

UNIVERSITY OF JAFFNA, SRI LANKA.
BACHELOR OF SCIENCE IN NURSING
THIRD YEAR SECOND SEMESTER EXAMINATION - FEB 2018

NURPM 3216 PSYCHIATRIC & MENTAL HEALTH NURSING -
PAPER II

Date: 27.02.2018

Time: 02 Hours.

ANSWER ALL SIX QUESTIONS.

Answer the part A,B&C in separate booklets

Part A

1. Assume you have been appointed as a community nurse specialized in psychiatry. It is brought to your knowledge that a young female is suffering from psychotic features but her family is not prepared to take her to the nearest mental health unit.
 - 1.1. Briefly describe the barriers to seek medical help for psychiatric problems. (20 Marks)
 - 1.2. How will you promote the family member to take her to the mental health unit (30 Marks)
 - 1.3. How will you educate the family regarding home-care of the patient after discharge from the hospital? (30 Marks)
 - 1.4. Briefly describe how a community nurse can involve in enhancing the mental health of the society. (20 Marks)

Part B

2. Therapeutic communication is the most important aspect in mental health nursing.
 - 2.1. How can we build up a good nurse- client relationship in acute inpatient units? (40 Marks)
 - 2.2. List down the skills that you need to acquire to build up a good nurse- client relationship. (25 Marks)
 - 2.3. What are the facts which have to be considered when providing a health education session for a middle aged man with alcohol dependence syndrome? (35 Marks)
3. Relapse is a problem in chronic mental illnesses.
 - 3.1. List down the reasons for relapse in patients with chronic mental illnesses. (30 Marks)
 - 3.2. Briefly describe your ideas to prevent relapse in mentally ill clients. (30 Marks)
 - 3.3. Discuss the importance of regular follow up for patients with chronic mental illnesses (40 Marks)

Part C

4. A 19 year old Advanced Level student was brought to a psychiatric unit by his parents with a two months history of aggressive behavior, social isolation, suspicious that his friends were watching him by a camera, reduced sleep and not attending to the classes. Further he revealed that whenever he was alone, he heard voices of his friends discussing about him.
- 4.1. List down five possible nursing diagnosis? (25 Marks)
- 4.2. What are the basic investigations which help us to rule out organic causes? (25 Marks)
- 4.3. Briefly describe the steps you would adopt to calm down a patient with aggressive behavior. (50 Marks)
5. In a psychiatric clinic, a patient was given depot injection for the first time. The next day he presented with painful swelling around the injection site.
- 5.1. State two common reasons for the swelling. (20 Marks)
- 5.2. Briefly discuss how you could prevent the reasons you mentioned in 5.1. (20 Marks)
- 5.3. Critically discuss the advantages and disadvantages of prescribing depot medications in psychiatry. (60 Marks)
6. A post-partum mother was transferred from the obstetric ward to the psychiatric unit, with a history of poor sleep, irritable mood, preoccupied with self-harming thoughts, refusal of meals and not feeding or looking after her baby. The consultant psychiatrist of the ward prescribed some medications and decided to go for Electro Convulsive Therapy (ECT).
- 6.1. List down four nursing diagnosis in this post-partum mother (20 Marks)
- 6.2. How would you alleviate the fear of ECT among her family members? (30 Marks)
- 6.3. Write down your nursing care plan for the mother and her baby? (50 Marks)