

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING SCIENCE
MAIN EXAMINATION: DECEMBER 2019

COURSE TITLE: INTRODUCTION TO PSYCHIATRIC/ MENTAL HEALTH NURSING

COURSE CODE: CHN 307

TIME ALLOCATED: 2 HOURS

TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE WRITE LEGIBLY**
- 2. THE PAPER CONSISTS OF THREE SECTIONS-A, B AND C, PLEASE ANSWER ALL QUESTION.**
- 3. USE THE PROVIDED ANSWER BOOKLET FOR ALL YOUR ANSWERS**
- 4. START A NEW QUESTION IN ON A NEW PAGE.**
- 5. MAKE SURE THAT ALL YOUR ANSWERS ARE NUMBERED CORRECTLY**

DO NOT OPEN THE QUES2TION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR OR HIS/HER REPRESENTATIVE

Section A: Multiple choice questions

1. PTSD includes fluctuations in _____ and deterioration of _____.
 - a) Reactivity, appearance
 - b) Arousal, mood
 - c) Sleep, timing
 - d) Alcohol consumption, sleep

2. Which of the following is true of GABA?
 - a) It is found at a low levels in people with high anxiety
 - b) It is completely unrelated to anxiety levels
 - c) It is short for Generalized Anxiety with Behavioural attributes
 - d) It is a neurotransmitter found in the peripheral nervous system

3. The nurse asks a newly admitted client, "What can we do to help you?" What is the purpose of this therapeutic communication technique?
 - a) To reframe the client's thoughts about mental health treatment
 - b) To put the client at ease
 - c) To explore a subject, idea, experience, or relationship
 - d) To communicate that the nurse is listening to the conversation

4. During a nurse-client interaction, which nursing statement may belittle the client's feelings and concerns?
 - a) "Don't worry. Everything will be alright."
 - b) "You appear uptight."
 - c) "I notice you have bitten your nails to the quick."
 - d) "You are jumping to conclusions."

5. Which therapeutic communication technique should the nurse use when communicating with a client who is experiencing auditory hallucinations?
- a) "My sister has the same diagnosis as you and she also hears voices."
 - b) "I understand that the voices seem real to you, but I do not hear any voices."
 - c) "Why not turn up the radio, so that the voices are muted."
 - d) "I wouldn't worry about these voices. The medication will make them disappear."
6. A client slammed a door on the unit several times. The nurse responds, "You seem angry." The client states, "I'm not angry." What therapeutic communication technique has the nurse employed?
- a) Making observation
 - b) Verbalizing the implied
 - c) Reflection
 - d) Encouraging descriptions of perceptions
7. Siphwiwe after a positive HIV test and given antiretroviral therapy when she reached home she said to her mother "I do not know why I have been given this medication because I am a virgin and not HIV positive". What defense mechanism is Siphwiwe unconsciously demonstrating?
- a) Suppression
 - b) Denial
 - c) Projection
 - d) Displacement
8. The nurse is caring for a client who experiences false sensory perceptions with no basis in reality. These perceptions are known as:
- a) Delusions
 - b) Hallucinations
 - c) Loose association
 - d) Neologisms

9. Artane (trihexyphenidyl) is used to treat the extrapyramidal effects induced by antipsychotics. This drug exerts its effect by:
- Decreasing the anxiety causing muscle rigidity
 - Blocking the cholinergic activity in the nervous system (CNS)
 - Increasing the level of acetylcholine in the CNS
 - Increasing norepinephrine in the CNS
10. Which of the following is one of the advantages of the newer antipsychotic medication risperidone (Risperdal)?
- The absence of anticholinergic effects
 - A lower incidence of extrapyramidal effects
 - Photosensitivity and sedation
 - No incidence of neuroleptic malignant syndrome
11. A client with schizophrenia who receives fluphenazine (Prolixin) develops pseudoparkinsonism and akinesia. What drug would the nurse administer to minimize extrapyramidal symptoms?
- Trihexyphenidyl (artane)
 - Phernagan (promethazine)
 - Clonazapine
 - Diazepam
12. Dingizwe has just been admitted to the psychiatric ward. He shows symptoms of elevated mood, irritability, racing thoughts and flight of ideas. His mother reported he is more talkative than usual. The likely diagnosis for Dingizwe is
- Mania
 - Dementia
 - Depression
 - Schizophrenia
13. Classical depression is characterised by all, *except*
- Psychomotor retardation
 - Loosening of association
 - Retardation of thinking process
 - Pervasive sad mood

14. Common risk of severe depression is
- Fatiguability
 - Hallucinations
 - Thought block
 - Suicide
15. Mania is a
- Thought disorder
 - Mood disorder
 - Personality disorder
 - Hypersexuality disorder
16. The best approach for the mental health nurse to take when a client thinks his food is poisoned is to
- Assure the client that all food served on the hospital is safe to eat
 - Obtain an order for a tube feeding
 - Provide the client with food in unopened containers
 - Tell the client that irrational thinking is detrimental to good health
17. A nurse caring for a client with depression who has not responded to antidepressant medication. The nurse anticipates what treatment procedure to be prescribed?
- Neuroleptics medication
 - Short term seclusion
 - Psychosurgery
 - Electroconvulsive therapy
18. During an initial patient interview, the psychiatric nurse begins by asking the patient to describe his or her:
- Thoughts about the current situation
 - Personal history
 - Feeling about the current situation
 - Current situation

19. A patient receiving electroconvulsive therapy tells the nurse, "I am always forgetting appointments and losing things." Which response is the most therapeutic?
- "You still really need this treatment."
 - "Your memory will get better."
 - "This is an expected side effect."
 - "The memory loss must be upsetting. Let's talk about it."
20. The nurse understands that the best explanation for involuntary admission for psychiatric treatment is that:
- A psychiatrist determines that the client's behaviour is irrational
 - The client exhibits behaviour that is a threat to either the client or to society
 - The client is unable to manage the affairs necessary for daily life
 - The client has broken a law
21. Which of the following questions would be most appropriate to use during the psychiatric admission assessment to obtain the client's mood?
- "How are you feeling"?
 - "Are you sad"?
 - "You look upset; are you"?
 - "What brought you the hospital"?
22. Anhedonia is best defined as:
- Rigidity of body
 - Abnormal involuntary movement of body parts
 - Loss of pleasure in previously enjoyed activities
 - Loss of sleep
23. The diagnostic criteria for schizophrenia includes all of the following except:
- Delusions
 - Disorganised behaviour
 - Marked fear about a specific object
 - Seeing strange animals others do not see
24. Drugs used in the treatment of schizophrenia are called
- Anxiolitics

- b. Neuroleptics
- c. Mood stabilisers
- d. Anticholinergics

25. When conducting a mental status examination (MSE) on a patient, the word that would best describe his/her level of consciousness is

- a) Compulsion
- b) Evasive
- c) Pressured
- d) Stuporous

Section B: Essay Questions

Question 1 (three points/ marks for each stage)

Describe the five stages of a counselling interview in psychiatric nursing (15 Marks)

Question 2 (one mark for each point)

Describe the three important parts in psychiatric assessment interview (10 Marks)

Section C: Essay Questions

Question 1(one mark for each point)

Outline the diagnostic criteria for Brief psychotic disorder (10 marks)

Question 2 (15 Marks, One mark for each point stated)

- a) Describe the pharmacological management of Brief Psychotic Disorder (Describe five points)
- b) Describe the side effects of the neuroleptics medication (list five 5 points)
- c) Describe the nursing management for a patient suffering from Brief psychotic disorder (Describe five points)