

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION PAPER DECEMBER 2019

TITLE : MENTAL HEALTH PROBLEMS AND SOCIETY I

COURSE : NUR 552

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 option that best responds to each of the stem questions given by writing the letter selected next to the item number, for example, 60=p. (1 mark each)

1. The nurse is caring for a client with schizophrenia. Which of the following outcomes is the least desirable?
 - a) The client spends more time by himself.
 - b) The client does not engage in delusional thinking.
 - c) The client does not harm himself or others.
 - d) The client demonstrates the ability to meet his own self-care needs.

2. Since admission 4 days ago, a client has refused to take a shower, stating, "There are poison crystals hidden in the shower head. They will kill me if I take a shower." Which nursing action is most appropriate?
 - a) Dismantling the showerhead and showing the client that there is nothing in it.
 - b) Explaining that other clients are complaining about the client's body odour.
 - c) Asking a security officer to assist in giving the client a shower.
 - d) Accepting these fears and allowing the client to take a sponge bath.

3. How soon after chlorpromazine (Thorazine) administration should the nurse expect to see a client's delusional thoughts and hallucinations eliminated?
 - a) Several minutes.
 - b) Several hours.
 - c) Several days.
 - d) Several weeks.

4. Which of the following is one of the advantages of the newer antipsychotic medication risperidone (Risperdal)?
 - a) The absence of anti-cholinergic effects.
 - b) A lower incidence of extra-pyramidal symptoms.
 - c) Photosensitivity and sedation.
 - d) No incidence of neuroleptic malignant syndrome.e

5. Nurse Madonsela is aware that this client is at highest risk for suicide?
 - a) One who appears depressed, frequently thinks of dying, and gives away all personal possessions.
 - b) One who plans a violent death and has the means readily available.
 - c) One who tells others that he or she might do something if life doesn't get better soon.
 - d) One who talks about wanting to die.

6. When interviewing the parents of an injured child, which of the following is the strongest indicator that child abuse may be a problem?
 - a) The mother and father tell different stories regarding what happened.
 - b) The family is poor.
 - c) The injury is not consistent with the history or the child's age.
 - d) The parents are argumentative and demanding with emergency department personnel.

7. Macala is remanded by the courts for psychiatric treatment. His police record, which dates to his early teenage years, includes delinquency, running away, auto theft, and vandalism. He dropped out of school at age 16 and has been living on his own since then. His history suggests maladaptive coping, which is associated with:
 - a) Antisocial personality disorder.
 - b) Borderline personality disorder.
 - c) Obsessive-compulsive disorder.
 - d) Narcissistic personality disorder.

8. Macembe is being treated for alcoholism. After a family meeting, Macembe's wife asks the nurse about ways to help the family deal with the effects of alcoholism. Nurse Mavuso should suggest that the family join which organisation?
 - a) Make Today Count.
 - b) Alcoholics Anonymous.
 - c) Al Anon.
 - d) Emotions Anonymous.

9. Mental health is defined as:
 - a) The ability to distinguish what is real from what is not.
 - b) A state of well-being where a person can realize his own abilities can cope with normal stresses of life and work productively.
 - c) The promotion of mental health, prevention of mental disorders, nursing care of patients during illness and rehabilitation.
 - d) The absence of mental disorders.

10. In the emergency department, a client with facial lacerations states that her husband beat her with a shoe. After the health care team repairs her lacerations, she waits to be seen by the crisis intake nurse, who will evaluate the continued threat of violence. Suddenly the client's husband arrives, shouting that he wants to "finish the job." What is the first priority of the health care worker who witnesses this scene?
 - a) Remaining with the client and staying calm.
 - b) Calling a security guard and another staff member for assistance.
 - c) Telling the client's husband that he must leave at once.
 - d) Determining why the husband feels so angry.

11. Simo, a preschooler, is brought to the emergency department for treatment of a dislocated shoulder, which allegedly happened when she fell down the stairs. Which action should make nurse Sibandze suspect that Simo was abused?
 - a) Simo cries uncontrollably throughout the examination.
 - b) Simo pulls away from contact with the physician.
 - c) Simo does not cry when the shoulder is examined.
 - d) Simo does not make eye contact with nurse Sibandze.

12. Which outcome criteria would be appropriate for a child diagnosed with oppositional defiant disorder?
 - a) Accept responsibility for own behaviours.

- b) Be able to verbalise own needs and assert rights.
 - c) Set firm and consistent limits with the client.
 - d) Allow the child to establish his own limits and boundaries.
13. Lawyer Mabhengu throws books and furniture around the office after losing a case and is referred to the psychiatric nurse Xulu in the law firm's employee assistance programme. Nurse Xulu knows that the Mabhengu's behaviour most likely represents the use of which defence mechanism?
- a) Regression.
 - b) Projection.
 - c) Reaction-formation.
 - d) Intellectualisation.
14. Artane is used to treat the extrapyramidal effects induced by antipsychotics. This drug exerts its effect by:
- a) Decreasing the anxiety causing muscle rigidity.
 - b) Increasing the level of acetylcholine in the CNS.
 - c) Increasing norepinephrine in the CNS.
 - d) Blocking the cholinergic activity in the central nervous system (CNS).
15. Based on the nurse's knowledge of DSM V 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) Schizophreniform disorder.
 - b) Schizoaffective disorder.
 - c) Schizophrenic spectrum disorder.
 - d) Brief psychotic disorder.
16. Macembe is hyperactive, as displayed by an inability to stay in one place for long. Despite this perpetual activity, Macembe achieves little, as he does not finish things that he starts. Invariably Macembe is first up in the morning but last to breakfast. This behaviour describes a:
- a) Manic client.
 - b) Psychotic client.
 - c) Anxious client.
 - d) Depressed client.
17. Symptoms that develop when a person is responding to a particular event or situation, such as a loss, a problem in a close relationship, an unwanted move, a disappointment, or a failure best describe a/an
- a) Post-traumatic stress disorder.
 - b) Acute stress disorder.
 - c) Adjustment disorder.
 - d) Disinhibited attachment disorder.
18. Inaccurate interpretation of a general event as personally directed to a specific person best describes
- a) Delusion.
 - b) Ideas of reference.
 - c) Hallucination.

