

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**FINAL EXAMINATION PAPER 2014**

**TITLE : COMMUNITY MENTAL HEALTH NURSING IV**  
**COURSE : NUR 324**  
**DURATION : TWO (2) HOURS**  
**MARKS : 75**

**INSTRUCTIONS:**

- 1. ANSWER ALL QUESTIONS**
- 2. EACH QUESTION CARRIES 25 MARKS**

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**Question 1.**

**a) Multiple choice questions.**

Select the answer that best corresponds to each of the following questions, e.g. 55=s. (1 mark each).

1. Schizophrenia can present with positive and negative symptoms. What medication would you utilise to treat these?
  - a. Antidepressants
  - b. Traditional antipsychotics
  - c. Antiparkinsonian
  - d. Atypical antipsychotics
  
2. Selective serotonin reuptake inhibitors (SSRIs) belong to which group of psychotropic drugs?
  - a. Anxiolytics
  - b. Antipsychotics
  - c. Mood stabilisers
  - d. Antidepressants
  
3. Pharmacokinetic considerations of medications relate to the
  - a. Physiological effect of the drug
  - b. Psychological effect of the drug
  - c. A and B
  - d. Absorption, distribution and metabolism of the drug in the body
  
4. 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
  
5. While performing an admission interview, the nurse learns that the client drinks to avoid early morning "shakes". The nurse recognizes this behaviour as
  - a. Substance abuse
  - b. Substance intoxication
  - c. Substance dependence
  - d. Delirium tremens
  
6. Which assessment data should the nurse gather when confirming a diagnosis of substance dependence?
  - a. Continued substance use despite recurrent interpersonal problems
  - b. Recurrent substance use resulting in failure to fulfil major role obligations
  - c. A need for markedly increased amounts of the substance to achieve desired effect
  - d. Recurrent substance-related legal problems

7. Attention-deficit hyperactivity disorder is a serious neurobiological condition that causes
  - a. Little impairment, and is one of the most common childhood psychiatric conditions
  - b. No impairment, and is not one of the most common childhood psychiatric conditions
  - c. Significant impairment, and is not one of the most common childhood psychiatric condition
  - d. Significant impairment, and is one of the most common childhood psychiatric condition
  
8. According to the DSM V Oppositional defiant disorder is not characterised by
  - a. Persistent defiant hostile behaviour towards authority figures
  - b. Appropriate respectful behaviour towards authority figures
  - c. Negativistic behaviour towards authority figures
  - d. Disobedient and disruptive behaviour towards authority figures
  
9. A client with which personality disorder characteristically chooses solitary activities, seems indifferent to praise and criticism, and has deficits in the ability to form personal relationships or respond to others in a meaningful way?
  - a. Schizotypal
  - b. Schizoid
  - c. Paranoid
  - d. Histrionic
  
10. The phase in the debriefing process that focuses on how a person responds to a traumatic experience is
  - a. Symptom phase
  - b. Reaction phase
  - c. Thought stage
  - d. Preparatory and re-entry phase
  
11. When planning psychotherapeutic activities for an inpatient who has antisocial personality disorder, a mental health nurse
  - a. Focuses on group, rather than individual, therapy
  - b. Provides a permissive atmosphere so the patient feels a sense of control
  - c. Provides an organised, structured environment.
  - d. Recognises that the disorder is characterised by social withdrawal.
  
12. A selective serotonin reuptake inhibitor targets which part of the brain?
  - a. Putamen
  - b. Hippocampus
  - c. Basal ganglia
  - d. Frontal cortex
  
13. Which factor is associated with the development of posttraumatic stress disorder?
  - a. Unsatisfactory parent-child relationships
  - b. Severity of the stressor and availability of support systems
  - c. Distorted and negative cognitive functioning
  - d. Excess serotonin and norepinephrine levels

