



UNIVERSITY OF JAFFNA, SRI LANKA
FACULTY OF ALLIED HEALTH SCIENCES

Third Year Second Semester Examination in BScHons (Nursing) - 2020
NURPM 3216 PSYCHIATRIC AND MENTAL HEALTH NURSING -
PAPER II

Date: 14.11.2022

Time: 2 hours

ANSWER ALL SIX QUESTIONS

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

Part A

1. The mental health of nursing staff members influences the work process outcomes.
 - 1.1 Write the characteristics of mentally healthy persons. (20 marks)
 - 1.2 List the outcomes of mentally wellbeing nurses in a hospital. (20 marks)
 - 1.3 Briefly discuss how the administration can enhance the mental wellbeing of nurses in a hospital. (40 marks)
 - 1.4 List the occupational hazards of psychiatric nursing. (20 marks)

Part B

2. A 28-year-old primi mother who delivered a baby girl a week ago, was referred to the mental health unit by the obstetric team with a history of persistent worries, crying spells, not attending her child's needs, not interested in her self-care or physical appearance, and refusing to take her meals for the past three days. Her baby has developed neonatal jaundice and is currently in the neonatal unit. She begged her mother to take care of her baby in her absence.
 - 2.1 What are the nursing diagnoses? (20 marks)
 - 2.2 Write your care plan for this patient (30 marks)
 - 2.3 If the consultant psychiatrist decides to administer electroconvulsive therapy, how would you prepare the mother? (30 marks)
 - 2.4 At the time of discharge, what information would you provide to her husband. (20 marks)

3. Mr. Amalan has been treated as an inpatient for manic episode. One night, he unexpectedly developed anger spells and became aggressive. At the time, the on-call doctor was not available in the ward.
- 3.1 What are the nursing diagnoses? (20 marks)
- 3.2 Briefly describe how you would handle this situation without using any medications. (50 marks)
- 3.3 Write down five strategies which are useful in the management of work-related stresses (30 marks)

Part C

4. A 15-year-old student was brought by his maternal grandmother, with the complaints of frequent irritability, poor impulse control behaviour and lack of interest in studies for the past five months. Recently he had assaulted his classmate following a trivial argument. His grandmother is worried that he is on the smartphone for long hours.
- 4.1 Write down the nursing diagnoses (20 marks)
- 4.2 From a psychiatric nursing point of view, what are the questions you would ask the boy? (30 marks)
- 4.3 Briefly describe how you would advise the grandmother. (30 marks)
- 4.4 Name the support services that can play a role in the management. (20 marks)
5. You are on duty in a psychiatry ward. You notice that there aren't any pro re nata (PRN) medications prescribed for a patient who is newly diagnosed with schizophrenia and only on trifluoperazine 10 mg three times daily.
- 5.1 List three (03) clinical scenarios, where this patient may require PRN medications. (30 marks)
- 5.2 Mention four (04) PRN medications which are commonly used in the psychiatry wards. (20 marks)
- 5.3 Briefly describe how you would administer PRN medications in one of the clinical scenarios you mentioned in 5.1 (50 marks)

Part D

6. A female nurse enjoys talking to a particular male patient in the ward as his sense of humour reminds one of her university friends. During the conversation she also makes some good jokes and laughs together.

6.1 Name the problematic phenomenon in this 'nurse-patient relationship' (20 Marks)

6.2 Briefly describe the phases of therapeutic nurse- patient relationship. (40 Marks)

6.3 Discuss the benefits of therapeutic nurse-patient relationship (40 Marks)

