



<u>FACULTY</u>	: Health Sciences
<u>DEPARTMENT</u>	: Nursing
<u>CAMPUS</u>	: DFC
<u>MODULE</u>	: VPK3C50 NURSING SCIENCE 3C MODULE 5: SKILLS METHODS TO PROMOTE MENTAL HEALTH MODULE 6: RISK FACTORS IN MENTAL HEALTH
<u>SEMESTER</u>	: First
<u>EXAM</u>	: JULY SUPPLEMENTARY EXAM 2019

<u>DATE</u>	: 16 JULY 2019	<u>SESSION</u>	: 08:00-11:00
<u>ASSESSOR(S)</u>	Dr A Temane : Dr N Ntshingila		
<u>EXTERNAL MODERATOR</u>	DR A VAN DER : WATH		
<u>DURATION</u>	: 3 HOURS	<u>MARKS</u>	: 100

NUMBER OF PAGES: EIGHT (8) PAGES

INSTRUCTIONS:

1. Answer ALL THE QUESTIONS.
2. Number your answers clearly.
3. Answer the modules in separate answer books.

MODULE 5: SKILLS AND METHODS TO PROMOTE MENTAL HEALTH (VPK3C50) TIME: 1½ HOURS MARKS: 50

QUESTION 1

Answer the following multiple choice questions by writing only the number and the correct letter(s) in your answer book. Example: 1.21. a

1.1 A client is pacing in the hall. The nurse overhears the client say, "Leave me alone. I am not in the Mafia." The best response from the nurse would be:

- a. "Remember you are safe from the Mafia here in the hospital."
- b. "Tell me what you are hearing right now."
- c. "You need to attend the next recreation group. That will help you ignore the voices."
- d. "You are hearing voices again, right?"

1.2 The nurse knows that when performing a lethality assessment, asking the client, "Have you ever thought of taking your own life?" may:

- a. Cause the client to think about suicide.
- b. Be disrespectful.
- c. Give the client an idea about suicide methods.
- d. Cause the client to open up about other attempts.

1.3 A delusional client walks up to the nurse and says, "I am Mr. Mbeki, former president of South Africa. Who are you and why are you here?" The most therapeutic response is which of the following?

- a. "I am your nurse and I will be here to help you until suppertime."
- b. "You don't know who I am?"
- c. "You know who I am."
- d. "You are not the overseer; you are a client in the hospital."

1.4 Which of the following activities usually occur in the relationship phase of an individual session?

- a. Giving the client time to explore possible options as a solution to the problem

- b. Exploring how the client relates with others
- c. Identifying dysfunctional thought and ideas the client has
- d. Discussing what the client would like to achieve in the session

1.5 Which question would the nurse commonly ask in the orientation phase?

- a. What brings you here today?
- b. Could you summarize what we have discussed this far?
- c. How do you feel when you think about the problem?
- d. Who is there to support you?

1.6 Crises occur when an individual:

- a. Is exposed to a precipitating stressor
- b. Perceive a stressor to be threatening
- c. Has no support systems
- d. Experiences a stressor and perceives coping strategies to be ineffective

1.7 The client is ready for termination of the counselling sessions when he/she:

- a. Clarifies what the role of the counsellor is in the sessions
- b. Expresses his emotions without resistance
- c. Is resistant about discussing painful events
- d. Effectively uses his new problem solving strategies

1.8 A nurse educates a group of adolescents at school on assertiveness. She discusses peer pressure and how to say “no” to drugs. This type of mental health education is:

- a. Primary
- b. Secondary
- c. Tertiary
- d. Rehabilitative

1.9 The nurse gives mental health education on managing extrapyramidal side-effects of anti-psychotic drugs to a group of mental health care users (MHCUs) at Weskoppies hospital. During the session, she asks each MHCU to write their side effects on separate sheets of paper. She

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

then lets them group similar side-effects under the headings akathisia, dystonia and parkinsonism.

Her rationale for this activity is to:

- a. To establish if they can remember what the side-effects are
- b. Get them to participate in the discussion
- c. Evaluate if the objectives are met
- d. Encourage learning and memory

1.10 During the evening rounds, a client is very upset with the nurse. The nurse responds by saying: *"You are angry, because I was late with your medication this evening."* His/her response is an example of:

- a. Clarification.
- b. Empathy.
- c. Paraphrasing.
- d. Confrontation.

1.11 Which of the following is a correct assumption regarding the concept of crisis?

- a. A crisis is associated with psychopathology.
- b. A crisis is precipitated by a specific identifiable event.
- c. A crisis is chronic in nature and needs multiple interventions over time.
- d. A crisis contains the potential for psychological growth or deterioration.

