

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**(SECOND SEMESTER)**  
**FINAL EXAMINATION PAPER**  
**MAY, 2011**

**COURSE:** NUR 324

**COURSE TITLE:** COMMUNITY MENTAL HEALTH NURSING IV

**TIME ALLOWED:** 2 HOURS

**MARKS ALLOCATED:** 75

**INSTRUCTIONS:**

1. THIS PAPER CONTAINS FOUR QUESTIONS
2. ANSWER ONLY THREE QUESTIONS
3. QUESTION 1 IS COMPULSORY
4. EACH QUESTION CARRIES A TOTAL OF 25 MARKS
5. ANSWER EACH QUESTION ON A SEPARATE SHEET OF PAPER

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

**QUESTION 1: Multiple Choice (1 mark each)**

1. This drug should be administered with caution to elderly and frail clients because it can cause sudden reduction in blood pressure:
  - A. clonazepam
  - B. diazepam
  - C. olanzepine
  - D. chlorpromazine
  
2. A defense mechanism where the client displays unconscious expression of a mental conflict as a physical symptom to relive tension or anxiety:
  - A. conversion
  - B. realization
  - C. somatisation
  - D. repression
  
3. Refusal to speak even though the person may give indications of being aware of the environment is:
  - A. thought blocking
  - B. catatonic disorder
  - C. poverty of speech
  - D. Mutism
  
4. Involuntary, rhythmic, stereotyped movements of the tongue, extremities and or trunk as a result typical anti-psychotic drugs is:
  - A. Bradykinesia
  - B. Tardive dyskinesia
  - C. Akathisia
  - D. Akinesia
  
5. Which of the following nursing interventions would be most important to do for a client prescribed Lithium?
  - A. check his lithium serum level weekly
  - B. start with a smaller dose and increase gradually
  - C. monitor for therapeutic response and side effects
  - D. all of the above
  
6. The following are example of positive symptoms of schizophrenia, **except:**
  - A. Poverty of speech
  - B. Hallucinations

- C. Delusions
- D. Bizarre Behaviour

7. Early side effects to antipsychotic agents will **not** include:

- A. Tardive dyskinesia
- B. Parkinsonism
- C. Acute dystonia
- D. Akathisia

8. Schizophrenia is primarily marked by:

- A. Inattention and anger
- B. violent and impulsive behaviour
- C. thought disturbance such as delusions
- D. none of the above

9. The key feature of this subtype of schizophrenia is persecutory delusions and hallucinations:

- A. Disorganised Schizophrenia
- B. Paranoid schizophrenia
- C. Undifferentiated schizophrenia
- D. Residual schizophrenia

10. ----- refers to a mental disorder characterized by recurrent, persistent and intrusive thoughts that cause anxiety that a person tries to control by performing repetitive behaviours.

- A. Generalised Anxiety Disorder
- B. Acute Anxiety Disorder
- C. Obsessive-Compulsive Disorder
- D. Agoraphobia

11. Mazwi is a 42 year old male who has been married for 15 years. He recently has been experiencing marital problems and his wife has separated from him. As a result of the stress he was fired from his job as an accountant for absenteeism and poor job performance. In the last month he has lost 15 pounds, sleeps most of the time, has no energy and fails to carry out normal ADL's. He has been admitted to the psychiatric hospital with a diagnosis of major depression. Which of the following would be the priority nursing assessment on admission?

- A. His weight loss.
- B. His anergia (lack of energy)
- C. His sleep disturbance
- D. Whether or not he is experiencing suicidal ideation.

12. Mazwi, the patient in the above scenario, has been placed on antidepressant medication, a tricyclic antidepressant (TCA) and after 10 inpatient days has been discharged to home with outpatient follow-up. He presents in the clinic two weeks after discharge looking much better and reporting he feels "wonderful". Which of the following assessments would be the most important for the nurse to make?

- A. His sleep pattern.
- B. His nutritional intake.
- C. His suicidal intent.
- D. His occupational and social plans

13. Electroconvulsive therapy is most commonly prescribed for:

- A. Bipolar disorder, manic
- B. Paranoid schizophrenia
- C. Major depression
- D. Obsessive-compulsive disorder

14. Symptoms of alcohol withdrawal include

- A. Euphoria, hyperactivity and insomnia
- B. Depression, suicidal ideation and hypersomnia
- C. Unsteady gait, nystagmus and profound disorientation
- D. Diaphoresis, nausea and vomiting and tremors

15. Simo is admitted to the hospital after heavy binge drinking. Her sister reports that she has been a heavy drinker for a number of years. She is admitted for chemical dependency detoxification. Which of the following medications is the physician most likely to order for Simo during her withdrawal syndrome?

