

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION: MAY 2018

COURSE TITLE: NURSING MANAGEMENT OF MENTAL DISORDERS IN ADULTS

COURSE CODE: CMH 406

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE WRITE LEGIBLE**
- 2. THERE ARE THREE QUESTIONS PROVIDED, PLEASE ANSWER ALL OF THEM**
 - i. SECTION A: MULTIPLE CHOICE [25 MARKS]**
 - ii. SECTION B: SHORT STRUCTURED QUESTIONS [50 MARKS]**
- 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**
- 6. DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR OR HIS/HER REPRESENTATIVE**

QUESTION 1.

A. Unless stated otherwise, each of the following questions has only one correct option as an answer. Choose the most correct answer. Write clearly the question number and the letter that corresponds with the most appropriate or correct answer, e.g. 50. J. Use capital letters for your answer. Each correctly answered question carries one (1) mark.

1. Which one of the following indicates abnormality of perception?
 - A. Apathy
 - B. Illusion
 - C. Associative looseness
 - D. Delusion

2. False sensory perception in the absence of real external stimuli is called:
 - A. Depersonalization
 - B. Hallucination
 - C. De Ja vu
 - D. Illusion

3. When a patient believes that somebody is trying to do harm to him, this is called:
 - A. Delusion of grandeur
 - B. Delusion of reference
 - C. Paranoid Delusions
 - D. Delusion of persecution

4. Flight of ideas is an example of a:
 - A. Disorder in thought process
 - B. Disorder in thought content
 - C. Disorder in perception
 - D. Disorder of speech

5. Which of the following examples best illustrate a delusion of reference?
 - A. The night shift nurse doesn't like me
 - B. The news reader on TV is talking about me
 - C. I don't want the food because it is poisoned
 - D. The Samsung company stole my invention for the S6 Galaxy smartphone

6. Which of the following is true of Tardive Dyskinesia?
 - A. Is usually reversible with use of anticholinergic drugs
 - B. Is a serious but rare side effect of psychotropic drugs
 - C. Is a serious side effect that develops soon after initiating antipsychotic drugs

D. Is a serious side effect that develops after long term use of antipsychotic drugs

CASE: You are a mental health nurse assigned to work with the school health team in one of the regions of the country. One morning you get a call from one high school requiring your intervention because “students are hysterical after the stabbing to death of their best maths teacher by one of the learners, and the teacher’s body is still lying on the ground because police have not arrived”. You also learn that the incidence happened less than an hour ago. The next two questions relate to the case.

7. Upon reaching the school, your primary focus would be to:
 - A. Get police to the site as soon as possible so that they can remove the teacher’s body from the scene of injury
 - B. Give everyone sedatives to calm them
 - C. Train teachers on crisis management
 - D. Identify and seclude the hysterical students as part of crisis management

8. Your short term (0-3 months) plan would be to:
 - A. Train teachers and students on inter-relational problem solving mechanisms and crisis management
 - B. Advocate to have a police post next to the school
 - C. Ensure the school has a first aid kit containing sedatives
 - D. None of the above responses are correct

9. While every person exposed to trauma may develop PTSD, which of the following condition increase the risk:
 - A. Lack of social support
 - B. The severity and duration of the trauma or stressor
 - C. The personal degree of self-efficacy or ego-strength the affected person possesses
 - D. All of the above

10. According to Biological theory of causation of mental disorders, anxiety disorders are associated with low levels of which neurotransmitter?
 - A. Serotonin
 - B. Dopamine
 - C. GABA
 - D. Norepinephrine

CASE: Sibusiso is brought to the Mbabane Government Hospital OPD in a critical state from a gunshot wound which, it is said, was self-inflicted after he had an argument with his wife of six months. You are the nurse on duty and the only qualified psychiatric nurse in the department. During history taking, the wife states that the source of the argument that led to the current attempt was disagreement over where to live now that they were married. Sibusiso

wanted them to still live with his family which consistent of his parents, two sisters and their three children, and one younger brother, and all lived in a three bedroom house at Corporation. Sibusio's wife, on the other hand, felt the house was overcrowded and that they needed to move out to a two bedroom flat provided by her employer at no cost. According to the wife, Sibusio was once admitted for suicidal attempt two years ago when he broke up with a girlfriend, but doesn't know the details. On assessment you find the following: pulse: 119 beats/minute, B/P: 90/50mmHg, Respirations: 34 and shallow. You also notice that Sibusio was still bleeding from the gunshot wound. There was no one to give details about the alleged previous suicide attempt. The next five questions relate to this case.

