

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION PAPER DECEMBER 2013**

**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:** Multiple choice questions.

Select the option that best answers each of the following questions. E.g. 70 = f .

1. Nursing theorists have identified that the nurse-client relationship is central to the practice of nursing. The nurse understands that Peplau is to the phases of nurse-client relationship as Watson is to
  - a) Cultural care diversity and universality
  - b) Modeling and role modeling
  - c) Seven assumptions about the science of caring
  - d) Human energy fields
  
2. The statement "Growth involves resolution of critical tasks through the eight stages of the life cycle" is a concept of which therapeutic model
  - a) Interpersonal
  - b) Intrapersonal
  - c) Cognitive-behavioural
  - d) Psychoanalytic
  
3. A 25-year old client diagnosed with major depressive disorder is admitted into an in-patient psychiatric unit. Since being admitted from work 2 months ago, the client stays inside and avoids others. Which outcome reflects the client's developmental task assessment as described by Erikson
  - a) Stagnation
  - b) Despair
  - c) Role confusion
  - d) Isolation
  
4. A nursing student has a special feeling toward a client that is based on acceptance, warmth and a non-judgmental attitude. The student is experiencing which characteristic that enhances the achievement of the nurse-client relationship
  - a) Rapport
  - b) Trust
  - c) Respect
  - d) Professionalism
  
5. The nurse's ability to be open, honest and real in interactions with clients is described as which characteristic that enhances the achievement of the nurse-client relationship
  - a) Genuineness
  - b) Empathy
  - c) Objectivity
  - d) Harmony

6. On a substance abuse unit, a client diagnosed with cirrhosis of the liver tells the nurse "I really do not believe that my drinking a couple of cocktails a night has anything to do with my liver problems". Which is the best nursing response?
  - a) "How long have you been drinking a couple of cocktails a night?"
  - b) "If not alcohol, explain how your liver got damaged"
  - c) "You find it hard to believe that drinking alcohol can damage your liver"
  - d) "It's common knowledge that consuming alcohol continuously over a long period of time can damage the liver"
7. In dealing therapeutically with a variety of psychiatric clients, the nurse knows that incorporating humour in the communication process should be used for which purpose?
  - a) To diminish feelings of anger
  - b) To refocus the client's attention
  - c) To delay dealing with the inevitable
  - d) To maintain a balanced perspective
8. Which functions does the limbic system regulate?
  - a) Perception and interpretation of most sensory information
  - b) Emotional experiences
  - c) Auditory functions and short-term memory
  - d) Visual reception and interpretation
9. A client is admitted to the emergency room after a car accident but does not remember anything about it. The client is using which defense mechanism?
  - a) Undoing
  - b) Rationalisation
  - c) Suppression
  - d) Repression
10. During visiting hours, a client who is angry at her ex-husband's charges of child neglect expresses anger by lashing out at her sister-in-law. The nurse understands that the client is demonstrating the use of which defense mechanism?
  - a) Denial
  - b) Projection
  - c) Displacement
  - d) Rationalisation
11. Looking at a client's history and physical examination, the nursing student notes that borderline personality disorder is placed on axis III. Based on knowledge of DSM IV-TR which is the correct statement?
  - a) This information is correctly placed because axis III reports personality disorders.
  - b) This information is incorrectly placed because axis III reports medical diagnoses
  - c) This information is incorrectly placed because axis III reports Global Assessment of Function
  - d) This information is correctly placed because axis III reports major psychiatric diagnoses.

12. Based on nurses knowledge of DSM-IV-TR, it is understood that chronic obstructive pulmonary disease (COPD) is to axis III as the Global Assessment of Function is to
  - a) Axis I
  - b) Axis II
  - c) Axis IV
  - d) Axis V
  
13. Based on the nurse's knowledge of DSM-IV-TR it is understood that mental retardation is to axis II as schizophrenia is to
  - a) Axis I
  - b) Axis III
  - c) Axis IV
  - d) Axis V
  
14. Objectives of teaching in psychoeducation include all the following except
  - a) Increase the patient's and families understanding of the mental health condition
  - b) Increase the family's guilt and anxiety about the mental condition
  - c) Increase the control of the patient and family over the illness and its trajectory
  - d) Increase understanding and cooperation between patient, family and service providers
  
15. 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
  
16. You are a mental health nurse in a clinic and a family reported to have challenges in its life 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
  
17. 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

18. A mental health education approach that targets individuals who may be prone to a mental illness is
  - a) A high-risk approach
  - b) A total population approach
  - c) A milestone approach
  - d) A gatekeeper approach
  
19. 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
  
20. 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
  
21. Asking another person to solve a problem is an example of
  - a) Active dependence behavior
  - b) Passive dependence behavior
  - c) Passive aggressive behavior
  - d) Passive withdrawal behavior
  
22. A communication technique that is effective in persuading a patient to examine his/her behavior is
  - a) Probing
  - b) Focusing
  - c) Confrontation
  - d) Questioning
  
23. Which initial information gathered by the nurse is more important when assessing Erikson's stages of development?
  - a) The developmental age exhibited through behaviours
  - b) The time-frame needed to complete a successful outcome at a previous stage
  - c) The implementation of interventions based on developmental stage
  - d) The chronological age of the individual
  
24. A 4-year-old child is unable to consider another child's ideas about playing house. This situation is an example of which concept contained in Piaget's theory of cognitive development?
  - a) Intrinsic curiosity
  - b) Secondary circular reactions
  - c) Inability egocentrism
  - d) Concrete operations

25. Which is an example of appropriate psychosexual development?
- An 18-month-old relieves anxiety by use of a pacifier
  - A 5-year-old boy focuses on relationships with other boys
  - A 7-year-old girl identifies with her mother
  - A 12-month-old begins learning about independence and control

**TOTAL = 25**

### Question 2

- Mental health nursing is a highly interpersonal discipline. As such the nurse-patient relationship becomes paramount. Outline the stages and tasks critical to a nurse-patient relationship. (15)
- Assessment of and intervention in a patient's lifestyle functioning is an area of focus in mental health nursing. Lifestyle functioning exists in a continuum. Name and describe the different sets of patterns that make up the continuum in lifestyle functioning. (10)

**TOTAL = 25**

### Question 3

- As a mental health nursing student you are convinced that the care of psychiatric patients is not up-to-standard. You have also learned that advocacy is a tool that can be used to influence changes in the healthcare they receive.

Describe the approaches you would use to carry out your advocacy on behalf of patients with mental health problems. (10)

- 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. Mental disorders exclusively associated with a particular population of culture
3. Severe hypoxia	c. Early stages are characterized by memory loss and carelessness in dress and conduct
4. Contusion	d. A false interpretation of an environmental stimulus
5. Concussion	e. May be associated with lack of concern about personal appearance and impairment of speech
6. Alzheimer's disease	f. A diagrammatic representation of generations of a family
7. Syphilis	g. Is likely to cause hallucination, disorientation and convulsions

8. Vitamin B	h. Teaching physical and psychosocial effects of stress to primary school student
9. Hepatic disease	i. Late stage affects mood, coherence and there is ataxia
10. Renal disease	j. Most active in non-stressful situations
11. Primary prevention	k. A nurse's ability to avoid being judgemental of a mental health patient
12. Culture-bound syndromes	l. Recovery usually occurs in 24 hours
13. Illusion	m. It is essential for axonal and myelin sheath integrity
14. Genogram	n. It is stimulated during extreme situations
15. Acceptance	o. Bruising of the brain