



<b><u>FACULTY</u></b>	: Health Sciences
<b><u>DEPARTMENT</u></b>	: Nursing
<b><u>CAMPUS</u></b>	: DFC
<b><u>MODULE</u></b>	: VPK 3A10 MODULE 1: INTRODUCTION TO PSYCHIATRIC MENTAL HEALTH MODULE 2: NURSING PROCESS
<b><u>SEMESTER</u></b>	: MAY/JUNE EXAMINATION
<b><u>EXAM</u></b>	: MAY 2019

<b><u>DATE</u></b>	: 25 MAY 2019	<b><u>SESSION</u></b>	: 12:30-15:30
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<b><u>ASSESSOR(S)</u></b>	DR MA TEMANE : DR N. NTSHINGILA
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<b><u>EXTERNAL MODERATOR</u></b>	: Dr A. Van Der Wath (UP)
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<b><u>DURATION</u></b>	: 3 HOURS	<b><u>MARKS</u></b>	: 100
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NUMBER OF PAGES: THIS PAPER CONSISTS OF SEVEN (7) PAGES

INSTRUCTIONS:

1. Answer ALL THE QUESTIONS.
  2. Number your answers clearly
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**FSAO MODULE CODE: VPK3A10**

**MODULE 1: INTRODUCTION TO PSYCHIATRIC MENTAL HEALTH**

**MODULE 2: NURSING PROCESS**

**MODULE 1: INTRODUCTION TO PSYCHIATRIC AND MENTAL HEALTH NURSING SCIENCE  
(VPK3A10)**

**TIME: 1½ HOURS**

**MARKS: 50**

### **QUESTION 1**

**Read the following statements and choose the correct answer**

1.1 Which one of the following theories is focused on the study of human contact?

- A. Humanism
- B. Interaction
- C. THPN
- D. Maslow hierarchy

1.2 Who of the following persons played a key role in opening state hospitals in psychiatry?

- A. Philippe Pinel
- B. Dorothea Dix
- C. William Tuke
- D. Linda Richards

1.3. Choose one statement that is phenomena of concern for the psychiatric nurse

- A. Symptoms that occur along with altered physical status
- B. Barriers to treatment efficacy and recovery posed by alcohol and substance abuse and independence
- C. Emotional stress related to illness, pain, disability and loss
- D. None of the above

1.4 Identify the basic assumptions of humanism from the following statements

- A. Human beings act toward things on the basis of meaning that the things have for them
- B. Humanism provides the premise for a philosophy of caring with a strong humanistic cast
- C. Human being's mind is indivisibly connected with the body
- D. Humanism is related to breakthrough in knowledge about brain, mind, spirit and behaviour.

1.5 Which one of the following statements regarding ethical principles is true?

- A. All cultures believe in the same ethical principles.
- B. Nurses who base their practice on ethical principles will always be acting within the law.
- C. Ethical principles can be used to help guide nursing actions.
- D. If health care providers disagree, one of them is basing her views on ethical principles

1.6 What will be the role of a psychiatric nurse in logotherapy?

- A. Assisting the client to take responsibility in a non-judgemental way
- B. Assessing the client holistically
- C. Administering drugs as predicted by the physician
- D. None of the above

1.7 The nurse is interviewing a client admitted to an in-patient psychiatric unit with major depressive disorder. Which is the primary goal in the assessment phase nursing process for this client?

- A. To build trust and rapport
- B. To identify goals and outcomes
- C. To collect and organise information
- D. To identify and validate the medical diagnosis

1.8 The right to determine one's own destiny as the duty to benefit or promote the good of others refers to:

- A. Nonmaleficence
- B. Justice
- C. Veracity
- D. Beneficence

1.9 The implications for psychiatric nursing in existentialism is:

- A. Patients should be treated holistically
- B. Patients should be assisted to find meaning within his or her triangle
- C. Patients should have the freedom to choose what life has to offer
- D. None of the above

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**MODULE 1: INTRODUCTION TO PSYCHIATRIC MENTAL HEALTH**

**MODULE 2: NURSING PROCESS**

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1.10 Which of the following statements best describes the implication for mental health nursing practice in interactionism?

- A. Patients well-being is the psychiatric nurse responsibility
- B. Psychiatric nurse can provide the basis for understanding of deep-rooted problems of patients
- C. Healing and caring must be approached holistically
- D. Psychiatric nurse must take into consideration patients meaning of experience and not his/hers experience

**\*[10]**

**QUESTION 2**

2.1 Discuss the ethical principles that bind nurses in nursing and health care.

**(30x½)= (15)**

**QUESTION 3**

Describe the assumptions of the theory of interactionism and the implications for psychiatric mental health nursing

**(14 x ½) = (7)**

**QUESTION 4**

A psychotic patient, Mogale age 28 years old, who has hallucinations, delusions and paranoia is brought to Weskoppies, the psychiatric institution by his parents. His parents report that he has been behaving strangely for the past three months, telling them he is the CEO of a large retail store and claims that there are people who want to kill him for his riches. He has also become increasingly withdrawn, agitated and irritable during this period. He has been overheard talking and arguing in his room during the day and night. Initially, his parents thought that he was taking drugs and they sought medical treatment. His physical examination and drug screening results were negative.

