

UNIVERSITY OF JAFFNA, SRI LANKA.
BACHELOR OF SCIENCE IN NURSING
THIRD YEAR SECOND SEMESTER EXAMINATION – AUG 2016

NURPM 3201 PSYCHIATRIC AND MENTAL HEALTH NURSING -
PAPER II

Date: 08.08.2016

Time: 02 Hrs.

ANSWER ALL SIX QUESTIONS.

Answer part A,B,C in separate answer booklet

PART A

1.

1.1. List 08 functions of a mental health nurse in following settings.

1.1.1. Inward

1.1.2. Clinic

1.1.3. Psychotherapy unit

(36 marks)

1.2. List the benefits of having long term follow up services for clients with major mental illnesses.

(34 marks)

1.3. List the special qualities needed for nurses to provide good care to psychiatric clients.

(30 marks)

PART B

2. A 17 year old boy had been recently diagnosed with a mental illness. He presented with suspiciousness over his classmates and claims they are spying him through CCTV cameras. He could hear them commenting on his actions. Over the past one year, he was confined to his room and had minimal social contacts. He has a positive family history of the same mental illness. The family had spent a lot on natural healing methods. Currently he got admitted to the ward, along with his brother as his care giver.

2.1. State the most probable psychiatric condition

(10 marks)

2.2. State the psychopathology which strongly suggests your statement in 3.1.

(10 marks)

2.3. Briefly describe how you would educate the patient and his family.

(30 marks)

2.4. State 05 factors which indicate poor prognosis of this patient.

(15 marks)

2.5. Briefly describe the nursing care plan of this young boy.

(35 marks)

3. A 72 year old widow was brought to the mental health inpatient unit by her neighbours as she was noticed to have refusal of meals, crying spells and sleep disturbance of three days duration. During the initial interview she repeatedly stated that she wanted to die soon.
- 3.1. List 05 mental health problems you would consider in this patient. (15 marks)
- 3.2. Give 05 reasons for keeping a bystander with this patient. (15 marks)
- 3.3. What are the possible risks you would encounter during her ward stay? (20 marks)
- 3.4. Briefly describe your nursing care plan for this patient. (50 marks)
4. A meeting was arranged to the mental health multidisciplinary team, with regard to the increasing number of absconding (missing from the ward) incidents during the recent past. The discussion touched upon the risks of maintaining an "open unit" instead of having a "closed and secure unit".
- 4.1. Critically evaluate the benefits and risks of an open unit. (30 marks)
- 4.2. What are the possible reasons for absconding from mental health inpatient units? (20 marks)
- 4.3. Briefly describe how absconding phenomena could be minimized in mental health units (30 marks)
- 4.4. As a nursing officer on duty, list the steps you would take after knowing that a patient has been absconding from the inpatient unit (20 marks)
5. A middle aged lady with extreme restlessness was brought to the inpatient unit by the police. The doctor on call after a brief history taking and quick examination decided to calm her down using 20 mg of Haloperidol as intra muscular injection.
- 5.1. Describe how you would carry out this medication order for this patient. (20 marks)
- 5.2. If the patient needed to be secluded for few hours, what measures you would adopt to optimize the nursing care during the seclusion period (30 marks)
- 5.3. If she had been planned on electroconvulsive therapy (ECT), describe how you would prepare the patient for ECT. (20 marks)
- 5.4. Briefly describe how you would monitor the patient after the first ECT. (10 marks)
- 5.5. Patient's behavior in the ward makes you angry towards her. How could you manage yourself in this situation? (20 marks)

PART C

6. Deinstitutionalization and development of community psychiatric services could be considered as the two major contributory factors bringing the paradigm shift in the care of mentally ill clients.
- 6.1. Define “deinstitutionalization”? (20 marks)
- 6.2. Briefly describe the benefits of deinstitutionalization of psychiatric patients. (30 marks)
- 6.3. Define the term “community psychiatry”? (10 marks)
- 6.4. Describe the responsibilities of a community health nurse in maintaining mental health of the community. (40 marks)