

**UNIVERSITY OF JAFFNA SRI LANKA**  
**BACHELOR OF SCIENCE IN NURSING**  
**THIRDYEAR SECOND SEMESTER EXAMINATION - JULY - 2015**  
**NURPM 3201 – PSYCHIATRIC & MENTAL HEALTH NURSING**  
**PAPER II**

**Date: 11.07.2015**

**Time: 2 hours**

**ANSWER ALL SIX QUESTIONS**

**PART A**

1. Nursing principles guide the nurses for quality customer care in mental Healthsettings.
  - 1.1. List eight nursing principles in mental health nursing. (10 Marks)
  - 1.2. How far nursing principles help you in your clinical practices? (30 Marks)
  - 1.3. What are the problems encountered by mental health clients in inward management? (30 Marks)
  - 1.4. Give your suggestion to improve the care of mentally ill clients in psychiatric inpatient units. (30 Marks)
  
2.
  - 2.1. Mr. Ravi is about to be discharged from the alcohol rehabilitation centre after staying there for few weeks.
    - 2.1.1. Briefly write down the “discharge advice” you are planning for Ravi and his family. (20 Marks)
    - 2.1.2. If you are appointed as a Community Health Nurse, what are the measures you will take to minimize alcohol abuse in the community (30 Marks)
  
  - 2.2. Ms. Shanthi is a diagnosed patient with Depression. As part of her treatment, the medical team has suggested a course of ECT. However, Shanthi and her relatives are concerned about the need and safety issues of such therapy.
    - 2.2.1. What are the measures you would take to alleviate their fear? (20 Marks)
    - 2.2.2. Write down the nurses’ responsibilities in caring of a patient Undergoing Electro Convulsive Therapy. (30 Marks)

## PART B

3.  $\text{LiCO}_3$  is a mood stabilizer used in Bipolar Affective Disorder.
- 3.1. What are the investigations you have to do before starting lithium treatment? (20 Marks)
- 3.2. If a patient developed lithium toxicity, what are the symptoms you would observe in that patient? (30 Marks)
- 3.3. What are the immediate management principles of lithium toxicity? (30 Marks)
- 3.4. List out the conditions, which can precipitate lithium toxicity. (20 Marks)
4. Attention Deficit Hyperactivity Disorder (ADHD) is a child psychiatric condition, which causes problems in the classroom settings and at homes.
- 4.1. What are the cardinal features of ADHD? (30 Marks)
- 4.2. What are the advices you would give to parents when their children are prescribed with the medicine Methyl Phenidate? (30 Marks)
- 4.3. What are the non-pharmacological approaches, which could be considered in the management of ADHD? (20 Marks)
- 4.4. What are the possible consequences of untreated ADHD? (20 Marks)

## PART C

5. Non-compliance with medication and stigma, play a detrimental role in managing patients with chronic mental illness.
- 5.1. What are the causes for non-compliance with medication? (20 Marks)
- 5.2. How can we improve the drug compliance in patients with chronic mental illness? (30 Marks)
- 5.3. How do people express their stigma towards mental illness? (20 Marks)
- 5.4. How can you, as a nursing officer, play a role in minimizing the stigma related to mental illness and mentally ill clients? (30 Marks)



6. Reports and observations reveal that para-suicidal behaviour (suicidal attempts) are on the increase.

6.1. Why do people choose to engage in para-suicidal behaviour? (30 Marks)

6.2. Write down the first 24 hours management plan of a client who has attempted suicide by ingesting a popular plant seed. (30 Marks)

6.3. How do you assess the future suicidal risk in a client with para-suicidal behaviour? (30 Marks)

6.4. What is the role of media in para-suicidal behaviour? (10 Marks)