

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION PAPER DECEMBER 2011**

**TITLE : COMMUNITY MENTAL HEALTH NURSING III**

**COURSE : NUR 323**

**DURATION : TWO (2) HOURS**

**MARKS : 75**

- INSTRUCTIONS:**
- 1. ANSWER ALL QUESTIONS**
  - 2. EACH QUESTION CARRIES 25 MARKS**
  - 3. NO PAPER SHOULD BE BROUGHT INTO NOR OUT OF THE EXAMINATION ROOM**
  - 4. BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER**

**DO NOT OPEN THIS QUESTION PAPER UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR**

## Question 1

### A) Multiple choice questions.

Select the answer that best responds to each of the following questions e.g., 40 =s (1 point each).

1. Characteristics of mental health nursing will **not** include
  - a) It is an intrapersonal process
  - b) It is aimed at counseling
  - c) It focuses on supporting people and facilitating their functioning
  - d) It promotes healthy lifestyle functioning
  
2. The following are methods of mental health programme evaluation **except**
  - a) Quality assurance process
  - b) Situation analysis
  - c) Expert judgment
  
3. An example of a pattern for participation in group and community work is
  - a) Catastrophizing
  - b) Repression
  - c) Compensation
  - d) Initiator
  
4. The psychologist best known for psychoanalysis was
  - a) Skinner
  - b) Freud
  - c) Erikson
  - d) Rogers
  
5. Administration of medications as an intervention would address which aspect of the total human being?
  - a) Spiritual
  - b) Physical
  - c) Social
  - d) Psychological
  
6. Stages of caregiving experienced by relatives of persons suffering from a mental disorders will include all the following **except**
  - a) Perceiving a problem
  - b) Searching for solutions
  - c) Abandoning the individual
  - d) Surviving the experience
  
7. An act by families living with a member who has a mental disorder that would not be beneficial is
  - a) Doing everything for the ill person
  - b) Keeping a predictable schedule

- c) Developing appropriate expectations
  - d) Speaking simply and clearly
8. The nurse's ability to be aware of the way he/she experiences interaction with a patient as well as his/her ability to communicate this to the patient
- a) Acceptance
  - b) Empathy
  - c) Congruence
  - d) Listening
9. A renowned proponent of person-centred therapy is
- a) Abraham Maslow
  - b) Sigmund Freud
  - c) Erik Erikson
  - d) Carl Rogers
10. A diagrammatic assessment chart depicting interactions among members of a group is a
- a) sociogram
  - b) Ecochart
  - c) Genogram
  - d) b and c
11. During the mental status examination a client may be asked to explain such proverbs as "don't cry over spilt milk". The purpose is to evaluate the client's ability to think
- a) Rationally
  - b) Concretely
  - c) Abstractly
  - d) Tangentially
12. Which of the following is an example of the role of a mental health nurse in primary prevention?
- a) Handling crisis intervention in the outpatient setting
  - b) Providing sexual education classes for adolescents
  - c) Conducting a post-discharge support group
  - d) Visiting a client's home to discuss medication management
13. In group therapy, a client who has used intravenous heroin every day for the past 14 years says "I do not have a drug problem. I can quit whenever I want. I have done it before". Which defense mechanism is the client using?
- a) Rationalization
  - b) Obsession
  - c) Compensation
  - d) Denial

14. A client in a group therapy session is restless. He makes sarcastic remarks to group members. The nurse responds by saying “you look angry”. The nurse is using which of the following techniques
- Making observations
  - Clarifying
  - Reassurance
  - A broad opening statement
15. A client asks the nurse “do you think I should leave my husband?” The nurse responds “you are not sure if you should leave your husband?” The nurse is using which therapeutic technique?
- Reflecting
  - Restating
  - Reframing
  - Offering a general lead

**B. Matching questions**

Match the term or condition in column A with the correct meaning or description, manifestation or symptoms in Column B e.g. 30 = r (1 point each)

Column A	Column B
1. Sympathetic nervous system	a. Associated with reduction in alertness, perceptual errors and loss of recent memory
2. Parasympathetic nervous system	b. Recovery usually occurs in 24 hours
3. Severe hypoxia	c. Early stages are characterized by memory loss and carelessness in dress and conduct
4. Contusion	d. It is essential for axonal and myelin sheath integrity
5. Concussion	e. May be associated with lack of concern about personal appearance and impairment of speech
6. Alzheimer’s disease	f. It is stimulated during extreme situations
7. Syphilis	g. Is likely to cause hallucination, disorientation and convulsions
8. Vitamin B	h. Bruising of the brain
9. Hepatic disease	i. Late stage affects mood, coherence and there is ataxia
10. Renal disease	j. Most active in non-stressful situations

**Question 2.**

- When thinking of forming and maintaining groups for therapeutic purposes (group therapy), the group leader has certain responsibilities. Outline the tasks of a group leader before the group is formed. (13)
- Interpersonal nursing attitudes are core to mental health nursing. Discuss. (12)

**TOTAL = 25**

**Question 3**

a) Discuss the concept “health promotion”

(12)

b) You are a new community mental health nurse at a health centre where they never had one. The administrator at the centre thinks you will not have much work to do because the centres catchment area does not have many psychiatric patients. What information would you share with the administrator regarding community mental health nursing?

(13)

**TOTAL = 25**