- A. Chlorpromazine
- B. Chlordiazepoxide
- C. Haloperidol
- D. Phenytoin

16. Zimvu states "I don't have a problem with alcohol. I can handle my booze better than anyone I know. My boss is a jerk! I haven't missed any more days than my co-workers." The defence mechanism that Zimvu is using is

- A. Denial
- B. Projection
- C. Displacement
- D. Rationalization

17. Sicwayi is admitted to the male ward and orders from the physician include Chlorpromazine 100 mg. STAT then 50 mg. b.i.d.; benztropine 2mg b.i.d. p.r.n. Which of the following assessments would convey a need for the Benztropine dose?
- A. The client's level of agitation increases.
  - B. The client develops tremors and a shuffling gait
  - C. The client complains of sore throat
  - D. The client's skin has a yellowish cast.
18. Maviyo was arrested for breaking into a jewellery store and stealing thousands of emeralds worth of diamonds. At his arraignment, the judge ordered a psychological evaluation from which he was given a diagnosis of antisocial personality disorder. Which of the following aspects would you expect to assess in Maviyo?
- A. Lack of guilt for wrongdoing
  - B. Insight into his own behaviour
  - C. Ability to learn from past experiences
  - D. Compliance with authorities
19. A nurse is collecting data from a client admitted in the mental health unit. The client's homestead was razed by a veld fire 2 months ago and is complaining of insomnia, difficulty concentrating, hypervigilance and nervousness. The nurse recognizes these symptoms to be indicative of:
- A. Phobia
  - B. Dissociative disorder
  - C. Post-traumatic stress disorder
  - D. Obsessive compulsive disorder
20. The physician orders lithium carbonate 600mg t.i.d. for Mcondvo. There is a narrow margin between the therapeutic and toxic levels of lithium. The therapeutic range for acute mania is:
- A. 1.0 to 1.5 mEq/L.
  - B. 10 to 15 mEq/L.
  - C. 0.5 to 1.0 mEq/L.
  - D. 5 to 10 mEq/L
21. Mzaca has been diagnosed with agoraphobia. Which behaviour would be most characteristic of this disorder?
- A. Mzaca experiences panic anxiety when she encounters snakes
  - B. Mzaca refuses to fly in an aeroplane
  - C. Mzaca will not eat in a restaurant
  - D. Mzaca stays in her home for fear of being in a place where she cannot escape.

22. Which of the following may be influential in the predisposition to PTSD?
- A. Unsatisfactory parent-child relationship
  - B. Excess of neurotransmitter serotonin
  - C. Distorted, negative cognitions
  - D. Severity of the stressor and availability of support systems
23. The consistent use of physical appearance to draw attention to the self is typical of ----- personality disorder.
- A. Narcissistic Personality Disorder
  - B. Histrionic Personality Disorder
  - C. Obsessive-compulsive Personality Disorder
  - D. None of the above
24. ----- are defined as disorders that have a disturbance in the prevailing emotional state as their dominant feature.
- A. Mood disorders
  - B. Anxiety Disorders
  - C. Psychotic Disorders
  - D. Substance abuse
25. An example of the disorders in Q24 above is
- A. Bipolar Disorder
  - B. Major Depression
  - C. Both A and B
  - D. None of the above

**[TOTAL MARKS = 25]**

## QUESTION 2

A. **Matching.** Write the letter preceding the correct response in column B next to the appropriate number indicating a corresponding response in Column A. (e.g. 33 = y). 1 mark each

<b>Column A</b>	<b>Column B</b>
1. The increasing progressive need for a particular substance (drug) to achieve a desired effect	A. Thought blocking
2. False perception without external stimuli	B. Cognition
3. The patient believes that his thoughts are taken out of his mind by some external force	C. Echopraxia
4. Lack of logical connection between thoughts and ideas resulting in unfocused speech.	D. Thought broadcasting
5. Sudden cessation of a thought	E. Grief
6. The imitation of another person's behaviour	F. Echolalia
7. Giving attention to every passing stimulus	G. Hallucination
8. The act or process of knowing	H. Insight
9. Use of a chemical or physical device to limit physical mobility of a patient	I. Tolerance
10. Understanding by the patient of the nature of his/her problem or illness	J. Thought withdrawal
11. One of the negative symptoms of schizophrenia	K. Poverty of speech
12. Is a normal response to significant loss	L. Loss of associations
13. An example of a Tricyclic antidepressant	M. Restraint
14. Dependency is possible with prolonged use	N. Distractibility
15. Bradykinesia is an example	O. Benzodiazepines
	P. Amitriptyline
	Q. Extra pyramidal side effects

B. Outline how you would involve the family in the care of mentally ill people (10 marks)

**[TOTAL MARKS = 25]**

### **QUESTION 3**

Thozo, a 33 year old man, has been admitted in the Psychiatric Unit for 5 days. He spends all the time seated in a foetal position motionless, appears to be unaware of what is going on around him and will not take food offered to him. When nurse Zungu makes him change position, Thozo will remain in the new position for days until someone else decides to change his position again. Thozo is unkempt and his clothing is wet and has a strong stench of urine.

- a) What is probably wrong with Thozo? Provide justification for your answer. (10).
- b) Describe the nursing management that Thozo will need giving rationale for your nursing actions. (15)

**[TOTAL MARKS = 25]**

### **QUESTION 4**

Describe the ways in which unresolved stress contributes to mental health morbidity. (25)

**[TOTAL MARKS = 25]**