

**ALLIED HEALTH SCIENCES UNIT, UNIVERSITY OF JAFFNA, SRI LANKA**  
**BACHELOR OF SCIENCE IN NURSING**  
**THIRD YEAR SECOND SEMESTER EXAMINATION – AUG 2017**

**NURPM 3216– PSYCHIATRIC & MENTAL HEALTH NURSING**

**Date: 28.08.2017**

**Time: 2 Hours**

**ANSWER ALL SIX QUESTIONS**

**ANSWER PART A, B AND C IN SEPARATE BOOK LETS**

**PART A**

1. Sri Lanka has been effectively replacing the long stay psychiatric facilities by developing community oriented mental health services.
  - 1.1 Briefly describe the positive and negative effects of deinstitutionalization in mental health care. (40 marks)
  - 2.1 Discuss how the nurses who have trained in psychiatry can contribute in the primary, secondary and tertiary prevention in psychiatry. (60 marks)

**PART B**

2.
  - 2.1. What techniques of data collection have been used by you in the mental health appointment? (35 marks)
  - 2.2. Briefly discuss the effectiveness of health education carried by a nursing officer while discharging a mentally ill client, mentioning the important aspects of this education. (65 marks)
  
3. A 27 year old male patient was admitted to the psychiatric unit with a history of aggressive behavior, hearing of voices, and marked suspiciousness regarding his neighbours for three weeks duration. His wife told that at times, he tried to harm himself and others. After the history taking and mental state examination, the psychiatrist on duty prescribed antipsychotic medications to him and requested the nursing officers to keep the client under continuous monitoring.
  - 3.1. Develop five nursing diagnosis from the above scenario. (25 marks)
  - 3.2. Write five specific nursing interventions to each of the nursing diagnosis mentioned in 3.1. (75 marks)

## PART C

4. An elderly person was admitted to the psychiatric ward with a complaint of behavioural disturbances at home.
- 4.1. List three most common causes in the elderly population which calls for an admission to the psychiatric unit. (15 marks)
- 4.2. What are the common risks you would expect when managing this patient in a psychiatric unit? (35 marks)
- 4.3. As a nursing officer, what are the steps you would take to prevent or minimize those risks mentioned in 4.2? (50 marks)
5. In an obstetric ward, a previously healthy mother with no past history of mental disorder, who has delivered a baby girl two days back by normal vaginal delivery, develops some features which strike your attention to suspect a possible mental health problem. As a nursing officer of the obstetric ward:
- 5.1 List five clinical features which make you to suspect mental health problems in post partum mothers. (20 marks)
- 5.2. List the common mental health problems which may occur in a post partum mother. (30 marks)
- 5.3. List down the steps you would take in the management of the above mentioned mother. (50 marks)
6. In a psychiatric ward, the in-charge sister requested you to prepare an emergency tray to manage psychiatric emergencies.
- 6.1. Name five important medications to be included in this emergency tray. (15 marks)
- 6.2. Name five equipments to be kept in the emergency tray. (15 marks)
- 6.3. Briefly describe how those medications and equipments will be used in the psychiatric emergency settings. (70 marks)