

UNIVERSITY OF FORT HARE



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**PSYCHIATRIC NURSING SCIENCE MODULE
NBP 412 E**

DEGREE EXAMINATIONS

JUNE

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Time: 3 HOURS
Subject: NBP 412 E
Marks: 100

This paper consists of 9 pages including the cover pages

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INSTRUCTIONS

1. Answer all four questions
2. Write clearly and legibly

QUESTION 1

1.1 Answer the following multiple-choice questions by choosing the correct statement.

Write only the question number and correct statement e.g. **1.1.14. = A**

- 1.1.1** Martin Sanchez is a nine (9)-year-old child admitted to a psychiatric unit accompanied by Mr. and Mrs. Sanchez. To establish trust which action would the nurse take: **(1)**
- A. Encourage Mr. and Mrs. Sanchez to leave while Martin is being interviewed.
 - B. Interview Martin with his parents together observing their interaction.
 - C. Provide diversion for Martin and interview Mr. and Mrs. Sanchez alone.
 - D. Review the clinical record prior to interviewing Mr. and Mrs. Sanchez.
- 1.1.2** Identify the risk factor Nurse Bennet should look for in his community when practising primary prevention of mental health disorder in children. **(1)**
- A. Family history of mental illness
 - B. Only child
 - C. Family culture
 - D. Single Parent homes
- 1.1.3.** Nurse Daya, a school nurse, is meeting with the school and health treatment team about a child who has been receiving methylphenidate (Ritalin) for two (2) months. The meeting is to evaluate the results of the child's medication use. Which behaviour change noted by the teacher will help determine the medication's effectiveness? **(1)**
- A. Decrease repetitive behaviours
 - B. Decreased signs of anxiety
 - C. Decreased depressed mood
 - D. Decreased signs of inattention
- 1.1.4.** A 15-year-old boy was hospitalized in a psychiatric unit because he initiates frequent fights with peers. Choose the statement that describes the most appropriate nursing intervention for this type of behaviour? **(1)**
- A. Anticipate and neutralize potentially explosive situations.
 - B. Ignore minor infractions of rules against fighting.
 - C. Isolate the adolescent from contact with peers.
 - D. Talk to the adolescent each time fighting occurs without having any consequence.
- 1.1.5.** The community nurse visits the home of George, a child recently diagnosed with autism. The parents express feelings of shame and guilt about having somehow caused this problem. Which statement by the nurse would best help alleviate parental guilt? **(1)**

- A. "Autism is a rare disorder. Your other children shouldn't be affected."
- B. "The specific cause of autism is unknown. However, it is known to be associated with problems in the structure of and the chemicals in the brain."
- C. "Sometimes a lack of prenatal care can be cause of autism."
- D. "Although autism is genetically inherited if you didn't have testing you could not have known this would happen."

1.1.6. Choose the correct statement that describe the correct symptom an adolescent with a depressive disorder is more likely than an adult with the same disorder to exhibit is: **(1)**

- A. Negativism and acting out.
- B. Sadness and crying.
- C. Suicidal thoughts.
- D. Weight gain.

1.1.7. A child is diagnosed with having autism. Choose the statement that describes the clinical manifestations the child may display. **(1)**

- A. Ability to maintain eye contact with other people
- B. Only responds to their name when spoken to
- C. Does not respond to their name when spoken to
- D. Shows signs of mental retardation.

1.1.8. "The parents of the child in the clinic you are working in, are going through a divorce. You would classify this as: **(1)**

- A. Victim crises
- B. Non- anticipated crises
- C. Anticipated crises
- D. Direct crises.

