

UNIVERSITY OF JAFFNA, SRI LANKA  
FACULTY OF ALLIED HEALTH SCIENCES  
Third Year Second Semester Examination in BScHons (Nursing) - 2019

NURPM 3216 PSYCHIATRIC & MENTAL HEALTH NURSING - PAPER II

Date: 15.07.2022

Time: 2 hours

**ANSWER ALL SIX QUESTIONS**

**Answer Part A, B & C in separate booklets**

**Part A**

1.

- 1.1 One of the principles in mental health nursing is “accepting the person as he is”. Briefly describe this statement using your practical experience in the mental health unit. (30 Marks)
- 1.2 Enumerate the reasons for inward management of mentally ill patients (30 Marks)
- 1.3 Discuss the importance of regular clinic visits by clients who recovered from acute mental illness (40 Marks)

**Part B**

2.

- 2.1 List the importance of treatment adherence (drug compliance) in the outcome of psychiatric illness (30 Marks)
- 2.2 Briefly discuss the measures you would adapt to improve the patients’ adherence (30 Marks)
- 2.3 Write four advantages and four disadvantages of depot medications in psychiatry (40 Marks)

3. A 24-year-old female university student was admitted to the medical ward following self-ingestion of 30 paracetamol tablets.

- 3.1 List five (5) possible causes for this suicidal attempt (20 Marks)
- 3.2 Briefly describe how you would assess the future suicidal risk (20 Marks)
- 3.3 Discuss your management plan (40 Marks)
- 3.4 What advice would you give to her roommate? (20 Marks)

4. A 67-year-old woman presents with a history of low mood, poor sleep, inability to do her daily routines, and a significant weight loss for the past two months. She has also developed second person auditory hallucination and delusion of guilt during the past month. She feels she should not live on earth as she has committed a number of unforgivable sins.
- 4.1 What is the most likely nursing diagnosis of this patient? (15 Marks)
- 4.2 Write down the reasons for arriving at your nursing diagnosis (30 Marks)
- 4.3 List five precipitating factors that could have played an aetiological role for this clinical picture (15 Marks)
- 4.4 Briefly describe how you would you prepare this patient for ECT (electro-convulsive therapy) (40 Marks)
5. A 45-year-old married man, working as a manual labourer was admitted to the medical ward following a seizure episode. A week ago, he had a binge drinking of alcohol for a couple of days, but he was abstaining from it for the past three days. He was referred to the psychiatric clinic along with his wife for the management of alcohol use.
- 5.1 Write down your nursing diagnosis (10 Marks)
- 5.2 List the criteria of diagnosing alcohol dependence syndrome (20 Marks)
- 5.3 Briefly discuss how you would motivate this person for residential alcohol rehabilitation (40 Marks)
- 5.4 Mention how his wife can contribute to maintain the alcohol abstinence (30 Marks)



**Part C**

6. Mr Ravi, a 33-year-old single man with a diagnosis of paranoid schizophrenia for seven years, was brought to the psychiatric inpatient unit by his neighbours, as he was behaving abnormally, pacing up and down, passing angry comments and shouting. The initial assessment revealed that he had stopped taking medications for more than two months, and then gradually started experiencing continuous hallucinatory voices. On examination, Ravi appeared to be guarded and suspicious. His hair had not been combed for days. There was a strong unpleasant body odour around him. He was dressed with layers of heavy clothing though the environment was warm and hot. In the hospital, Ravi vehemently refused the food and fluids offered by the staff members. When the nursing officer approached him with medication, he screamed at her "Do you want to kill me?"

- 6.1 What are the additional information you would gather in order to draw up a nursing care plan? (20 Marks)
- 6.2 Identify three (3) nursing priorities, three (3) nursing diagnoses, and three (3) expected outcomes in Ravi's care plan (50 Marks)
- 6.3 Briefly describe the possible nursing interventions for the nursing priorities you mentioned in 6.2 (30 Marks)