

**NATIONAL UNIVERSITY OF LESOTHO**

**FACULTY OF HEALTH SCIENCES**

**BSC NURSING AND MIDWIFERY**

**NRS 3303 - PSYCHIATRIC MENTAL HEALTH NURSING I**

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JANUARY 2023

MARKS: 100

TIME: 3hrs

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**INSTRUCTIONS:**

- 1. Answer all questions*
  - 2. Numbers in brackets indicate marks allocated to each question*
  - 3. The paper consists of seven (7) pages including the cover page*
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## QUESTION 1

Choose the most appropriate response from the given alternatives. **DO NOT** re-write the statements, E.g. 1. E

- 1.1. Which of the following is a Beta-blocker recommended for the treatment of generalized anxiety disorder?
- A. Nardil
  - B. Prozac
  - C. Propranolol
  - D. Diazepam
- 1.2. ....is an antidepressant effective in treating obsessive-compulsive disorder.
- A. Phenelzine
  - B. Imipramine
  - C. Valium
  - D. Fluoxetine
- 1.3..... is the side effect of fluoxetine.
- A. Porphyria
  - B. Tachycardia
  - C. Tremors
  - D. Trouble sleeping
- 1.4.Lithium serum levels should be kept between.....mmol/litre.
- A. 0.5-0.9
  - B. 0.6 -1.2
  - C. 0.8- 1.2
  - D. 0.9 – 1.2
- 1.5.Mr. Lieta, diagnosed with dementia create information to compensate for gaps resulting from his forgetfulness. This behaviour is known as .....
- A. Aphasia
  - B. Circumstantiality
  - C. Communication
  - D. Confabulation
- 1.6. Dudu, a well-known psychiatric patient with bipolar disorder has been on lithium for about four months. Provide an advice to Dudu and her family that can enhance treatment compliance.
- A. Take the medication with food and push fluids to avoid dehydration especially in dry weather.

- B. To take the medication after food and avoid increasing the next dose if missed the previous one.
- C. Taking diet with lower NaCl as the medication effectiveness will be compromised.
- D. If the dose is missed, take it anytime you remember and push as much fluids as you can.

1.7..... causes dementia of the Alzheimers type.

- A. High blood pressure
- B. Deposition of Lewy bodies in the substantia-nigra,
- C. Infarcts related to occlusion of blood vessels
- D. Overabundance of structures called plaques and tangles

1.8.Which of the following characterizes the last stage of Alzheimer's disease?

- A. Failure to recognise family members and development of contractures.
- B. Patient is commonly bedfast and aphasic, may also be lost when driving
- C. Difficulty recalling words or names, noticeable by family and close associates
- D. Decline in planning or organizing and development of decubitus ulcers.

1.9. You are facilitating a group session and struggling to control a patient who keeps on bringing new unrelated ideas into the conversation thus causing a disruption, the clinical manifestation known as

- A. Flight of ideas
- B. Disorganized speech
- C. Pressured speech
- D. Word salad

1.10. Which of the following is true about pressure of speech?

- A. Speaking without listeners and bringing too many ideas into the conversation
- B. Talking alone showing absence of connectedness of ideas, thoughts and or topics
- C. Speaking as if words have been forced out speaking even when no listeners remain
- D. Speech with string of words that are not connected in any way

1.11. Which of the following is an environmental factor causing body dysmorphic disorder?

- A. Sexual abuse
- B. Neglect
- C. Modeling
- D. Perfectionism

1.12. ....are treatment modalities found effective in controlling body dysmorphic disorder.

- A. Group therapy and benzodiazepines
- B. Cognitive behavioural therapy and RIMAs
- C. Reminiscence therapy and beta blockers
- D. SSRIs and cognitive behavioural therapy

- 1.13. Which of the following is true about paralysis in functional neurological symptom disorder?
- A. Reflexes remain normal
  - B. There is difficulty moving the extremities
  - C. The person experience jerky truncal movements
  - D. The person shows waving arm movement
- 1.14. Which of the following are categorized under sensory clinical symptoms of the functional neurological symptom disorder?
- A. Difficulty swallowing and syncope
  - B. Anosmia, swooning and urinary retention
  - C. Psuedoseizures and weakness
  - D. Tics, paralysis and globus hystericus
- 1.15. .... is a disorder of acute cognitive impairment treated as an emergency.
- A. Delirium
  - B. Dementia
  - C. Depression
  - D. Mania
- 1.16. Irritability, persistent negative emotional state and feelings of detachment from other people characterize
- A. Illness anxiety disorder
  - B. Depressive disorder
  - C. Dysthymia
  - D. Posttraumatic stress disorder
- 1.17. Posttraumatic stress disorder is said to be delayed when it occurs ..... following exposure to the traumatic event.
- A. 4 months
  - B. 6 months
  - C. 9 months
  - D. 15 months
- 1.18. Which of the following characterizes post-traumatic stress disorder?
- A. Excessive sleep and outbursts of anger
  - B. Irritability and flamboyant
  - C. Hypervigilance and flashbacks
  - D. Talkativeness and a sense of euphoria