During the past 2 weeks, Mogale has refused to eat and has insomnia. Additionally, he has refused to go to work or to come out of his room. His parents became concerned about his deteriorating mental and physical condition and brought him to Weskoppies hospital for a psychiatric assessment. His appearance was dishevelled; his hair was uncombed and his clothes were wrinkled. Mogale was pacing and his mood was irritable and agitated. His eye contact was poor and his thoughts were irrelevant, incoherent and illogical. He was thinly built 1.5m tall, and weighed about 43kg. He was easily distracted and his responses were

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**MODULE 1: INTRODUCTION TO PSYCHIATRIC MENTAL HEALTH**

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inappropriate. His parents were the chief informants. A psychiatric evaluation was done by the psychiatrist and orders that Mokopa should be admitted as an assisted mental health care user in a locked up ward.

The Mental Health Care Act, No. 17 of 2002 provides for management and treatment of psychologically impaired individuals.

4.1 Describe the objectives of the Mental Health Care Act No. 17 of 2002. **(12 x ½) = (6)**

4.2 Identify the type of admission and section under which Mogale will be admitted in a psychiatric unit according to the Mental Health Care Act No. 17 of 2002 **(2)**

4.3 Outline the admission procedure with Mogale's parents and identify the forms for this specific admission **(20 x ½) = (10)**

**\*[26]**

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**MODULE 1: INTRODUCTION TO PSYCHIATRIC MENTAL HEALTH**

**MODULE 2: NURSING PROCESS**

**MODULE 2: NURSING PROCESS (VPK3A10)**

**TIME: 1½ HOURS**

**MARKS: 50**

**QUESTION 5**

**Scenario**

Ten year old, Ntebaleng was seen in the emergency department after he had sustained several dog bites from a neighbour's pet. Ntebaleng was quiet and withdrawn. He refused to discuss the incident and stated that he wished he was dead. His statement disturbed his mother, Nellie (44 years). She informed the nurse that her son has been behaving differently for several months (he had begun to sleep in class, and his grades had been falling the past six weeks) and that she was concerned about his safety. She also commented that she is unsure whether the child let the dog bite him on purpose. Later Ntebaleng's father, Mokgotsi came to the emergency department after parking the car, and the mother discussed her concerns with the father. Ntebaleng and his parents were referred to the psychiatric consultant for evaluation and crisis intervention. As their mental health care nurse practitioner, you discovered that the family had been experiencing major financial problems since the father was retrenched. He had been unable to find a new job in the past six months. He is a 49-year old engineer who feels pessimistic about finding a job because of his age and the reduction in government spending. He and Nellie admitted that this had been devastating to the family, particularly because they have two older children, Mosime (24 years) and Matshepo (20) at the university. They also admit that they have been ignoring their 10-year old son. Their relationship towards Ntebaleng is distant. Other family stressors included the parents' concerns about maintaining their current lifestyle and frequent arguments that have created a distance in their relationship. Ntebaleng stated that he feels responsible for the family problems and he cries a lot during the night. Furthermore, he is frightened by the arguments between his parents, and it feels like no one cares for him. He wished that everything could be normal again.

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

5.1 Conduct a complete Mental Status Examination (MSE) on Ntebaleng. **(40 x ½) = (20)**

5.2 Draw a comprehensive genogram for the family in the scenario **(40 x ½) = (20)**

**QUESTION 6**

Match a statement in B with a statement in A

<b>A</b>	<b>B</b>
1. Nursing Process	A. Planning
2. Mental Status Examination	B. Clinical assessment for orientation, attention, calculation, immediate and short-term recall, language, ability to follow simple demands
3. Attention Deficit Hyperactive Disorder (ADHD)	C. Teaches patients of community about treatment and prevention of illness
4. Therapeutic task in relationship phase	D. Clinical expertise and knowledge to other health care needs and uses that knowledge to meet mental health care needs of the community
5. Standardised care plan is developed with specific diagnoses and outcomes.	E. Important part of the clinical assessment process in psychiatric practice.
6. Decentralisation	F. Accessible, appropriate and affordable
7. Psychiatric Nursing Educator	G. Initiating and setting boundaries of a therapeutic contract
8. Mini-mental state examination	H. A condition characterized by behavioural and learning disorders.
9. Key focus in primary health care in psychiatry	I. Refers to the shift of power, authority and functions away from the centre.
10. Indirect role of psychiatric nurse	J. Problem- solving approach intended to facilitate and identify appropriate, safe, culturally competent, developmentally relevant and quality care for individuals, families, groups and communities

[10]

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