

**FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING SCIENCE**



<u>PROGRAMME</u>	: BCUR
<u>SUBJECT</u>	: NURSING SCIENCE 3A10: PSYCHIATRIC AND MENTAL HEALTH NURSING SCIENCE MODULE 1: INTRODUCTION TO PSYCHIATRIC AND MENTAL HEALTH NURSING SCIENCE MODULE 2: NURSING PROCESS
<u>CODE</u>	: VPK3A10
<u>DATE</u>	: WINTER EXAMINATION MAY/JUNE 2016
<u>DURATION</u>	: 3 HOURS
<u>WEIGHT</u>	: 50: 50
<u>TOTAL MARKS</u>	: 100
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<u>EXAMINER(S)</u>	: DR A TEMANE : MRS N NTSHINGILA
<u>INTERNAL MODERATOR</u>	: PROF M POGGENPOEL
<u>EXTERNAL MODERATOR</u>	: MRS NG MAFUTHA (TUT)
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<u>NUMBER OF PAGES</u>	: THIS PAPER CONSISTS OF SIX (6) PAGES.
<u>INSTRUCTIONS</u>	: PLEASE ANSWER ALL QUESTIONS
<u>REQUIREMENTS</u>	: TWO (2) EXAMINATION BOOKS.

MODULE 1: INTRODUCTION TO PSYCHIATRIC AND MENTAL HEALTH NURSING SCIENCE

(VPK3A10)

TIME: 1½ HOURS

MARKS: 50 (½ mark per fact)

QUESTION 1

Select the most appropriate answer for each of the statements below:

Answer as follows: e.g. 1. E

- 1.1. Which activity of core psychiatric nursing is considered to be the most important for mental health care?
- a) The promotion and protection of mental health
 - b) The prevention and treatment of mental disorders
 - c) Recovery and rehabilitation
 - d) All of the above. (1)
- 1.2. A nurse at a local primary health care clinic is to give a mentally ill patient a regularly scheduled, monthly injection of antipsychotic medication. Just before the nurse gives the injection, the patient says: "Wait! I have changed my mind. I don't want to take medicine anymore." Which initial action by the nurse would be legally and ethically appropriate?
- a) Saying: "You have a right not to take the medication, but let us talk about how that could affect your illness"
 - b) Reminding the patient that this medication has been used for months with no adverse effects
 - c) Assessing the patient for evidence of dangerousness to self or others
 - d) Calling for assistance to restrain the patient and proceeding with the scheduled injection. (1)
- 1.3. Which of the following theorists developed the first theoretical framework for psychiatric nursing, specifically the one-to-one relationship?
- a) Jean Watson
 - b) Hildegard Peplau
 - c) Dorothea Orem
 - d) Patricia Benner (1)

- 1.4. What was the name of the first psychiatric hospital established in South Africa?
- a) Robben Island
 - b) Sterkfontein Hospital
 - c) Fort Napier Hospital
 - d) Tara – the H. Moross Centre (1)
- 1.5. What is the chief role of the mental health team?
- a) Reducing conflict between various disciplines
 - b) Helping clients understand the role of the mental health staff
 - c) For psychiatrists to rule and control the mental health team
 - d) Providing continuous and comprehensive care for the patients (1)
- 1.6. Which question does the nurse use to assess the patient's judgement?
- a) What situations in your life have caused you the most anxiety?
 - b) What does the saying: "People in glass houses should not throw stones" mean to you?
 - c) If you had a high fever and were vomiting for three (3) days, what would you do?
 - d) How would you rate anxiety level on a scale of 1 to 10, where 10 means panic? (1)
- 1.7. A patient with bipolar disorder, who has been taking lithium, is admitted to the mental health unit. In what part of the nursing care plan would the nurse record the above?
- a) Assessment
 - b) Diagnosis
 - c) Planning and Implementation
 - d) Evaluation. (1)
- 1.8. Identify a statement about mental illness and mental health that is true.
- a) In any given year, about 20% of adults experience a mental disorder.
 - b) Mental health and mental illness are best presented as a continuum of levels of functioning.
 - c) Mental disorders and diagnoses occur very consistently across cultures.
 - d) Most serious mental illnesses are psychological rather than biological in nature. (1)

- 1.9. A patient with depression presents with her family in the emergency room. The family feels the patient should be admitted because "she might hurt herself". The patient agrees to be admitted to a psychiatric unit. Under which section of the Mental Health Care Act, (Act No. 17 of 2002), can the patient be admitted?
- a) Section 33-34
 - b) Section 12
 - c) Section 27
 - d) Section 25
- (1)
- 1.10. During the interview the nurse asks the client questions about delusions, preoccupations and obsessions. These questions are likely to elicit data concerning which of the following?
- a) Thought content
 - b) Orientation
 - c) Thought processes
 - d) Cognition.
- (1)

*[10]

QUESTION 2

SCENARIO

Aubrey, a 25-year old man, goes to see a psychiatrist for the first time. He is accompanied by his father, who says that his son has been acting strangely for the last three (3) weeks. He is seen on his own by the psychiatrist, and the young man describes aural hallucinations that he has been having for three (3) weeks. The psychiatrist diagnoses an acute psychotic episode and fears that it marks the beginning of schizophrenia. He wants to admit Aubrey, but Aubrey refuses admission.

- 2.1 Explain the rights of the mental health care user according to the Mental Health Care Act, (Act No. 17 of 2002) to Aubrey and his father. (10)
- 2.2 Discuss with Aubrey's dad the admission procedure according to the Mental Health Care Act, (Act No. 17 of 2002), in case of an assisted admission. (16x½)=(8)

*[18]

QUESTION 3

- 3.1 Discuss the moral principles that bind nurses in nursing and health care. (20x½)=(10)
- 3.2 Discuss the different multi-professional team members and their functions in psychiatric nursing. (10x½)=(5)
- 3.3 Describe the assumptions of the theory of interactionism and the implications for psychiatric mental health nursing. (14x½)=(7)
- *[22]

MODULE 2: NURSING PROCESS (VPK3A10)**TIME: 1½ HOURS****MARKS: 50 (½ mark per fact)****QUESTION 4**

Caroline, aged 35 years, is a single parent of two (2) girls, Dineo, aged five (5) and Naledi, two (2). The girls do not have the same father and Caroline and the girls have a distant relationship with the fathers. Caroline is working part-time as a cashier at a retail store. Dineo and Naledi attend kindergarten. Caroline has lost much of her self-confidence, feels anxious in social situations and has periods of depression when it takes all her effort just to keep the family routine going each day. However Caroline has good relations with her daughters. The kindergarten teacher has called her in because Dineo is struggling to concentrate during activities in class.

She refers Caroline to a child psychiatrist who makes a diagnosis of ADHD. Caroline is anxious and frustrated, and wants Dineo fixed. She verbalises that she does not understand Dineo's diagnosis. The child psychiatrist has referred Caroline for a one-to-one interview to you, as a psychiatric nurse.

Answer the following questions based on the above-mentioned scenario.

- 4.1 Define ADHD. (4x½)=(2)

- 4.2 Explain the presenting symptoms of this disorder to Caroline. (20x½)=(10)
- 4.3 Discuss with Caroline the treatment methods that are utilised to assist parents in coping with a child who is diagnosed with ADHD. (30x½)=(15)
- 4.4 Describe the relationship and working therapeutic tasks in a therapeutic interview. (16x½)=(8)
- 4.5 Draw a comprehensive genogram of Caroline's family. (30x½)=(15)
- *[50]**

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