1.12. Which of the following individuals is at high risk for suicide attempt?

- a. An adolescent, age 16, high socioeconomic group, no physical or mental health problems
- b. A woman, age 33, middle socioeconomic group, with a previous suicide attempt and with impulsive or aggressive tendencies and has social withdrawal.
- c. A man, age 55, middle socioeconomic group, who suffered myocardial infarction a year ago.
- d. A woman, age 33, high socioeconomic group, and abuses alcohol extensively.

1.13 Which is an example of the therapeutic technique of "exploring"?

- a. "Tell me more about that particular situation...?"
- b. "And after that you...?"
- c. "Give me an example of..."
- d. "How does that compare with...?"

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

1.14 Which student behaviour is consistent with therapeutic communication?

- a. Offering your opinion when asked to convey support.
- b. Summarising the essence of the patient's comments in your own words.
- c. Interrupting periods of silence before they become awkward for the patient.
- d. Telling the patient, he did well when you approve of his statements or actions.

1.15 Which of the facilitative attitude is a vital component in establishing a therapeutic relationship with a patient.

- a. Active listening.
- b. Clarification.
- c. Reflection.
- d. Positive regard.

1.16 You have been working closely with a patient for the past month. Today he tells you he is looking forward to meeting with his new psychiatrist but frowns and avoids eye contact while reporting this to you. Which of the following responses would most likely to be therapeutic?

- a. "A new psychiatrist is a chance to start fresh; I am sure it will go well for you".
- b. "You say you look forward to the meeting, but you appear anxious or unhappy".
- c. "I notice that you frowned and avoided eye contact just now, don't you feel well".
- d. "I get the impression you don't really want to see your psychiatrist – can you tell me why?"

(16)

QUESTION 2

SCENARIO

Makgabo, 38 is a single parent of two girls, Diane who is 5 years old and Samantha who is 2 years old. She was previously admitted at Tara Hospital where she attended DBT (Dialectical behaviour therapy) and individual therapy. Makgabo seems not to be coping with everyday life challenges. Since the birth of Samantha, she seems to struggling with everyday life challenges. She 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. Makgabo was re-admitted for depression and after a week discharged to attend out-patient department to continue with treatment and therapy. She has been specifically referred to attend group therapy at the out-patient department. Makgabo arranges for a relative to look after the children once a week and agrees to

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

attend the sessions, which last for two hours over a period of six months. At the outpatient department there are other four outpatients with similar challenges as Makgabo. They are also referred to attend the group session. You are the community health nurse working at the outpatient department responsible for conducting the group session.

Answer the following questions based on the above scenario:

2.1 Differentiate between a therapeutic group and social group **(8 x ½) = (4)**

2.2 Compile a list of selection criteria for the group which Makgabo will attend **(8 x ½) = (4)**

2.3 Explain the functions of a group **(20 x ½) = (10)**

***[18]**

QUESTION 3

Mr and Mrs Ramotse have a 7-year-old boy, Dikgang, who has been recently diagnosed with cerebral palsy and has been admitted at Woodside Sanctuary. They are not coping very well in taking care of their intellectually disabled child. **Describe** the support for parents for an intellectually disabled individual. **(32 x ½) = (16)**

MODULE 6: RISK FACTORS IN MENTAL HEALTH (VPK3C50)

TIME: 1½ HOURS

MARKS: 50

QUESTION 4

SCENARIO

In one of the Alcoholics Anonymous group sessions Ms. Nxumalo verbalizes that life is not worth living anymore and it will be better if she is dead. She had x5 suicide attempts in the previous 18 months. She is diagnosed with Major Depressive Disorder. She asks you if it is allowed for her attorney to come and see her about her will. She describes herself as someone who reacts before she thinks about it. She verbalizes that Jabulani phoned her last night to end his relationship with her. According to her, her life has no meaning without him. You are scared that she will try to commit suicide.

Answer the following questions regarding the above-mentioned scenario.

4.1 **Evaluate** Ms Nxumalo's suicide potential according to the "Di Vasto" SADCHILDREN scale.

(38 x ½) = (19)

Ms Nxumalo was found 3 days later in the ward where she cut her wrists with a light bulb.

4.2 **Describe** the nursing interventions that you will implement with the following people after the suicide attempt:

4.2.1 Ms Nxumalo **(20x ½) = (10)**

4.2.2 Ms Nxumalo's family **(6 x ½) = (3)**

(13)

***[32]**

QUESTION 5

Ms Nxumalo is originally from Zimbabwe. She moved to South Africa a year ago looking for employment.

Discuss the six cultural phenomena that are important to remember when you work with a client from a different culture.

(12x½) = (6)

QUESTION 6

You are the operational manager working in a male closed psychiatric unit. You notice that there is a high level of aggressive behaviour in the ward.

6.1 **Discuss** the prevention methods of aggression. **(18 × ½) = (9)**

6.2 **Discuss** the nursing interventions on working with an aggressive patient **(6 × ½) = (3)**

***[50]**

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