

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER MAY 2016

TITLE : CONCEPTUAL FRAMEWORK FOR MENTAL HEALTH NURSING

COURSE : CHN350

DURATION : TWO (2) HOURS

MARKS : 75

- INSTRUCTIONS:**
- 1. ANSWER ALL QUESTIONS**
 - 2. EACH QUESTION CARRIES MARKS AS INDICATED IN EACH QUESTION**
 - 3. NO PAPER SHOULD BE BROUGHT INTO NOR OUT OF THE EXAMINATION ROOM**
 - 4. BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER**

THIS PAPER IS NOT TO BE OPENED UNTIL PERMISSION HAS BEEN GIVEN BY THE INVIGILATOR

Question 1

The conceptual framework for mental health nursing by Uys and Middleton (2014) describes, among its components, a variety of patterns that make up an individual's lifestyle.

- a) Outline major aspects that make up the following patterns:
- i) Psychodynamic patterns (12)
 - ii) Patterns of participation in work (3)
- b) As part of the pattern for participation in group and community life, an individual may assume various roles. Describe the following roles that may be assumed by an individual and give an example for each: (10)
- i) The helper
 - ii) The leader
 - iii) The initiator
 - iv) The confronter
 - v) The joker
 - vi) The Worker
 - vii) The observer
 - viii) The follower
 - ix) The stirrer
 - x) The peacemaker

TOTAL: 25

Question 2

- a) Uys and Middleton (2014) propose the acronym FARNs to outline principles that are important fundamentals for mental health nurses to keep in mind when performing their duties.
Describe these principles and their components. (17)
- b) Lifestyle functioning of an individual can be arranged in a continuum. Discuss components of the lifestyle functioning continuum. (8)

TOTAL: 25

Question 3

Psychodynamic patterns of one's personality consist of a number of layers. Explain the layers of the psychodynamic patterns under the following headings, indicating their benefits for the individual:

- i) Sense of self (self-concept) (3)
- ii) Defense mechanisms (10)
- iii) Cognitive patterns (5)
- iv) Coping strategies (7)

TOTAL: 25