

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

**FINAL EXAMINATION PAPER 2015**

**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.**

Multiple choice questions. Select the answer that best corresponds to each of the following questions, e.g. 50=p. (1 mark each).

- 0 1. In the DSM V, a medical condition that gives rise to a mental disorder is recorded as
- A specifier
  - A diagnostic subtype
  - A provisional diagnosis
  - A principal Diagnosis
2. Which of the following best describes tardive dyskinesia
- It is usually reversible
  - It is a rare side effect of psychotropic drugs
  - It appears within hours after antipsychotic drug administration
  - It may occur after long-term use of anti-psychotic drugs
3. Mandla has a history of schizophrenia and is presently having audio-visual hallucinations. His mother tells the admitting nurse that Mandla has had allergic reactions to Chlorpromazine and penicillin. The psychiatrist orders an antipsychotic for Mandla. which of the following medications would not be appropriate for Mandla?
- Fluphenazine
  - Risperidone
  - Clozapine
  - Olanzapine
4. Based on the nurse's knowledge of DSM V it is understood that the presence of psychotic symptoms for a period less than a month but at least one day is a characteristic of
- Schizoaffective disorder
  - Brief psychotic disorder
  - Schizophrenic spectrum disorder
  - Schizophreniform disorder
5. Sisimo is hyperactive, as displayed by an inability to stay in one place for long. Despite this perpetual activity, Sisimo achieves little, as he does not finish things that he starts. Invariably Sisimo is first up in the morning but last to breakfast. This behaviour describes a:
- Manic client
  - Psychotic client
  - Anxious client
  - Depressed client
6. When developing the plan of care for a client receiving haloperidol, which of the following medications would nurse Monet anticipate administering if the client developed extra pyramidal side effects?
- Olanzapine (Zyprexa)
  - Paroxetine (Paxil)

- c) Benztropine mesylate (Cogentin)
  - d) Lorazepam (Ativan)
7. Which classification of drugs may be used in children to treat enuresis?
- a) Tricyclic antidepressant
  - b) Major tranquilizers
  - c) Antianxiety agents
  - d) Hypnotic
8. The client has been taking lithium carbonate (Lithane) for hyperactivity, as prescribed by his physician. While the client is taking this drug, the nurse should ensure that he has adequate intake of
- a) Sodium
  - b) Iron
  - c) Iodine
  - d) Calcium
10. On arrival for admission to a voluntary unit, a female client loudly announces: "Everyone kneel, you are in the presence of the Queen of England." This is:
- a) A delusion of self-belief
  - b) A delusion of self-appreciation
  - c) A nihilistic delusion
  - d) A delusion of grandeur
11. A client refuses to eat food sent up on individual trays from the hospital kitchen. The client shouts, "You want to kill me." The client has lost 8 pounds in 4 days. In discussion of this problem, with the assigned staff member, which statement by the nurse indicates an accurate interpretation of this client's needs?
- a) "The client is malnourished and may require tube feedings."
  - b) "The client is terrified. Ask the kitchen to send foods that are not easily contaminated such as baked potatoes"
  - c) "Continue to observe the client. When the client gets hungry enough, the client will eat."
  - d) "The client appears frightened. Spend more time with the client, showing a warm affection."
12. Your client states, "I work for the government, and I am so important in my office that that the other people will not be able to work without me." This is characteristic of:
- a) A histrionic personality disorder
  - b) An antisocial personality disorder
  - c) A narcissistic personality disorder
  - d) A multiple personality disorder
13. Senzo who is diagnosed with bipolar disorder and acute mania, tells the nurse, "Where is my daughter? I love Louis. Rain, rain go away. Dogs eat dirt." The

Nurse interprets these statements as indicating which of the following?