11. What would be your *priority nursing intervention* for Sibusio at the OPD?
 - A. Arresting any bleeding from the gunshot wound to prevent hypovolemic shock
 - B. Sedating Sibusio to immobilise him while you get a doctor to do further assessment and management
 - C. Starting an intravenous line of Ringer's lactate or normal saline to maintain normal circulation
 - D. Obtaining blood samples for analysis, typing and cross matching

12. From a mental health perspective, as a psychiatric nurse what would be your main concern about Sibusio?
 - A. The quality of relationship with his wife and family
 - B. His repeat suicide attempt which could be suggestive of lack of coping skills
 - C. Both A and B
 - D. All of the above

13. After a week, the Doctor refers Sibusio for psychiatric evaluation and management. What precaution should be taken by the Psychiatric Unit staff receiving him?
 - A. The need to keeping Sibusio sedated and secluded to prevent any further suicidal attempts while in hospital.
 - B. The need to ensure maximum safety by alerting other members of the mental health care team to keep a close monitoring due to the risk for suicide.
 - C. The need to involve the wife and family in therapy
 - D. Only A and B

14. What would be the ideal therapeutic approach for Sibusio at the Psychiatric Unit?
 - A. Psychotherapeutic counseling that will include individual and group therapy
 - B. Psychopharmacology and psychotherapy
 - C. Only psychopharmacology
 - D. Only individual counseling

15. What class of antidepressants is the doctor likely to prescribe for Sibusio?
 - A. Tricyclic antidepressants
 - B. Selective Serotonin Reuptake Inhibitors
 - C. Serotonin Norepinephrine Reuptake Inhibitors

30.	Generalised Anxiety Disorder	J	Is characterized by the repeated, compulsive seeking or use of a substance despite its adverse social, psychological and/or physical consequences.
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[Total marks: 25]

QUESTION 2

- A. Alcohol Use Disorder (AUD) is among the most prevalent mental disorders worldwide, is highly disabling and associated with much physical and psychiatric comorbidity. The disorder also contributes substantially to global and national morbidity and mortality. AUD impairs productivity and interpersonal functioning and place psychological and financial burden on those who misuse alcohol, their families, friends, and coworkers. The financial burden extends to society as a whole through motor vehicle crashes, violence, and crime. Young people including university and school-going males and females are susceptible to AUD. As a psychiatric nurse in the school health programme, outline a programme you would undertake to prevent alcohol use among in-school youth. (15 marks).
- B. There are two ways in which patients can be admitted at the National Psychiatric Referral Hospital, each with specific procedures to be followed. State and describe each of the admission and discharge procedures as stated in the Kings' Order 1978. (10 marks)

[Total marks: 25]

QUESTION 3

- A. Vusi is a 45 year old male admitted at the psychiatric hospital with a history of claiming to own things he does not have. According to his mother who accompanied him to the hospital, Vusi claims to be very rich and owns the whole of Madonsa Township in Manzini, and that the people living in Madonsa rent out the houses to him as the landlord. These allegations were confirmed by Vusi during MSE. During the assessment, Vusi stated that he owned a fleet of twelve cars which include a Hummer, Bentley and a Ferrari. He mentioned that his mother and older brother were jealous of his wealth, hence

bringing him to the hospital. Vusi has a history of abusing dagga and alcohol. On the day of admission the MSE revealed that he appeared very neat and clean, was calm and cooperative. His speech was normal, with soft tone and audible volume; mood and affect were normal, memory, judgement were good but insight was poor. The current is his fourth admission in a space of six years, and in all his admissions, delusions are a prominent feature. He was last discharged about six months ago. His outpatient card shows that he had not collected his medication since discharge. The psychiatrist diagnosed him as schizophrenia relapse with substance abuse.

- a. Do you agree with the psychiatrist diagnosis? Support your answer using the DSM 5 (4 marks)
 - b. Poor adherence to medication is one of the main causes of Vusi's repeat admissions at the National Psychiatric Referral Hospital. As part of discharge planning discuss how you would address the problem of poor adherence with Vusi, and his family (6 marks)
- B.** In the last two decades there has been a shift in the delivery of mental health services from symptom management to patient recovery model. Briefly describe the recovery model under the following:
- a. Goal/ purpose (3 marks).
 - b. Key elements (12 marks).

[Total marks: 25]