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UNIVERSITY OF JAFFNA SRI LANKA
BACHELOR OF SCIENCE IN NURSING
THIRD YEAR SECOND SEMESTER EXAMINATION - MARCH 2019
NURPM 3216 PSYCHIATRIC & MENTAL HEALTH NURSING
PAPER II

Date: 15.03.2019

Time: 2 hours

ANSWER ALL SIX QUESTIONS

Write answers in separate booklets for Part A, B and C

Part A

1. The nursing principles in psychiatry guide the mental health nurse to deliver effective and quality care for the clients.
 - 1.1. List 10 nursing principles in the field of psychiatry. (30 Marks)
 - 1.2. Briefly discuss how those principles help a mental health nurse to work competently in her/his career. (40 Marks)
 - 1.3. List the basic skills that are required for a mental health nurse to work effectively. (30 Marks)

Part B

2. Rani, a 32 year old single woman was brought to the hospital by her family member as she was repeatedly saying that she heard the voice of her mother, who died few years back, asking her to join her. She claimed that she also heard voices of unknown persons blaming that she was a bad woman and should not live on earth. As a result of these experiences, she wanted to commit suicide, but the family members never allowed her to do so.

On further questioning, Rani told that she became weak over the past few weeks and lost her interest in things which she found interesting in the past. Her appetite and sleep were disturbed and she became socially withdrawn, and isolated herself in a room. Rani was diagnosed as having depressive disorder.

 - 2.1. Explain on the thinking pattern of this patient. (30 Marks)
 - 2.2. Briefly describe the nursing management of her altered thought process. (30 Marks)
 - 2.3. Write down the summary of a 'discharge advice' to her family. (40 Marks)

Part C

3. A 22-year-old, single, diagnosed patient with bipolar affective disorder presented with a manic relapse. She was found to be running around, over familiar and disinhibited. The relatives brought her after she had wandered away from home for 6 hours. She was restarted on oral drugs inclusive of Lithium Carbonate. As her symptoms were poorly controlled by the medications, the treating psychiatrist decided a course of Electro Convulsive Therapy (ECT).
- 3.1. Discuss the possible risks involved in this patient's clinical presentation. (20 Marks)
- 3.2. List the measures that you would take as a nursing officer, on admission. (25 Marks)
- 3.3. List the aspects you would incorporate in the psycho-education of this patient. (30 Marks)
- 3.4. How would you prepare this patient before her first ECT? (25 Marks)
4. An extremely agitated schizophrenic patient was brought by the police, and was admitted to the psychiatric inward facility. He had defaulted treatment for 4 months. He has poor social support and was found begging in the streets.
- 4.1. Describe the steps you would take to control his agitated behaviour. (25 Marks)
- 4.2. After controlling his agitated behaviour, briefly describe the steps in management involving the multi-disciplinary team. (30 Marks)
- 4.3. List the possible challenges of discharging this patient back to the Community. (20 Marks)
- 4.4. Briefly describe the measures that could be taken to reassure the medication adherence and continued care of this patient. (25 Marks)
5. An 18-year-old school girl was admitted to a medical unit following self-ingestion of 30 metformin tablets.
- 5.1. List 5 possible causes of attempted suicide. (20 Marks)
- 5.2. How would you assess the future suicidal risk of this patient? (20 Marks)
- 5.3. Briefly describe how you would manage her if she continues to express suicidal wish. (30 Marks)
- 5.4. Write a short description of your talk on a school based awareness programme on suicide prevention. (30 Marks)

6. A 45-year-old married toddy tapper had been admitted to the residential alcohol rehabilitation centre with a long-standing history of consuming toddy, with the current use of 3 bottles per day. In addition he consumed $\frac{1}{4}$ - $\frac{1}{2}$ bottle of arrack with his friends thrice a week at a local bar. His referral was facilitated by the medical team following an admission with a seizure episode, two days after he stopped taking alcohol. His wife claimed that he involved in domestic violence while intoxicated.
- 6.1. List the criteria of diagnosing alcohol dependence syndrome. (15 Marks)
- 6.2. Identify 3 factors that would have maintained his alcohol use. (15 Marks)
- 6.3. List the possible psychological and social complications of long term alcohol use. (30 Marks)
- 6.4. Briefly explain how you would assist him to develop motivation to abstain from alcohol. (20 Marks)
- 6.5. During his rehabilitation process what measures would you take to address the domestic violence? (20 Marks)