- 1.19. Manic episode is a period in which the predominant mood is either elevated, expansive or irritable resulting in marked impairment in general functioning. Which of the following manifestations characterize manic episode?
- A. Anhedonia, blunt affect
  - B. Flamboyant, promiscuity
  - C. Pressure of speech, anergia
  - D. Loud speech, anxious
- 1.20. Thuli is brought to the health facility with a history of seeing objects and people that other people could not see. She experiences bouts of aggressiveness and derailment. She is probably suffering from
- A. Conversion disorder
  - B. Generalized anxiety disorder
  - C. Schizophrenia
  - D. Schizoaffective
- 1.21. A 45-year-old known psychiatric patient believes that his partner is unfaithful. He then decided to restrict her partner's movements by drawing a schedule to guide her activities. Which delusional disorder is he suffering from?
- A. Erotomanic
  - B. Mania
  - C. Jealous
  - D. Persecutory
- 1.22. You participate during doctor's rounds. A patient who was assessed started talking illogically, throwing randomly a group of words that are not connected to form a meaningful conversation. This is
- A. Associative looseness
  - B. Flight of ideas
  - C. Magical thinking
  - D. Word salad
- 1.23. Jolene is known to be dwelling on the most negative extreme consequences in almost every aspect. Which of the following cognitive errors is manifested in this behavior?
- A. Selective abstraction
  - B. Dichotomous thinking
  - C. Generalizing
  - D. Catastrophizing

- 1.24. You are placed in female ward at Mohlomi Hospital and you notice some of your patients showing inability to sit still and rocking movements. You suspect that this is a result of anti-psychotic medications prescribed for these patients. Which of the of the following anti-parkinsonism agent can you give?
- A. Biperiden 2mg OD
  - B. Lithium 200mg OD
  - C. Clozapine 300mg BD
  - D. Prozac 80mg BD
- 1.25. You are interviewing Benny who keeps on telling you that that he has no heart, a characteristic known as
- A. Depersonalization
  - B. Hypochondriasis
  - C. Poor self-identity
  - D. Perseveration

*(25 marks)*

## QUESTION 2

### MATCHING ITEMS

Match the descriptions in column A with the terms/concepts column B. **DO NOT** rewrite the statements; e.g 12 A.

COLUMN A	COLUMN B
2.1. The way an individual perceives his or her own body, including body dimensions like size.	a. Illusions b. Suicide c. Tangentiality d. Anxiety e. Circumstantiality f. Body image g. Mood h. Delusion of grandeur i. Anhedonia j. Insight
2.2 The ability to analyse and get to understand the true meaning of the situation	
2.3 Failure to experience pleasure	
2.4 A condition whereby the person has an exaggerated feeling of importance, power, knowledge or identity	
2.5 Failure to get into the point of communication due to bringing in unrelated topics into the conversation	
2.6 Giving away possessions, especially those with special meaning	
2.7 Delay in reaching the point of communication due to unnecessary details.	
2.8 A prolonged, sustained emotion subjectively reported by the patient.	
2.9 Perception of something objectively existing in such a way as to cause misinterpretation of its actual nature	
2.10 12 Feeling of uncertainty, uneasiness and apprehension that a person experiences in response to an unknown situation	

**(10 marks)**

### **QUESTION 3**

Read the statement in 3.1 and respond to questions 3.1.1 to 3.1.4.

3.1 People suffer from different forms of domestic violence being repeated physical, emotional and or sexual abuse from their partners irrespective of their economic statuses and cultural backgrounds.

3.1.1 Define domestic violence. (2)

3.1.2 Describe the cycle of domestic violence. (6)

3.1.3 Following the central elements of the cycle of domestic violence, explain the reasons why women are not easily leaving an abusive relationship. (6)

3.1.4. Provide any three characteristics of stalkers. (3)

3.2 Describe any four (4) factors to consider in the assessment of crisis. (8)

3.3 Explain any two (2) purposes of psychological debriefing. (4)

**(29 marks)**

### **QUESTION 4**

4.1. Explain effective means of communicating with a patient diagnosed with dementia. Provide three points. (6)

4.2. Explain how you can manipulate the physical environment of a patient with dementia to decrease wandering behaviour. (10)

4.3. Describe the ways of maintaining the well-being of a patient with dementia. (10)

**(26 marks)**

### **QUESTION 5**

Describe any five (5) healthy coping strategies that you can recommend. **(10 marks)**