

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER DECEMBER 2014

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

Select the option that best answers each of the following questions e.g., 60 =p (1 mark each)

1. A mother's fear and worry of her adult son who has a tendency to be aggressive during acute episodes of a mental disorder is an example of
 - a) A financial burden.
 - b) A social burden.
 - c) A symptom burden.
 - d) An emotional burden.

2. 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.

3. 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.

4. The best skill that a mental health nurse can use in dealing with patients or persons different from him/herself is
 - a) Stereotyping the persons.
 - b) Respectfully engaging with those persons.
 - c) Avoidance of those persons.
 - d) Coercing those persons to act in accordance with the nurse's views.

5. The complex integration of knowledge, attitudes and skills which enhance cross-cultural communication is
 - a) Cultural maintenance.
 - b) Cultural competence.
 - c) Cultural accommodation.
 - d) Cultural restructuring.

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

7. 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 and a nurse experience a "caring moment" and both individuals are changed.
 - c) The patient experiences harmony in mind-body-spirit.
 - d) A nurse uses the carative factors to give the patient spiritual attention.

8. 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.
9. 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.
10. The brain's complex set of structures responsible for our emotional life is the
 - a) Limbic system.
 - b) Midbrain.
 - c) Hindbrain.
 - d) Forebrain.
11. According to Erik Erikson, the psychosocial crisis for the age of adolescence is
 - a) Intimacy versus isolation.
 - b) Identity versus role confusion.
 - c) Competence versus inferiority.
 - d) Initiative versus guilt.
12. The defence mechanism in which socially unacceptable needs are gratified in a way that is socially acceptable is
 - a) Substitution.
 - b) Sublimation.
 - c) Compensation.
 - d) Conversion.
13. 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) Conducting a post-discharge support group.
 - c) Providing sexual education classes for adolescents.
 - d) Visiting a client's home to discuss medication management.
14. 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.
15. 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) Reinforcing newly learned coping mechanisms.
 - d) Not helping the patient to gradually accept reality.
16. 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) Mental health education.
 - b) Milieu therapy.
 - c) Social skills teaching.
 - d) Functional assessment and skills training.
17. 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 clients ability to think
- a) Rationally.
 - b) Concretely.
 - c) Abstractly.
 - d) Tangentially.
18. The belief by a patient that one's thoughts are being taken from him/her by an electronic device is an example of a delusion of control called
- a) Thought withdrawal.
 - b) Thought insertion.
 - c) Thought broadcasting.
 - d) Delusion of reference.
19. Zodwa is mother to 2-year old Zonke. Zodwa is consulting with the mental health nurse regarding Zonke's tantrums and tells the nurse that the tantrums have become progressively worse and are now a source of worry within the family. Zodwa says she usually gives Zonke what she wants in order to quiet her. What behavioural principle is at work in this situation?
- a) Stimulus generation.
 - b) Conditioned response.
 - c) Positive reinforcement.
 - d) Negative reinforcement.
20. A group of nurses has been asked by the hospital administrator to meet and identify Ways of improving staff morale. Mphatsi has been elected chairperson for the group. Mphatsi tells the group "I have a number of ideas and suggestions. Just listen to what I have to say, I am sure you will agree they g]have a great deal of merit." What type of a leader is Mphatsi?
- a) Autocratic.
 - b) Democratic.
 - c) Laissez-faire.
 - d) Dynamic.
21. 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.
22. A mental health education approach that targets individuals who may be prone to a mental illness is
- a) A gatekeeper approach.
 - b) A total population approach.
 - c) A milestone approach.
 - d) A high-risk approach.
23. 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.
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?
- a) An 18-month-old relieves anxiety by use of a pacifier
 - b) A 5-year-old boy focuses on relationships with other boys
 - c) A 7-year-old girl identifies with her mother
 - d) A 12-month-old begins learning about independence and control

TOTAL = 25 MARKS

Question 2

During your training you have noted that a proportion of patients discharged from the psychiatric hospital for follow-up through community mental health services do not utilise the service, ending up readmitted for hospitalisation. Further assessment of the causes reveals that the service has been unreliable for some time such that patients no longer attend. Design a proposal to address this issue.

- a) What approach should you use and why? (5 marks)
- b) Discuss the steps you are going to follow when utilising the above-mentioned approach. (20 marks)

TOTAL = 25 MARKS

Question 3

Lifestyle functioning of a person is composed of different sets of patterns. Describe the major aspects of the following patterns

- (i) Patterns of fulfilling biophysical needs (6)
- (ii) Patterns of building and maintaining relationships (6)
- (iii) Patterns of participating in group and community life (5)
- (iv) Psychodynamic patterns (8)

TOTAL = 25 MARKS