



UNIVERSITY OF JAFFNA SRI LANKA
FACULTY OF ALLIED HEALTH SCIENCES
Third Year Second Semester Examination in BScHons (Nursing) – 2021

NURPM 3226 - PSYCHIATRIC & MENTAL HEALTH NURSING

PAPER II

Date: 07.08.2023

Time: 2 hours

ANSWER ALL SIX QUESTIONS

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

Part A

1. Medications play a major role in managing psychiatric disorders.
 - 1.1 How do antipsychotic medications help people with mental illness to have a normal life? (30 marks)
 - 1.2 Describe the role of the nurse in improving drug compliance among the mentally ill. (30 marks)
 - 1.3 Discuss briefly the medication administration process in hospital settings. (40 marks)

Part B

2. A 30-year-old mother was referred to the mental health unit by an obstetrician on the sixth day after delivering her first baby boy. The referral note mentioned that she was found to be crying a lot, not paying attention to her self-care, not feeding her baby, and not showing interest to her baby's needs after her baby had been admitted to the neonatal unit for low weight gain. During the mental state assessment, it was observed that she easily became irritable and threw anger spells. Further, she expressed pessimistic thoughts about her future and declared that she failed to be a good mother and that living on this earth was not worth it.
 - 2.1 Write down five (05) possible nursing diagnoses of this clinical scenario. (20 marks)
 - 2.2 List out the major concerns that determine the management goals of this mother? (20 marks)
 - 2.3 Briefly describe how you would advise her family members. (20 marks)
 - 2.4 Outline your discharge plan. (40 marks)

3. A 75-year-old man is brought to the hospital with a history of recurrent falls, tremulousness, difficulty walking, visual hallucinations, and marked progressive forgetfulness for two years. On assessment, he scores 16 out of 30 in the mental state examination, and the neurological examination reveals generalised rigidity and resting tremor. Non-contrast computer tomography (NCCT) of the brain reveals marked cerebral atrophy.

3.1 Write down four (04) nursing diagnoses? (20 marks)

3.2 List the potential risks this patient might encounter while in the hospital. (20 marks)

3.3 Briefly outline your management plan. (40 marks)

3.4 Describe briefly the strategies that can be used to manage carer burden. (20 marks)

Part C

4. While you are working as a nursing officer in a psychiatry ward, you notice that a patient is restless, and his restlessness is gradually escalating, but he has not shown any violent or destructive behaviours.

4.1 Write down the nursing considerations in this scenario. (10 marks)

4.2 What are the strategies you would consider as useful in managing this patient? (30 marks)

4.3 Write a detailed explanation of how you would implement one of the strategies mentioned in 4.2. (40 marks)

4.4 Critically discuss the role of violence in the present world. (20 marks)

5. Suicidal behaviour is noticeably increasing in the community.

5.1 List the psychosocial issues that lead to this behaviour. (20 marks)

5.2 From a psychological point of view, what are the possible 'functions' of suicidal behaviour? (20 marks)

5.3 Briefly describe how a nurse can psychologically assist a person who is admitted with an overdose of prescribed medication. (40 marks)

5.4 What steps would you advise to implement in the community to reduce suicidal behaviours? (20 marks)

Part D

6. Imagine you are a psychiatric nurse working in an inpatient mental health unit. You have been assigned to care for a 28-year-old patient named Ravi. Ravi was diagnosed with severe depression with suicidal ideations and admitted to the hospital involuntarily. In the hospital, Ravi seems to be withdrawn from the environment, avoid eye contact, and respond to questions with short answers. He frequently expressed feelings of hopelessness and guilt.
- 6.1 Analyse the potential challenges you might encounter while trying to establish a therapeutic relationship with Ravi. (30 marks)
- 6.2 Briefly explain the communication approaches that can be useful for patients who are minimally responding and less engaged. (30 marks)
- 6.3 Discuss how the therapeutic nurse-patient relationship phases can be used in this scenario. (40 marks)