



<b><u>FACULTY</u></b>	: Health Sciences
<b><u>DEPARTMENT</u></b>	: Nursing
<b><u>CAMPUS</u></b>	: DFC
<b><u>MODULE</u></b>	: VPK3C50 NURSING SCIENCE 3C MODULE 5: SKILLS METHODS TO PROMOTE MENTAL HEALTH MODULE 6: RISK FACTORS IN MENTAL HEALTH
<b><u>SEMESTER</u></b>	: First
<b><u>EXAM</u></b>	: FSAO June 2018

<b><u>DATE</u></b>	: 01 June 2018	<b><u>SESSION</u></b>	: 08:30-11:30
<b><u>ASSESSOR(S)</u></b>	Dr A Temane : Mrs N Ntshingila		
<b><u>MODERATOR</u></b>	: Dr A van der Wath		
<b><u>DURATION</u></b>	: 3 HOURS	<b><u>MARKS</u></b>	: 100

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NUMBER OF PAGES: THIS PAPER CONSISTS OF FIVE (5) PAGES

INSTRUCTIONS:

1. Answer ALL THE QUESTIONS.
  2. Number your answers clearly
  3. Answer section A and section B in separate books
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<b>MODULE 5: SKILLS AND METHODS TO PROMOTE MENTAL HEALTH (VPK3C50)</b> <b>TIME: 1½ HOURS</b>	<b>MARKS: 50</b>
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### QUESTION 1

Complete an interactional analysis of the group session provided according to the following guidelines:

- 1.1 **Analyse** each response by the psychiatric student nurse (PSN) as effective or less effective and motivate your answer.

In cases where it is "less effective" is indicated, motivate your answer and give an "alternative response". For example:

1.1.1 Do you think group is beneficial?

*Less-effective: Closed ended*

*Alternative response (AR): What are the benefits of a group?*

1.1	PN	Welcome back to today's session. In previous session you and I discussed about feelings, and I must say, it was a difficult session. Today we are going to look at how to express what you are feeling. Do you think that can work? (8½)
	C	I don't really know... nothing really works for me.
	A	I want to learn to say what I am feeling, I tend to keep everything to myself and not say how I am feeling.
1.2	SN	It sounds to me that you suppress your feelings and that you find it difficult to talk about it.... Tell me more. (2)
	A	Yes nobody really understands my situation. I was in the police force, and had many traumatic experiences. My wife says that I must "pull myself together", but she does not understand either. It's not that easy.
	B	Shame.... You can talk to us about it, we will understand....
	C	Here we go again. .. I am just sick and tired of this group.... Nothing helps.
1.3	PN	I hear that there is a lot of tension in the group currently, and I wonder what the rest of the group's experiences are when C states that he is 'sick and tired' of the group. (1½)

**FSAO: VPK3C50 NURSING SCIENCE 3C**  
**MODULE 5: SKILLS METHODS TO PROMOTE MENTAL HEALTH**  
**MODULE 6: RISK FACTORS IN MENTAL HEALTH**

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	D	I am scared. I don't like fighting.
	B	I think we can now help each other here in the group. We should at least try.
	C	Sigh. Eyes rolling.
1.4	PN	C, it sounds as though you are discouraged. I wonder if you would like to share your experiences at this moment with the group. <b>(1)</b>
	C	Rather not....
	B	We are here for you please....
1.5	PN	It will be good for you to share with us. <b>(2)</b>
	C	[Turns his head away and looks up at the ceiling]
1.6	PN	What needs to happen in the group, to enable you all to share with each other? <b>(1)</b>
	C	I will never know if they will walk out of here and tell everyone what I said. Who says they won't?
1.7	PN	Don't worry about that. It won't happen. <b>(2)</b>
	B	Let me tell you something, I am very scared at night, I have nightmares. They get worse after a group like this.
1.8	PN	Who else feels scared or experiences nightmares? <b>(1)</b>
	C	Not me....
1.9	PN	D, you are very quiet today, I wonder what you think about our discussion. <b>(2½)</b>
	D	I often experience the same. But I would prefer to support others, than to say something about myself. I feel better when I can help them.
1.10	PN	Who else feels the same or disagrees with D? <b>(1)</b>
	B	I disagree. I need to be heard otherwise I will go mad. I like coming to these groups, because here I don't feel like I am the only person with a problem.
	C	I agree, outside nobody listens.
1.11	PN	Who else feels that they are not being heard? <b>(1)</b>
	C	I thought that is why we are here....!
	A	Will talking really help?
1.12	PN	I wonder what the group thinks. Do you think it will help? <b>(2½)</b>

- 1.2 Identify the cognitive themes and the affective themes mentioned by the group members in the dialogue.

(3)

\*[25]

### **QUESTION 2**

- 2.1 After the group session, one member of the group A decides that he needs a supportive interview. **Discuss** the therapeutic tasks of the **working phase** that you will consider when you are conducting the supportive individual interview with A.

(12x½)=(6)

- 2.2 **Differentiate** between effective and ineffective groups

(12x½)=(6)

\*[12]

### **QUESTION 3**

**Describe** the principles of a therapeutic milieu.

(26x½)=\*[13]

<b>MODULE 6: RISK FACTORS IN MENTAL HEALTH (VPK3C50)</b> <b>TIME: 1½ HOURS</b>	<b>MARKS: 50</b>
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### **QUESTION 4**

#### **SCENARIO**

Buhle, a 16 year old girl in grade 10, is admitted in Tara Hospital after an unsuccessful suicide attempt when she was in KZN. She hanged herself on a tree after she had a fight with her mother. She has been in anti-depressants for the past six (6) weeks. Her mother says that she lies about certain aspects of her family. Buhle verbalized that she has been molested by her stepfather for the past five (5) years. She told this to her mother just before she decided to commit suicide. Her reason for her suicide attempt is that her mother doesn't believe her. Buhle and her mother's relationship deteriorated since her mother got married again. They barely speak to each other. She does not have any contact with her father.

**Answer the questions based on the above scenario.**

- 4.1 Describe the nursing actions to deal with the client's suicidality and motivate your answer. (26×½)=(13)
- 4.2 Describe the process of crisis of intervention that you will apply in this scenario.(40×½)=(20)
- 4.3 Define the concepts "cultural sensitivity" and "cultural competence". (4×½)=(2)
- 4.4 Discuss the essential skills for cultural competence when you work with Buhle who has come to Johannesburg from a rural area. (20×½)=(10)
- 4.5 Explain how you would care for Buhle's family after the suicide attempt. (10×½)=(5)
- \*[50]**

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