

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
FINAL EXAMINATION PAPER
AUGUST 2020

TITLE: **Nursing Management of Mental Health Disorders in Adults**

COURSE: **CHN406**

DURATION: **TWO (2) HOURS**

MARKS: **75**

INSTRUCTIONS: **1. ANSWER ALL QUESTIONS**
 2. EACH QUESTION CARRIES 25 MARKS

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QUESTION 1

Multiple Choice Questions: Select the response that best answers each of the following questions and indicate your choice by writing the letter preceding the response next to the corresponding number, for example, 65=S.

1. This statement is unlikely to be true about cognitive disorders:
 - a) They are acquired mental disorders
 - b) They are developmental mental disorders
 - c) They are mental disorders characterised by a decline in mental processes
 - d) They are mental disorders associated with an underlying brain pathology

2. How we process and apply information about other people and social situations is an example of:
 - a) Learning and memory
 - b) Language
 - c) Complex attention
 - d) Social cognition

3. The ability to understand the mental state, of oneself or others, that underlies overt behaviour best describes:
 - a) Sexuality theory
 - b) Theory of mind
 - c) Cognitive theory
 - d) Perception of causality theory

4. In the DSM -5, a physical illness that causes mental /psychiatric symptoms is listed as:
 - a) A specifier
 - b) A secondary diagnosis
 - c) A medical diagnosis
 - d) A primary diagnosis

5. Antisocial personality disorder is characterised by
 - a) A long standing pattern of over concern of others
 - b) A long standing pattern of disregard for, and violation of the rights of others
 - c) A long standing pattern of disregard for individuals who are sociable
 - d) A long standing pattern of fear of people who are bullies

6. Musa has been diagnosed with schizoid personality disorder. The main feature of his personality is likely to be:
 - a) Emotional coldness
 - b) Disorganised speech
 - c) Manic episodes
 - d) Agoraphobia

7. People with cluster B personality disorders usually present with:
 - a) Problems with impulse control and emotional regulation
 - b) Odd and eccentric behaviours
 - c) Distrust and suspiciousness of other people
 - d) Anxiety and fearfulness

8. Mania can be described as:
 - a) Anger followed by sleepiness
 - b) Low or deflated mood
 - c) Abnormally elevated mood
 - d) Alternating high and low moods

9. Based on the nurse's knowledge of DSM -5 it is understood that the presence of psychotic symptoms for a period less than a month but at least one day is a characteristic of:
 - a) Schizoaffective disorder
 - b) Schizophrenic spectrum disorder
 - c) Brief psychotic disorder
 - d) Schizophreniform disorder

10. A client with a long history of alcoholism has recently been diagnosed with Wernicke-Korsakoff syndrome. Which symptoms should the nurse expect to assess?
 - a) A sudden onset of muscle pain with elevation of creatinine phosphokinase
 - b) Signs and symptoms of congestive heart failure
 - c) Loss of short-term and long-term memory and the use of confabulation
 - d) Inflammation of the stomach and gastro-oesophageal reflux disorder

11. While performing an admission interview, the nurse learns that the client drinks to avoid early morning "shakes". The nurse recognises this behaviour as:
 - a) Substance abuse
 - b) Substance intoxication
 - c) Substance dependence
 - d) Delirium tremens

12. Which of the following is a behavioural symptom exhibited by individuals suffering from major depression?

- a) Unpredictable and erratic behaviour
- b) Compulsive checking
- c) Staying in bed the whole day
- d) Ritualised behaviour

13. Which of the following is a chronic mood disturbance that can cause depressive symptoms, but does not disrupt normal functioning?

- a) Cyclothymia
- b) Dysthymia
- c) Personality disorder
- d) Dissociative disorder

14. A speech disorder characterised by pathologic repetition of words said by another is:

- a) Echopraxia
- b) Echolalia
- c) Circumstantiality
- d) Looseness of association

15. An anxiety disorder is:

- a) An emotional state identified by panic attacks
- b) An emotional condition classified by excessive checking
- c) Disordered thinking
- d) An aroused state characterised by feelings of apprehension, uncertainty and fear

16. It is considered that successful cognitive behavioural therapy (CBT) treatments of social phobia include elements of the following:

- a) Exposure therapy
- b) Social skills training
- c) Changing the way one thinks about the situation
- d) All of the above

17. Pleasure in sexuality is linked to:

- a) One's gender and body
- b) One's power and mind
- c) One's spirit and intention
- d) All of the above

18. A sexual deviance that involves inanimate objects, non-consenting adults or suffering and humiliation of oneself or a partner generally describes a/an:

- a) Impotence disorder
- b) Vaginismus disorder
- c) Orgasmic disorder
- d) Paraphilic disorder

19. In Major Depression, which of the following is a significant neurotransmitter?

- a) Serotonin
- b) Dopamine
- c) Acetylcholine
- d) Beta-carotene

20. Difficulty with motor planning is:

- a) Echopraxia
- b) Parkinsonism
- c) Tardive dyskinesia
- d) Apraxia

21. For the past year a client has received haloperidol. The nurse administering the client's next dose notes a twitch on the right side of the client's face and tongue movements. Which nursing intervention takes priority?

- a) Administer haloperidol along with benztropine 1 mg PRN per order
- b) Withhold the haloperidol and call the physician
- c) Assess for other signs of hyper-glycaemia resulting from use of haloperidol
- d) Check the client's temperature and assess mental status

22. The inability to process sensory information is best described by the term:

- a) Agnosia
- b) Illusion
- c) Hallucination
- d) None of the above

23. Gwinsi is hyperactive, as displayed by an inability to stay in one place for long. Despite this perpetual activity, Gwinsi achieves little, as he does not finish things that he starts. Invariably Gwinsi is first up in the morning but last to breakfast. This behaviour describes a/an:

- a) Manic client
- b) Psychotic client
- c) Anxious client
- d) Depressed client

24. Foods least likely to worsen neuro-cognitive disorders are:

- a) Processed foods
- b) Fresh vegetables
- c) Smoked meats
- d) Hydrogenated fats

25. Sgwili who is diagnosed with bipolar disorder and acute mania, tells the nurse, "Where is my daughter? I love Louis. Rain, rain, go away. Dogs eat dirt." The nurse interprets these statements as indicating which of the following?

- a) Echolalia
- b) Neologism
- c) Flight of ideas
- d) Clang associations

QUESTION 2

Mental health disorders are identified and classified by their diagnostic criteria. Outline the diagnostic criteria for the following disorders.

- a) Delirium (4)
- b) Major depression (6marks)
- c) Antisocial personality disorder (7¹/₂marks)
- d) Schizophrenia (4¹/₂ marks)
- e) Substance use disorder (3 marks)

[TOTAL = 25]

QUESTION 3

Tibalo, a 50-year old employed as an accountant in a private company is admitted to hospital with broken ribs, a fractured leg and contusions following a car accident due to his drinking. This admission is the third one this year. He admits that he has a drinking problem. He has had the problem for 15 years but says he only drinks when he has problems. On physical examination he has a large hard liver, appears malnourished and reports difficulty with sleep.

- i) Document your assessment findings for Tibalo and arrive at both a nursing and psychiatric diagnosis. Use the DSM V criteria to support your given psychiatric diagnosis. (10 marks)
- ii) Describe the nursing management you would provide to Tibalo. (15 marks)

[TOTAL = 25]