

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER DECEMBER 2012

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**

Question 1

Multiple choice Questions. Select the best response to each of the following questions/statements. Indicate your answer by writing the alphabet preceding the chosen response next to the question number (e.g., 75 = t).

1. The primary purpose of incorporating the nursing process into the care of patients is to
 - a. Establish a basis of communication with other nursing staff.
 - b. Maintain compliance with existing national nursing standards.
 - c. Provide structure and organization to the delivery of medical care to the patient.
 - d. Address current health issues, as well as health maintenance and rehabilitation.
2. The nursing process is based on
 - a. The medical diagnosis of the patient.
 - b. Identified physiological and psychological needs of the patient.
 - c. Standards of nursing care provided by the American Nurses' Association.
 - d. Orders of the primary care provider.
3. An example of a complete nursing diagnosis is
 - a. Peripheral neurovascular dysfunction.
 - b. Peripheral neurovascular dysfunction exhibited by patient complaint.
 - c. Peripheral neurovascular dysfunction related to decreased sensation, exhibited by the statement that "My feet are tingling."
 - d. Peripheral neurovascular dysfunction exhibited by patient statement.
4. Critical thinking is an integral part of the nursing process because it
 - a. Promotes flexibility and individualized care.
 - b. Incorporates decision making.
 - c. Includes the patient in part of the nursing process.
 - d. Provides guidelines of care.
5. A pattern of relatively permanent traits and unique characteristics that give both consistency and individuality to human behaviour is called
 - a. Genetic predisposition
 - b. Genetic trait
 - c. Specific trait
 - d. Personality
6. The therapeutic process in psychoanalytic psychotherapy
 - a. Typically uncovers repressed material
 - b. Frequently mirrors the therapist's own therapeutic process
 - c. Is usually short term, less than a year
 - d. Results in lasting changes in behaviour.

7. Personality disorders, on the multi-axial diagnosis, appear in:
 - a. Axis II
 - b. Axis I
 - c. Axis IV
 - d. Axis III

8. The DSM-IV TR is a tool utilized for diagnosis in mental health settings. This multi-axial system includes:
 - a. Nursing and medical diagnosis
 - b. Frameworks of specific theories
 - c. Assessments for several areas of functioning
 - d. Specific critical pathways

9. The key characteristic of aphasia involves a primary disturbance in _____ as a result of brain damage.
 - a. Motivation to speak
 - b. Speech production and comprehension
 - c. hearing
 - d. the inference of emotion from speech

10. Flight of ideas would be an example of a disorder of
 - a. Thought form
 - b. Thought content
 - c. Speech
 - d. Insight

11. According to Jean Watson, a patient feels healthy when
 - a. The patient is satisfied with their social health, physical health and mental health
 - b. The patient experiences harmony in mind-body-spirit
 - c. The patient and a nurse experience a "caring moment" and both individuals are changed
 - d. A nurse uses the carative factors to give the patient spiritual attention.

12. A caring moment can be transpersonal. This means
 - a. Care is transferred from one person to the other
 - b. Only the person giving the care feels out of body, mind and soul
 - c. Only the person receiving care feels unity with body, mind and soul
 - d. Each person feels a connection with the other at the spirit level

13. You are a mental health nurse in a clinic and a family reported to have challenges in its life is has been referred to you for assistance. The best tool you can use to understand the family's relationship with the community and systems outside its structural boundaries would be
 - a. The sociogram
 - b. The genogram
 - c. The ecochart
 - d. The time-event chart

14. A group of psychiatric nurses have been appointed by the administrator to meet and identify ways to change staffing patterns in order to improve staff morale. This is an example of what type of group?
 - a. therapeutic
 - b. teaching
 - c. supportive
 - d. task

15. One of the most important communication skills is
 - a. Active listening
 - b. Empathic listening
 - c. Inactive listening
 - d. Objective listening

16. A technique that might be used by an active listener is
 - a. Express concern
 - b. Offer a point of view often when in conversation
 - c. Explain the speaker's meaning
 - d. Paraphrase the speaker's meaning

17. A communication technique that is effective in persuading a patient to examine his/her behavior is
 - a. Probing
 - b. Confrontation
 - c. Focusing
 - d. Questioning

18. The brain's complex set of structures responsible for our emotional life is the
 - a. Forebrain
 - b. Midbrain
 - c. Hindbrain
 - d. Limbic system

19. The defense mechanism in which socially unacceptable needs are gratified in a way that is socially acceptable is
 - a. Substitution
 - b. Sublimation
 - c. Compensation
 - d. Conversion

20. Assigning one's own undesirable or unacceptable characteristics to others is an example of
 - a. Denial
 - b. Displacement
 - c. Projection
 - d. Undoing

21. A speech disorder characterized by pathologic repetition of words said by another is
 - a. Echopraxia
 - b. Looseness of association

- c. Circumstantiality
 - d. Echolalia
22. 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
23. A positive attitude toward oneself no longer dependent on the attitudes of others is
- a. Positive self-regard
 - b. Unconditional positive regard
 - c. Positive regard
 - d. Conditions of worth
24. During crisis intervention a strategy that is not likely to help people cope with a crisis is
- a. Being direct and supportive and providing hope
 - b. Listening actively and with empathy
 - c. Not helping the patient to gradually accept reality
 - d. Reinforcing newly learned coping mechanisms
25. The nursing intervention carried out in order to develop an understanding of critical skills that are needed to be successful in a particular environment is
- a. Social skills teaching
 - b. Mental health education
 - c. Functional assessment and skills training
 - d. Milieu therapy

TOTAL: 25

Question 2

- a). Violence is a common occurrence in society and in mental health care institutions. Mental health nurses are expected to intervene in or handle violent behavior.
- i) Outline the factors that may indicate that a particular patient is a high risk for violence (5)
 - ii) Describe the process of violence and ways of intervention (10)
- b). The Sigombeni clinic has reported to you that the majority of the youth in that area abuse Cannabis. A number of the young boys have been treated and discharged from the Psychiatric Hospital. You are now being requested to organize group therapy sessions for the affected youth.
- i) What curative factors would you enquire are present for a therapeutic group experience? (4)
 - ii) What measures should you put in place for group maintenance and goal achievement. (6)

TOTAL: 25

Question 3

A. 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

B. A mental status assessment is a key to understanding a patient's current psychological functioning. Match the following statements that describe findings in a mental status assessment with the relevant area/category of assessment. In your answer sheet write the question number and the **Capital letter** representing the answer you have selected. (1 point each)

Findings	Area of Assessment
1. The client's inability to identify existence of a problem	A. Speech
2. Desire to harm or take the life of another	B. Delusion
3. Hallucinations and illusions	C. Judgement
4. The main reason a patient is seeking mental health examination	D. Abstract thinking
5. Aware of time, place, and person	E. Appearance
6. Desire to harm oneself or end one's life	F. Insight
7. Fast, pressured, monotone, stuttering	G. Memory
8. Unkempt, dirty, overweight	H. Phobic thoughts
9. What a client would do in a social situation such as "What would you do if you found a stamped addressed envelope lying on the street?"	I. Catalepsy
10. Amnesia, fugue, confabulation	J. Perception
11. Irrational fears, unrealistic fears	K. Echopraxia
12. False belief that behavior of others, events or objects refer to oneself	L. Homicidal ideation
13. Patient's ability to explain the meaning of "what goes around comes around"	M. Orientation
14. Repetition of a person's behaviour by another	N. Chief complaint
15. Awkward position or posture for prolonged periods	O. Suicidal ideation

TOTAL : 25