14. A common nursing diagnosis for a patient with antisocial personality disorder is
- Impaired social interaction related to manipulative behaviours and repeated lying.
  - Chronic low self-esteem, related to poor self-image and excessive fear of failure
  - Disturbed thought processes, related to sensory-perceptual alterations
  - Social isolation related to anxiety in social situations
15. A female client complains of an intense, overwhelming fear of driving a car. This fear has disrupted all elements of her life. Her treatment plan will include
- Assertiveness training
  - Biofeedback
  - Stress management assistance
  - Systematic desensitisation
16. A common myth about sexuality in persons with intellectual disability is that
- Sexual drives and needs of people with intellectual disability seldom differ from those of normal people.
  - People with intellectual disability need to learn acceptable sexual conduct and morality from an early age.
  - Sexuality is part of every person's being.
  - It is not right for people with intellectual disability to be sexually intimate.
17. What sexual act is prohibited in most societies?
- Masturbation
  - Incest
  - Sex during menstruation
  - Sex with a non-spouse if the person is married.
18. The psychosocial nursing management of persons living with epilepsy, a cognitive disorder, involves various levels of intervention strategies that do not include
- Exploring the person's belief system
  - Identifying threatening situations
  - Not examining the positive and negative consequences of coping
  - Developing effective coping behaviours.
19. A serious side effect of neuroleptics that is characterised by slow robot-like movements is
- Akinesia
  - Akathisia
  - Tardive dyskinesia
  - Neuroleptic malignant syndrome
20. A client is exhibiting sedation, auditory hallucinations, dystonia and grandiosity. The client is prescribed haloperidol 5 mg. twice daily and trihexyphenidyl 2mg daily. Which statement about these medications is accurate?
- Trihexyphenidyl would assist the client with sedation
  - Trihexyphenidyl would assist the client with auditory hallucinations
  - Haloperidol would assist the client to decrease grandiosity

d. Haloperidol would assist the client with dystonia

21. Clients diagnosed with obsessive-compulsive disorder commonly use this defense mechanism

- a. Suppression
- b. Repression
- c. Denial
- d. Undoing

22. The transferring of a mental conflict into a physical symptom to relieve anxiety is:

- a. Conversion
- b. Regression
- c. Repression
- d. Displacement.

23. A person who achieves sexual gratification by watching others in the act of sexual intercourse is exhibiting

- a. Voyeurism
- b. Transvestism
- c. Sadism
- d. Paedophilia

24. Muzi has auditory hallucinations of people telling him that he is a wicked person almost throughout the day. Besides giving him the prescribed antipsychotic, specific nursing interventions that may be employed will not include

- a. Limiting free unstructured time
- b. Unblocking the auditory hallucinations
- c. Involving Muzi in concrete reality
- d. Diminishing the reality of the hallucinations

25. When coping with a patient's inappropriate expression of anger, a mental health nurse's initial action is to identify the

- a. Appropriate limit-setting techniques
- b. Nurse's own response to anger
- c. Patient's specific defence mechanisms
- d. Theories for effecting change in behaviour.

**Question 2****A. Matching questions on substance-related disorders .**

Match the phrases or words in column A with the correct cause or correct meaning in Column B e.g. 55 = R (1 mark per question; total marks = 10)

Column A	Column B
1. Delays sexual development in young men.	A. Al-Anon
2. Cause muscle spasms likely to cause death from asphyxiation	B. Stage II alcohol withdrawal
3. Group members are children of alcoholics	C. Dependence
4. Causes shrinkage of testes, impotence and feminisation	D. Inhalants
5. Hallucinations of a frightening nature	E. Substance abuse
6. The need for increased amounts of a substance to achieve intoxication	F. Alateen
7. Group members are spouses of alcoholics	G. Alcoholism
8. Reduces vigilance and causes apathy	H. Cannabis/Dagga
9. Manifested by recurrent substance-related legal problems	I. Tolerance
10. Is linked with development of an amotivational syndrome	J. Mandrax

- B.** Sikhokho, 26 year-old is admitted into the Psychiatric Centre from Matsapha Correctional facility as a result of a suicide attempt. This is his 5<sup>th</sup> suicide attempt. Sikhokho has had problems with the law since his early teens which resulted in arrests for theft, possession of illicit drugs and assault. His violent behaviour was evident as early as 9 years old when he threw his baby sister out of a window causing her fractures. In school he fought other students on a daily basis and joined drug selling gangs from the age of 14. At age 13 Sikhokho became a father and by age 23 had fathered 7 children. In general Sikhokho has a manipulative and charming demeanor that convinces other patients to unwittingly give up their valuable possessions for his benefit.

What is probably wrong with Sikhokho? Justify your answer. (15)

**TOTAL = 25**

**Question 3**

- a) Mankwebevu, a 40-year old employed as an accountant in a private company is admitted to hospital with broken ribs, a fractured leg and contusions following a car accident due to his drinking. This is the third admission this year. He admits that he has a drinking problem. He has had the problem for 15 years but says he only drinks when he has problems. On physical examination he has a large hard liver, appears malnourished and reports difficulty with sleep.

- i) Do a DSM IV multiaxial diagnosis on Mankwebevu (3)

- ii) Manage Mankwebevu over 2 areas of nursing need. (7)
- b) How does stress contribute to morbidity and mortality? (7)
- c) Sigodvo, 25 years, has been diagnosed with schizophrenia. He is now ready to be discharged home. What nursing interventions will you implement with his family to prevent frequent relapses. (8)

**TOTAL = 25**