

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



**PROGRAMME** : MASTERS OF NURSING SCIENCE IN PSYCHIATRIC MENTAL  
HEALTH NURSING

**SUBJECT** : MODULE 3: ASSESSMENT, DIAGNOSIS AND CRITICAL  
EVALUATION OF TREATMENT OF MENTALLY ILL PATIENTS  
(NPS9x05) (**PAPER 2**)

**CODE** : M9N17Q

**DATE** : NOVEMBER EXAMINATION 2017

**DURATION** : 3 HOURS

**WEIGHT** : 50:50

**TOTAL MARKS** : 100 MARKS

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**EXAMINERS** : 1. PROF M POGGENPOEL  
2. PROF CPH MYBURGH

**MODERATOR** : PROF E DU PLESSIS (NWU)

**NUMBER OF PAGES** : THIS PAPER CONSISTS OF THREE (3) PAGES

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**INSTRUCTIONS TO CANDIDATES: THIS IS A OPEN BOOK EXAMINATION**  
PLEASE ANSWER ALL THE QUESTIONS.

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## **QUESTION 1**

### **SCENARIO:**

**Noluthando, a 35 year old woman, was raped 4 months ago by an unknown individual. She was referred to Private Psychiatric Clinic for admission because she struggles to cope with the effects of the trauma. She is brought in to the clinic by her fiancé.**

### **Admission interview:**

"I was raped 4 months ago. For a long time afterwards, I thought and spoke about the rape solely as though it was something that had happened to somebody else. I was very aware all along that it had in fact happened to me, but there was just no feeling about it at all. For a while, I just seemed to skid along through life then I started having flashbacks that would crash over me and leave me bewildered and terrified. Suddenly, through each and every terrifying flashback, I found myself re-living the rape ordeal. Yet, I can still not remember the person's face. I still don't know who did this to me. Every instant was startling and frightening. I felt like my entire head was moving and shaking, even though I remained perfectly still. I would suddenly feel flushed and my mouth would dry up. As I began to feel that I was being held in suspension, my breathing changed. I was no longer aware of the cushion on the chair I was sitting on, or that my arm was touching a piece of furniture. I felt as if I was trapped in a bubble, floating around inside and feeling frightened. You feel really shaken after a flashback, physically and mentally exhausted.

The rape happened a week before Christmas. I can't believe the transformation into anxiety and fear. After the rape, I can't seem to get enough energy to do anything anymore, let alone enjoyable things. It is a struggle to get up every morning to go to work. At this point in time I don't see myself working for this company another year.

Since this happened to me, I struggle to fall asleep at night and I cannot concentrate on anything I have to do at work. Every time a colleague enters my office I have a huge fright. I do not function at work effectively anymore and in the evenings I lock myself in my flat to hide from everyone and everything.

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

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**QUESTION 1**

- 1.1 Formulate a comprehensive DSM V diagnosis for Noluthando. **[10]**

**QUESTION 2**

- 2.1 Complete a nursing care plan for Noluthando with reference to the following:
- 2.1.1 Nursing diagnosis with a database (12)
  - 2.1.2 Goals and objectives (10)
  - 2.1.3 Nursing interventions (Including a rationale for every intervention). (40)
  - 2.1.4 Discuss the major characteristics for the disorder Noluthando's is diagnosed with. (8)
- \*[70]**

**QUESTION 3**

- 3.1 Describe the psycho-education that you will give to Noluthando and her fiancé. **\*[20]**

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