- d) Loose association.
19. Diagnostic criteria for a manic episode least likely include
- A catatonic state.
 - Grandiosity and flight of ideas.
 - Pressured speech.
 - Decreased need for sleep.
20. Penetration with a penis, begun with consent, becomes rape in which of the following circumstances?
- When a man exceeds a reasonable time for negotiating the continuance of intercourse with the woman .
 - When a man completes intercourse.
 - If the woman ceases to consent.
 - When a man, upon realising that the woman no longer consents, does not immediately withdraw his penis completely from the woman.
21. Sibuko goes to the school nurse complaining of unwelcome, persistent thoughts affecting his school work. He checks the locks at home frequently and feels a need for order or symmetry in his room. What is the condition?
- Depression
 - Psychosis
 - Schizophrenia
 - Obsessive-compulsive disorder
22. A neuromuscular blocking agent is administered to Mahewu before electroconvulsive therapy (ECT). Nurse Shongwe should carefully observe the client for?
- Respiratory difficulties.
 - Nausea and vomiting.
 - Dizziness.
 - Seizures.
23. Nurse Sabelo was caring for a 41 year old female client. Which behaviour by the client indicates adult cognitive development?
- Generates new levels of awareness.
 - Assumes responsibility for her actions.
 - Has maximum ability to solve problems and learn new skills.
 - Her perception are based on reality.
24. Mental health nursing least likely focuses on
- Knowledge and skills to deal with intra- and interpersonal dynamics of human beings.
 - Only expert knowledge of psychotropic medication actions and contraindications.

- c) Healthy lifestyle functioning where people become involved independently with themselves, others, issues and tasks in constructive ways.
- d) Stimulating people to do more through activating, demanding and promoting effort and better function.

25. Paranoid personality disorder is unlikely to be characterised by

- a) Feelings that they have been betrayed by others
- b) Avoidance of close relationships
- c) Avoidance of public places
- d) Spontaneous aggression towards others

(25 marks)

Question 2

Conducting a mental status assessment is one of the essential skills that a psychiatric-mental health should master. In the table below, match each of the statements that describe a nurse's findings in a mental status assessment with the relevant area of assessment. In your answer sheet write the question number and the alphabet (in uppercase/capital letter) representing the answer you have selected (25 Marks).

Finding	Area of Assessment
1. Aware of time, place, person, knows length of stay in hospital, is not aware of where he is.	A. Sensitivity
2. Hallucinations and illusions.	B. Speech
3. False belief of one's importance, power and identity, false belief that one is being cheated or harassed.	C. Attention
4. Unrealistic, irrational fears.	D. Mood
5. Amnesia, fugue, confabulation.	E. Affect
6. Subnormal, average, above average intellectual capacity.	F. Phobic thoughts
7. Patient's ability to identify existence of a problem.	G. Insomnia
8. Normal in rate, tone or volume or fast, pressured and loud.	H. Homicidal ideation
9. The main reason a patient is seeking mental health examination.	I. Memory
10. What a client would do in a social situation such as "what would you do if you found a stamped addressed envelope on the street.	J. Attitude
11. Desire to do serious harm or take the life of another person.	K. Delusion
12. Desire to end one's life.	L. Thought content
13. Awkward posture or position for prolonged period.	M. Appearance
14. Wears excessive makeup, bright colours, overweight.	N. Perception
15. Happy, sad, expressionless, appropriate to the situation.	O. Echolalia
16. Feeling of unworthiness, helplessness, guilt or obsessions.	P. Echopraxia
17. Easily hurt or damaged, susceptible.	Q. Behaviour and psychomotor activity
18. Excessive imitation of another person's behaviours	R. Catatonia
19. Repetition of one person's words by another.	S. Chief complaint
20. Hyperactivity, agitation or poverty of movement	T. Suicidal ideation
21. Diminished amount of sleep, early morning awakening	U. Intelligence
22. Able to explain "no use crying over spilt milk"	V. Judgement
23. Labile, blunted, ambivalence	W. Orientation
24. Difficulty finishing tasks, easily distracted, having difficulty concentrating	X. Insight
25. Hostile, evasive, defensive	Y. Abstract thought

TOTAL = 25

Question 3

Mazwi had visited Libya 5 months ago at the time when the war against the ruling government was just beginning. He saw a lot of people dying from gunfire, bombs and rockets. He managed to escape unharmed and returned home. He has been home for 4 months but his mind cannot get rid of the tragic events he saw and has sleepless nights because of nightmares. The slightest sounds now frighten him and he has been unable to function at his previous level at home and at work. He has been diagnosed as having post-traumatic stress disorder (PTSD).

- i) What signs and symptoms would you expect to find in Mazwi? Use the DSM V criteria for PTSD. (15)
- ii) How should Mazwi be managed? (10)

TOTAL=25