

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
(FIRST SEMESTER)
RE-SIT EXAMINATION PAPER
JANUARY, 2019

COURSE CODE: CHN307
COURSE TITLE: INTRODUCTION TO MENTAL HEALTH
NURSING
TIME ALLOWED: 2 HOURS
MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1) This paper has two Sections: A & B
- 2) Read questions clearly with understanding
- 3) Answer all the questions from both sections using the provided answer booklet
- 4) Begin each question on a new page making sure that all answers are numbered
- 5) Write legibly please

Do not open this paper until permission has been granted by the invigilator

Section A: Multiple choice questions

1. To evaluate whether patient teaching for coping skills has been effective, the psychiatric nurse asks the patient to:

- a) consider the outcomes objectively
- b) Keep a written journal.
- c) Perform a return demonstration.
- d) Set measurable goals.

2. A patient who was admitted yesterday with a depressed mood has not left his or her room on the following day. The psychiatric nurse's most appropriate approach at meal time today is to respond:

- a) "I will bring your tray to your room, if it will make you more comfortable."
- b) "Where would you like to eat your meal during lunch?"
- c) "I will walk with you to the dining room and sit with you while you eat."
- d) "You will feel better if you go to the dining room and eat with the others."

3. A patient is admitted to the inpatient unit with a diagnosis of schizophrenia. The patient has had episodes of school absenteeism, withdrawal from friends, and bizarre behaviour, including talking to his or her "keeper." The psychiatric nurse's most appropriate response is to:

- a) Acknowledge that the patient's perceptions seem real to him or her, and refocus the patient's attention on a task or activity.
- b) Encourage the patient to express his or her thoughts, to determine the meaning they have for the patient.
- c) Ignore the patient's bizarre behaviour, because it will diminish after he or she has been given the correct medication.
- d) Inform the patient that his or her perceptions of reality have become distorted because of the illness.

4. During an initial patient interview, the psychiatric and mental health nurse begins by asking the patient to describe his or her:

- a) Current situation
- b) Feelings about the current situation
- c) Personal history
- d) Thoughts about the current situation

5. A 17-year-old patient with borderline personality disorder reports a frequent desire to cut him- or herself and insists that only a specific psychiatric nurse can help the patient. The nursing care plan for the patient includes:

- a) Allowing the patient to choose the nurse and assigned to him or her
- b) Decreasing the patient's stimuli
- c) Provide one-to one suicide precautions
- d) Holding frequent interdisciplinary meetings to provide consistent care

6. When planning inpatient psychotherapeutic activities for a patient who has antisocial personality disorder, the psychiatric nurse

- a) Focus on group, rather than individual therapy
- b) Provides a conducive atmosphere so that the patient feels a sense of control
- c) Provide an organized structured environment
- d) Recognize that the disorder is characterized by social withdrawal

7. A patient who is admitted to the psychiatric unit with a diagnosis of obsessive-compulsive disorder spends a significant amount of time during the day and night washing his or her hands. On the third hospital day, the patient reports feeling better and more comfortable with the staff and other patients. The psychiatric nurse knows that the most appropriate nursing intervention is to:

- a) Ignore the behaviours, and it will be eliminated due to lack of reinforcement
- b) Collaborate with the patient to reduce the amount of time he or she engages in behaviour.
- c) Allow the patient to carry out the ritualistic behaviour, since it is helping him or her.
- d) Acknowledge the ritualistic behaviour each time he/she performs the ritualistic behaviour.

8. A selective serotonin reuptake inhibitor targets which neurotransmitter?

- a) Dopamine
- b) Norepinephrine
- c) Serotonin
- d) Adrenaline

9. The psychiatric and mental health nurse knows that the patient's family member clearly understands the side effects of lithium carbonate (Eskalith), when he or she says:

- a) "When the lithium level is 1.6 mEq/L, my spouse can go back to work."
- b) "My relative must remain on a salt-free diet."
- c) "Should make sure my relative drinks as much water as she or he can."
- d) "I should visit the nearest health facility if my relative shakes badly."

10. A 9-year old school going patient with attention-deficit hyperactivity disorder is displaying disruptive behaviours at home. The psychiatric nurse modifies the treatment plan for the social domain, by advising the patient's parents to:

- a) Establish eye contact before giving directions.

- b) Initiate a point system, to reward the patient for appropriate behaviour.
- c) Instruct the patient to work on one homework assignment at a time.
- d) Maintain a predictable environment in the home.