- a) Echolalia
  - b) Neologism
  - c) Clang associations
  - d) Flight of ideas
14. The nurse is careful not to act rushed or impatient with the client and gradually learns that the client is very down and feels worthless and unloved. In view of the fact that the client had previously made a suicidal gesture, which of the following interventions by the nurse would be a priority at this time?
- a) Ask the client frankly if she has thought of or plans of committing suicide
  - b) Avoid bringing up the subject of suicide to prevent giving the client ideas of self-harm
  - c) Outline some alternative measures to suicide for the client to use during periods of sadness
  - d) Mention others the nurse has known who have felt like the client and attempted suicide, to draw her out
15. An example of active withdrawal behaviour by a patient with schizophrenia would be
- a) Word salad in the speech
  - b) Avoiding contact with others
  - c) Contributing little to a conversation
  - d) Increased response latency
16. A client has been medicated with trifluoperazine HCl (Stelazine) for a prolonged period of time. How would the nurse check for early signs of tardive dyskinesia?
- a) Akathisia of the lower extremities
  - b) Cogwheel rigidity at the elbow
  - c) Drying of the mucous membranes
  - d) Vermiform movements of the tongue
17. Sexual dysfunction is one category of disorders of sexuality and sexual functioning. The term sexual dysfunction refers to:
- a) Problems with the normal sexual response cycle
  - b) Sexual urges or fantasies involving unusual sources of gratification problems
  - c) An individual is dissatisfied with their own biological sex and have a strong desire to be a member of the opposite sex
  - d) Problems with sexual fantasies
18. Sexual Arousal Disorder is defined primarily in terms of a deficiency in a physical or physiological response, and as a result may be caused by a range of physical or physiological factors, including:
- a) Hormone imbalances
  - b) Diabetes
  - c) Medications being taken for other disorders
  - d) All of the above

19. Genital pains that can occur before, during or after sexual intercourse, and can occur in both males and females are known as:
- Dyspareunia
  - Dysmenhorea
  - Dyskinesia
  - Dyspraxia
20. Clinical symptoms likely to be present in a client with a phobic disorder include
- Persistent obsessive thoughts
  - Re-experience of feelings associated with traumatic events
  - Fear and avoidance of specific situations or places
  - Unrealistic worry about a number of events in one's life
21. Mloni has been diagnosed with schizotypal personality disorder. Which of the following would describe Mloni's behaviour?
- Attention-seeking, seductive and overly gregarious
  - Hypervigilant, suspicious and intimidating
  - Submissive and clinging, with fears of separation
  - Aloof and isolated with magical thinking and ideas of reference
22. Mabanga is admitted in the psychiatric ward and has been diagnosed as having major depression. He tells the nurse on duty that "now that my wife is dead, I don't have anything to live for". Which of the following would be an appropriate nursing diagnosis for Mabanga?
- Helplessness related to being alone manifested by verbalisation that he has nothing to live for.
  - Risk of suicide related to depressed mood
  - Low self-esteem related to hopelessness
  - Dysfunctional grieving related to loss of wife
23. Which of the following is characteristic of the child with moderate mental retardation (I. Q. 35-40 to 50-55)?
- Is trainable in training centres
  - Requires complete supervision
  - Has minimal speech
  - Can be trained in elementary hygiene skills
24. People taking an MAO inhibitor should avoid:
- Loud noise, bright lights, social activities
  - Citrus fruit, hot peppers, spices
  - Over exertion, sexual activity, heavy lifting
  - Coffee, chocolate, cheese and beans

25. A male client in the OPD alcohol abuse treatment program tells the nurse that he used to become intoxicated after only three or four drinks, but now must drink 10 to twelve drinks before achieving the same effect. The nurse should explain to the patient that this phenomenon is typical of
- a) withdrawal
  - b) dependence
  - c) tolerance
  - d) intoxication

**Question 2**

- a) Discuss how unresolved stress contributes to morbidity and mortality. (15 marks)
- b) What guidelines should be followed when prescribing and/or administering antipsychotic agents? (5 marks)
- c) Discuss the mechanism of action and uses of antipsychotic drugs. (5 marks)

**Total = 25 marks**

**Question 3**

- a) Macembe, a 50-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 admission is the third one 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) What probable diagnosis would you assign to Macembe? Use the DSM V criteria to support your given diagnosis. (3 marks)
  - ii) Manage Macembe over 2 areas of nursing need. (7 marks)
- b) Outline the DSM V diagnostic criteria for the following conditions:
  - i) Delirium (5 marks)
  - ii) Conduct disorder (5 marks)
  - iii) Depression (5 marks)

**Total 25 marks**