



<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>	: MAY/JUNE EXAM 2019

<u>DATE</u>	: 01 JUNE 2019	<u>SESSION</u>	: 12:30-15:30
<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: FIVE (5) PAGES

INSTRUCTIONS:

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

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

MODULE 5: SKILLS AND METHODS TO PROMOTE MENTAL HEALTH (VPK3C50) TIME: 1½ HOURS	MARKS: 50
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QUESTION 1

Complete this interactional analysis of the following extract of a transcription of a therapeutic interview between a Student Nurse and a Clients by utilizing the following guidelines:

1.1 **Indicate the effectiveness (Effective and Less Effective)** of each response made by the Student Nurse

(1.1.1 – 1.1.10). Motivate your answer with an alternative therapeutic response in a case of **less effective** response.

SN: Student Nurse

C: Client

1.1.1	SN	Good morning Mrs. Peters. My name is Student Nurse Tau. (1½)
	C	Please to meet you.
1.1.2	SN	You made an appointment with me. This session will last ½ hour and everything we say will be kept confidential. (3½)
	C	I am so glad to hear that. Does that mean that you are not allowed to talk to any of my family members? Even if I plan to kill or hurt them?
1.1.3	SN	Unfortunately I will have to tell someone – another professional if you plan to hurt yourself or someone else. (2)
	C	OK. Well... the truth is, sometimes I don't know if I will always be able to control myself when my baby cries for hours and hours on end.
1.1.4	SN	You have to control yourself. No baby deserves to be punished because of crying, you have to be able to tolerate that. It will anyway get better when she is six weeks old. (3)
	C	It really is difficult for me when I don't know the reason for her crying.
1.1.5	SN	But it always stops, doesn't it? At least you know that everything that goes up must come down again. It is not a good reaction that you have...your baby doesn't deserve to be treated like that. (3½)
	C	I feel so helpless. Then my husband, David, still have the nerve to tell me that I am not a good mother and he always threatens to phone his mother to come and help me. Heaven help me!
1.1.6	SN	It is not only your baby's crying that stresses you so much, but also your husband's reaction that make you feel inadequate. (1)

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

	C	That is true. That is so true.	
1.1.7	SN	Mmmm.....	(1)
	C	You know, I don't know if I am a good mother. I just don't if I will be able to do this for the next 18 years. What if I fail? I might as well give up now.	
1.1.8	SN	You don't know if you are able to do this! It is not as if you have a choice now. What do you want to do with her? Give her up for adoption? You will be fine, you will see. You just need to calm down, get some colic medicine and everything will fall into place.	(4)
	C	A good mother is someone who will never stop trying. Someone who will carry on no matter what.	
1.1.9	SN	Tell me more about how do you meet the criteria of your own definition of a good mother?	(1)
	C	I suppose I haven't stopped trying yet. So I am not so far off then, am I?	
1.1.10	SN	You sound relieved.	(1)
	C	I am.	
1.1.11	SN	There is 2 minutes left before the end of the session. In the session you talked about your experience when your baby cries a lot and it is difficult for you to deal with that. It is also difficult to deal with your husband's feedback. At the end you realized that you are the mother you expect yourself to be.	(1½)
	C	Yes, that is everything.	
1.1.12	SN	How did you experience the session?	(1)
	C	It is odd, I didn't expect this, but I feel better. As if a weight is lifted from my shoulders.	
1.1.13	SN	If you want to make another appointment you can phone me during office hours. Goodbye.	(1)

(25)**QUESTION 2**

The unit manager of the psychiatric unit where you are working requests you to present the elements of therapeutic milieu for psychiatric nurses in the unit. **Describe** the elements of a therapeutic milieu.

(24 x ½)= (12)**QUESTION 3**

Describe the modalities of care for an intellectually disabled individual for promoting socialisation in order to prevent institutional neurosis.

(26 x ½)= (13)

MODULE 6: RISK FACTORS IN MENTAL HEALTH (VPK3C50)**TIME: 1½ HOURS****MARKS: 50****QUESTION 4**

Match Column A and B

COLUMN A	COLUMN B
1. Cultural Sensitivity	A.. the unique differences in areas such as age, gender, socioeconomic status, religion, race and ethnicity
2. Cultural Competence	B. nurse's ability to acknowledge, value and accept a patient's cultural beliefs.
3. Culture	C. This is what different cultures inherit. People have different perceptions of health, disease, prevention and treatment.
4. Cultural Negotiation	D. process of increasing professional effectiveness through understanding, respecting and appreciating the importance of cultural factors in the delivery of health services
5. Cultural diversity	E. nurse's ability to incorporate cultural preservation and negotiation to identify patient needs, develop expected outcomes, and evaluate outcome plans.
6. Cultural perseveration	F. a set of guidelines which individuals inherit as members of a particular society, and which tells them how to view the world, how to experience it emotionally and how to behave in it in relation to other people
7. Cultural values	G. the capacity of nurses or health service delivery systems to effectively understand and plan for the needs of a culturally diverse client or group
8. Cultural re-patterning	H. nurse's ability to work within a patient's cultural belief system to develop culturally appropriate interventions.
9. Ethnicity	I. A tertiary intervention directed toward a group that has experienced a crisis and is used as a debriefing meeting that offers individuals the opportunity to share their thoughts & feelings in a safe & controlled environment.
10. Critical incident stress debriefing (CISD)	J. One's sense of identity, providing social belonging and loyalty to a particular reference group within society.

(10)

FSAO: VPK3C50 NURSING SCIENCE 3C
MODULE 5: SKILLS METHODS TO PROMOTE MENTAL HEALTH
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QUESTION 5
SCENARIO

You are a registered nurse working in a male ward at Tara Hospital. George is a 24 year old who is diagnosed with schizophrenia. George has lots of cigarettes in his cupboard and his family visits him every week. The mental health care users (MHCUs) in this ward do not have cigarettes and depend on George to supply them. George decides that he does not want to supply cigarettes to the other MHCUs because they receive a disability grant. The other MHCUs plan on ganging up against George during the leisure time. The MHCUs start by isolating George and calling him names. You are called by one of the cleaning staff to assist as the MHCUs are hitting George in the court yard about cigarettes.

Answer the following questions regarding the above-mentioned scenario:

4.1. **Discuss** the how you will handle the violence in this ward using the process of violence.

(26 x ½) = (13)

4.2. **Define** the following terms:

4.2.1 Aggression

(2 x ½) = (1)

4.2.2 Violence

(2 x ½) = (1)

4.2.3 Anger

(2 x ½) = (1)

George is badly beaten up after the cigarette incident. He verbalises that he feels threatened, powerless and very anxious.

4.3. **Discuss** crisis intervention according to the following criteria:

4.3.1 Definition of a crisis

(8 x ½) = (4)

4.3.2 Caplan's four (4) phases of a crisis

(16 x ½) = (8)

George mentions that he feels like committing suicide because he knows the other male mental health care users will attack him at night again.

4.4. **Describe** the nursing actions to prevent George's suicidality and motivate your answer.

(24 x ½) = (12)

***[50]**