11. A patient is being discharged after spending 14 days in the hospital, due to depression with suicidal ideation. The psychiatric nurse knows that an important outcome has been met when the patient states:

- a) "I can't wait to get home and forget that this ever happened."
- b) "I have my sister and your number that I can talk to if I have the suicidal thoughts."
- c) "I have to leave here soon, if I want to make it to the shelter before they run out of beds."
- d) "I feel so much better. If I continue to feel this way, I can probably stop taking my medications soon."

12. A psychiatric nurse is discharging a patient whom the nurse finds charming and very intelligent. What is the appropriate response when the patient asks for the nurse's phone number?

- a) Give an e-mail address instead
- b) Get the patient's number instead
- c) Say no and re-enforce boundaries
- d) Provide the phone number so that you can make friends

13. A nurse cares for a young adult with depression who has voluntarily sought admission to an inpatient psychiatric hospital. The client asks the nurse, "How long do I need to stay there?" What is the nurse's response?

- a) "Once admitted, a court date will be set to determine your capacity to return home."
- b) "Once admitted, you will need to ask your case manager about when you can return home."
- c) "You may leave the facility after the health care provider determines you are safe to leave."
- d) "You may leave the facility if you sign the appropriate paperwork."

14. A 3-year-old and her parents check into the outpatient department. The parents are complaining that the babysitter is abusing their child. What action should the nurse take first?

- a) Assess the child
- b) Call the physician
- c) Notify the social welfare officer
- d) Call the police

15. A patient in the manic phase of bipolar disorder throws a meal plate at lunch. Which of the following would be an initial response?

- a) If you do that again I will restrain you

- b) What has upset you
- c) Give a lorazepam stat
- d) Can we discuss how you are feeling

16. A patient is admitted to the psychiatric unit after a suicide attempt. The nurse plans to write a suicide prevention contract. To promote compliance and build a trusting relationship with the patient, the contract should

- a) Be written by the physician
- b) Be written by the patient
- c) Be written by the social worker
- d) Be written jointly by the nurse and the patient

17. A patient receiving electroconvulsive therapy tells the nurse, "I am always forgetting appointments and losing things." Which response is the most therapeutic?

- a) "You still really need this treatment."
- b) "Your memory will get better."
- c) "This is an expected side effect."
- d) "The memory loss must be upsetting. Let's talk about it."

18. Which of the following meet the criteria for involuntary admission to a hospital?

- a) A person who is very lonely
- b) A person who is threatening to kill herself
- c) A parent who leaves his child at home alone
- d) A spouse who has conflict with hi/ her lover

19. During a mental status examination the nurse asks the client how he was feeling. What is the nurse assessing by this question?

- a) General well being
- b) Mood
- c) Affect
- d) Insight

20. The nurse understands that the best explanation for involuntary admission for psychiatric treatment is that:

- a) A psychiatrist determines that the client's behaviour is irrational
- b) The client exhibits behaviour that is a threat to either the client or to society
- c) The client is unable to manage the affairs necessary for daily life
- d) The client has broken a law

21. The client tells the nurse that the television set in the room is really a two way radio. The client states that "voices are coming from the TV and everything we say in this room is being recorded." Which type of delusion is the client showing?

- a) Thought broadcasting
- b) Thought insertion
- c) Thought withdrawal
- d) Nihilistic

22. The Psychiatric clients often display difficulty in communicating. Which of the following is a form of impaired communication?

- a) Thought blocking
- b) Sadock
- c) perseveration
- d) Tangentiality

23. The nurse expects a client exhibiting flight of ideas to do which of the following?

- a) Make sudden stops in the flow of conversation
- b) Coin new words or combinations of several words
- c) Provide excessive detail that delays starting a point
- d) Talk excessively while frequently shifting from one idea to another

24. The nursing treatment plan for a client with depression who has verbalized the wish to die identifies the period of greatest suicide risk as which of the following?

- a) During the period of recovery from depression
- b) During the period of deepest depression
- c) Prior to effective onset of action of antidepressants
- d) When the client continues to ruminate about problems

25. When assessing a 10-year-old child, which information would the nurse interpret as representing a significant risk factor for development of a psychiatric disorder in this child?

- a) Childhood obesity
- b) Early onset of puberty
- c) Poor school achievement
- d) Parental mental illness

(25 Marks)

Section B

Question 1

1.1 Describe the diagnostic criteria for Schizophrenia (13 Marks)

1.2 Differentiate between the four subtypes of schizophrenia: schizoaffective, schizophreniform, Delusional and schizophrenia (12 Marks)

Question 2

2.1 Discuss the principles, mechanism and possible side effects of neuroleptics/ antipsychotics (20Marks)

2.4 outline the nursing care of a family of a client diagnosed with schizophrenia (5Marks)