

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
MAIN EXAMINATION: MAY 2021

COURSE TITLE: PRIMARY MENTAL HEALTH NURSING
COURSE CODE: CHN403
TIME ALLOCATED: 2 HOURS
TOTAL MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. PLEASE WRITE LEGIBLE**
- 2. PLEASE ANSWER ALL QUESTIONS**
- 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**

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

QUESTION 1

1. Mental health services in Eswatini are faced with many challenges in the delivery of primary mental health care nursing,

a) Discuss five (5) challenges in the provision of primary mental health care nursing services in developing countries like Eswatini.

(5 Marks)

b) With reference to any WHO recommendations (2018), discuss how a mental health nurse can address the challenges for integrating mental health care in primary care setting.

(20 Marks)

QUESTION 2

2.1 Primary mental health care has many benefits for the individual client, family and for the community. Describe five benefits for integrating primary mental health care into PHC..

(10 Marks)

2.2 Discuss how a multi-disciplinary team approach in school mental health is important in mental health promotion and prevention of mental illness amongst school going children.

(10 Marks)

2.3 Describe five benefits of the school mental health nurse in ensuring quality mental health for the learners.

(5 Marks)

QUESTION 3

a) Illustrate how a mental health nurse would use the three components/ categories of primary prevention, to prevent students from developing psychiatric problems.

(15 Marks)

b) Mental illness has a potential for self-stigma and public health stigma. Outline the consequences of stigma and how community mental health nursing can be a solution for the consequences of stigma.

(i) Consequences of self stigma and public stigma (5)

(ii) Community mental health nursing as a solution for the consequences of the above mentioned stigma (5)

(10 Marks)