

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION: DECEMBER 2016

COURSE TITLE: PRIMARY MENTAL HEALTH CARE

COURSE CODE: CMH 403

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE WRITE LEGIBLE**
- 2. PLEASE ANSWER ALL QUESTIONS**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 4. START A NEW QUESTION IN A NEW PAGE**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**

**DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED
BY THE CHIEF INVIGILATOR OR HIS/HER REPRESENTATIVE**

Question 1

Holistic care is important in caring for an individual. Discuss why caring for the physical dimension only affects the cognitive, emotional and psychosocial parts of personality

- (a) Cognitive part (5 marks)
- (b) Emotional part (5 marks)
- (c) Psychosocial part (5 marks)

(15 marks)

Question 2

The programme of mental health in Swaziland is faced with serious challenges regarding the execution of quality mental health services. Discuss how the following challenges below affect the promotion of mental health.

- (a) Absence of mental health policy
- (b) Cultural beliefs on mental health disorders
- (c) Having one psychiatric hospital in the country

(15 marks)

- (d) You have been assigned to ascertain primary school to provide comprehensive mental health promotion. In this light discuss three factors that need to be considered?

(15 marks)

Question 3

- (a) Discuss five psychiatric emergencies that can be managed in primary mental health care.

(15 marks)

- (b) De-institutionalization is important in patients' mental health promotion. Do you agree with the previous statement? Discuss five observations

(15 marks)