## **QUESTION 2**

Cindy, a 24 year old female client, was brought to the emergency room with complaints of dyspnoea, chest pain, rapid pulse, and a feeling of “something stuck in her throat.” She stated that the symptoms started approximately a week ago, interfering with her ability to work. Before that time, she had been in good health. The tentative diagnosis given by the Doctor at the emergency room was acute respiratory infection.

As she was undergoing different laboratory tests, Cindy’s nonverbal behaviour included fingering the sheets as she talked, clearing her throat frequently, and shaking her right foot as she sat on the edge of the examining table.

During the nursing assessment Cindy related feelings of low self esteem and stated that she felt pressured at times as she attempted to work fulltime and take care of her indisposed mother who lives with her. She further related that she had no time to herself and was beginning to resent the fact that her mother had to live with her.

- What is probably wrong with Cindy? Justify your answer. (10 marks)
- Using the nursing diagnosis “anxiety related to responsibility of providing care to an indisposed mother” develop a nursing care plan and manage Cindy (15 marks)

### **QUESTION 3**

Schizophrenia is a term used to describe a group of complex, severe conditions that are the most chronic and disabling of the mental illnesses. Discuss schizophrenia under the following subheadings:

- A. Etiology (5 marks)
- B. DSM-IV-TR diagnostic criteria (5 marks)
- C. Types ( 5 marks)
- D. Out-patient management (10 marks)