



UNIVERSITY OF JAFFNA SRI LANKA

FACULTY OF ALLIED HEALTH SCIENCES
THIRD YEAR SECOND SEMESTER EXAMINATION B.SC (HONS.) IN NURSING
-APRIL 2020

NURPM 3216 PSYCHIATRIC & MENTAL HEALTH NURSING - PAPER II

Date: 08.03.2021

Time: 2 hours

ANSWER ALL SIX QUESTIONS

Write answers in separate booklets for Part A and B

Part A

1. "All the principles in Nursing are act as a guide and provide the basis for an effective nursing care in-order to bring better outcomes".
 - 1.1. Briefly explain eight (08) justifications to support the above statement. (32 Marks)
 - 1.2. List five (05) mental health nursing principles. (20 Marks)
 - 1.3. List six (06) advantages of providing inward management for the mentally ill clients. (24 Marks)
 - 1.4. List six (6) advantages of managing mentally ill clients in the community. (24 Marks)

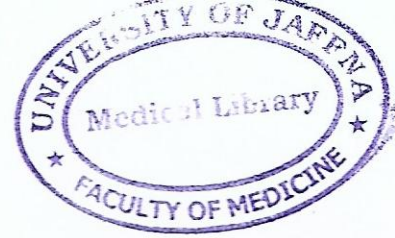
2. "A thorough assessment is crucial in developing appropriate care pathway and treatment plan for the mentally ill clients to recover from their diseases".
 - 2.1. List four (04) assessment techniques that can be used by a mental health team to get the relevant information about their clients? (20 Marks)
 - 2.2. Explain the information that you need to gather from a client with major psychotic illness who attends the outpatient clinic on his/her own? (50 Marks)
 - 2.3. Briefly explain the important health advices you would provide to a mentally ill client who does not have adequate family support. (30 Marks)

Part B

3. A previously healthy, 22-year-old unmarried male was brought to the psychiatric services with a history of behavioural disturbance over the past month. He was extremely irritable and excessively talking about his powers.

The treating psychiatrist had assessed the patient and prescribed Haloperidol 10 mg tds, Sodium valproate 200 mg mane and 400 mg nocte and Clonazepam 2 mg nocte.

- 3.1. List three (03) possible nursing diagnoses for the above patient. (15 Marks)
- 3.2. Briefly describe how would you assess for the possible risks of this patient in an in ward setting. (30 Marks)
- 3.3. The above mentioned patient developed an intermittent spasm of the neck muscles on the next day of admission and was finding it difficult to move his neck. Briefly discuss the possible reasons for emergence of the neck spasm. (25 Marks)
- 3.4. The same day itself the patient had absconded from the ward (left the ward without informing the staff members). List the measures you would take as a nursing officer on duty. (30 Marks)
4. You are appointed as a nursing officer in a Mental Health Unit. The consultant has decided to administer Electroconvulsive Therapy (ECT) to one of the patients in the unit.
- 4.1. How would you introduce ECT before obtaining informed consent from the patient? (20 Marks)
- 4.2. Describe how would you prepare the patient for ECT (40 Marks)
- 4.3. Briefly describe how would you monitor the patient in the post ECT period (30 Marks)
- 4.4. List five (05) common misconceptions about ECT among the public (10 Marks)



5. Ms. Raji, 26 year old teacher, presented with sudden attacks of hyperventilation, associated with tachycardia and sweating. She was extremely fearful that she might die during one of these attacks, as the episodes intensify in severity towards the end. In between the episodes she anticipates another spell of hyperventilation and related symptoms.
- 5.1. List three (03) possible nursing diagnoses for this patient. Give reasons for your consideration. (15 Marks)
- 5.2. Briefly describe how would you assess this patient (30 Marks)
- 5.3. Describe how would you explain the patient regarding the reasons for symptoms she experiences. (25 Marks)
- 5.4. List two (02) classes of medications with examples which are useful in the management of this patient. (10 Marks)
- 5.5. Briefly describe one psychological intervention that would be beneficial during such episodes. (20 Marks)
6. Write short notes on following:
- 6.1. Nursing principles in caring the patient with Dementia. (40 Marks)
- 6.2. Symptom domains of Schizophrenia. (30 Marks)
- 6.3. Influence of electronic devices in adolescent mental health. (30 Marks)