1.1.9. As a nurse, conducting crises intervention you would establish if your client is in pain in the: **(1)**

- A. Relationship phase
- B. Working phase
- C. Termination phase
- D. Evaluation phase

1.1.10. When counselling an adolescent client, who is depressed and anxious as their parents are going through a divorce which statement would show more support? **(1)**

- A. It will be OK many people go through a divorce
- B. Why don't you move on and find a new boyfriend
- C. How could you not make your parents' marriage last

D. I am sure it is very frightening right now

1.1.11. Choose the TWO statements describing which adolescent clients visiting your clinic are more likely to commit suicide. (2)

- A. A client who has a history of suicide in the family, is in a steady relationship, a successful school achievement, and has a stable mood.
- B. A client whose parents are going through a divorce, the family are having family therapy and still maintains good relationships with the clients.
- C. A client who has broken up with her boyfriend has a good support system of friends and can talk to her mother about the breakup.
- D. A client is an only child whose parents are going through a divorce and feels isolated and does not express any emotion about the situation.
- E. A client who has been diagnosed with ADHD since the age of 8 years old and is taking Ritalin but is still battling at school.
- F. An adolescent who is depressed, feels worthless and isolated, has started antidepressant treatment three (3) weeks ago and energy levels are improving.

1.1.12. Repetitive behaviours are common in children with autism. Choose TWO statements that describe examples of repetitive behaviours? (2)

- A. Language delays
- B. Limited function play
- C. Flapping their hands
- D. Avoiding body contact
- E. Spinning in circles
- F. Avoiding eye contact

1.1.13. Choose TWO statements describing the multidisciplinary teams' responsibility while observing a client to determine if they fit to stand trial for the crime committed. (2)

- A. To determine if the client understands the proceedings in court.
- B. To determine if the client understands his psychiatric illness.
- C. To determine if the client understands his medication regime.
- D. To determine if the client understands the consequence of not taking his medication
- E. To determine if the client understands what it means to be tried in court.
- F. To determine if the client understands the role of his lawyer in court.

- 1.2. Match the childhood mental disorder in column A with the signs and symptoms classified in the DSM 5. Write only the question number and answer letter, e.g. 1.2.6 = A (5)

COLUMN A CHILDHOOD MENTAL DISORDER	COLUMN B SIGNS AND SYMPTOMS
1.2.1. ADHD	A. Often complains of feeling physically sick, regressed bed wetting, muscle tension and sleep disturbance
1.2.2. Enuresis	B. Repetitive movements, impaired social communication, interact with their mother when spoken to
1.2.3. Oppositional defiant disorder	C. Repeated voiding of urine in the childs' bed or clothes
1.2.4. Autism	D. Hyperactivity, easily distracted, short attention span, lack of organisation
1.2.5. Generalised Anxiety disorder	E. Hyperactivity, short attention span, lack of organisation skills, shows no empathy toward others
	F. Repeated passing of faeces into inappropriate places.
	G. Repetitive movements, impaired social communication, does not respond to their name
	H. Showing anger, being resentful, deliberately others, arguing often, does not follow the rules

- 1.3. Match the classification of the forensic psychiatric patient in column A with the description of the classification in column B. Only write the number of the question and answer, e.g. 1.15. A (4)

COLUMN A CLASSIFICATION	COLUMN B DESCRIPTION
1.3.1. Mentally ill inmates	A. A state patient who is mentally disturbed or incapacitated at the time of the offence that they did not have the required intent to commit the crime.
1.3.2. Defendants incompetent to stand trial	B. A patient who has been found to be mentally ill but needs to be held in a high – security unit because of their behaviour and condition.
1.3.3. Not guilty because of insanity	C. A state patient who has committed a crime under the influence of a substance and has no longer taken the substance.
1.3.4. Dangerous mentally ill	D. A patient who has become mentally ill while serving time in prison and then transferred to a psychiatric hospital.
	E. A patient whose mental state allows them to understand the court proceedings.
	F. A state patient and has been found not to understand the criminal procedure due to mental incompetence.

[Subtotal = 25]

QUESTION 2

- 2.1. You work in a paediatric ward at Frere Hospital and often nurse children exposed to traumatic incidents. Describe how you, as a nurse would behave to allow the child to feel safe and secure in the ward. (6)
- 2.2. Johnny a 9-year boy has come into the clinic with his mother. He is diagnosed with ADHD
- 2.2.1. Describe what side effects Johnny may experience when starting Methylphenidate (Ritalin) (4)
- 2.2.2. Discuss the Mental Health education you would give Johnny's mother regarding her son's diagnosis with ADHD under the following headings.
- 2.2.2.1. Medication (2)
- 2.2.2.2. General Health Education (8)
- 2.3. You are working in the paediatric ward and the professional nurse asks you to give in-service training on the risk factors of a child developing post-traumatic stress disorder. Describe the information you would include in your training. (5)

(Subtotal = 25)

QUESTION 3

- 3.1. A group of adolescents were present in the school office when the office was robbed at gunpoint. Some adolescents have been admitted to your ward after this traumatic event. Often adolescents who are exposed to traumatic events may lead them having suicidal thoughts.
- 3.1.1. Describe the mental health education you would give to the parents of the adolescents on the warning signs of suicide. (5)
- 3.1.2. One of the adolescents admitted to your ward is experiencing suicidal thoughts. Describe the nursing intervention of an adolescent with suicidal ideations. (6)
- 3.1.3. There is an increase in eating disorders amongst adolescents in South Africa. Describe the DSM 5 criteria for diagnosing a client with anorexia nervosa. (4)
- 3.2. Forensic psychiatric services include the assessment, management and treatment of mentally ill prisoners or people who are in conflict with the law and require a psychiatric assessment.
- 3.2.1 Compare the term, fitness to stand trial with the term criminal intent or capacity. (2)

Fitness to stand trial	Criminal intent or capacity
•	•

- 3.2.2. Describe the information the multidisciplinary team needs to assess to make psychiatric diagnoses to establish if a person can stand trial. (2)
- 3.2.3. Describe the objectives of the observation unit in a psychiatric hospital (2)
- 3.2.3. While treating a mental health care user in the security ward, as a nurse it is important to understand and categorise the violent behaviour. Describe the characteristics of a chronically aggressive client. (4)

(Subtotal = 25)

QUESTION 4

4.1. Rosie is a teacher in the local school. Her colleagues needed to interrupt her class and let her know that her husband had been killed in a car accident on his way to work. Rosie feels faint and feels her heart is racing. The colleges send her to the clinic for assistance.

4.1.1 Describe the assessment process of crisis intervention, you, as a nurse would need to conduct before counselling Rosie. **(5)**

4.1.2. Crisis intervention is conducted in phases. Discuss the tasks you would need to focus on in the working phase of the crisis intervention with Rosie. **(5)**

4.2. You are working in a psychiatric ward, the Professional nurse in charge asked if you could establish group therapy for some of the clients in the ward. You need to understand the types of groups, which can be used for therapeutic treatment.

4.2.1. Match the classification of a group in column A with the type of group you would use to conduct that group in column B. Only write the question number and answer e.g. **4.2.4 = A** **(4)**

COLUMN A Classification of group	COLUMN B Type of group
4.2.1.1 Didactic group	A. Clients that are very fragile at this present time and need a safe environment to function in
4.2.2.2 Exploratory group	B. A reunion of old school colleagues
4.2.3.3 Activity Group	C. A group to discuss effectiveness of a program
	D. Support group for overweight people
	E. A family of 4 experiencing conflict in the family

4.2.2. When running a group as a psychiatric nurse you need to be aware of the eleven (11) therapeutic factors for the group to be effective.

Discuss the following THREE (3) therapeutic factors regarding to their benefits and how you would facilitate this taking place in the group you are running.

4.2.1. Instilling hope. **(2)**

4.2.2. Altruism **(2)**

4.2.3. Development of socialising techniques **(2)**

4.3. Managing a dynamic group can be challenging as a facilitator. Problems like one group member monopolising the group, very silent group member needs to control. Describe how you would manage problems like these in your running group. (4)

(Subtotal = 25)
[Grand Total = 100]