



UNIVERSITY OF JAFFNA SRI LANKA  
FACULTY OF ALLIED HEALTH SCIENCES  
Third Year Second Semester Examination in BSc Hons (Nursing) -2022/15<sup>th</sup> Batch Proper

NURPM 3226 PSYCHIATRIC & MENTAL HEALTH NURSING - PAPER II

Date: 08.05.2024

Time: 2 hours

ANSWER ALL SIX QUESTIONS

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

Part A

1. A 23-year-old pregnant mother in her first trimester was referred to psychiatric services following self-strangulation. She claimed that she had been feeling low mood for the past month. Her family said that her activities were remarkably reduced during the past few days, and she refused to take anything by mouth. The assessing doctor diagnosed her with a depressive episode.
  - 1.1 State five (05) other clinical features of the diagnosed condition you would expect in this pregnant mother. (20 Marks)
  - 1.2 State five (05) factors you would look for in the assessment that would have contributed to her depressive illness. (20 Marks)
  - 1.3 Briefly describe how you would assess the suicidal intent of this patient. (20 Marks)
  - 1.4 Name five (05) possible causes for her poor oral intake. (20 Marks)
  - 1.5 List five (5) non-pharmacological interventions that you would consider for her depressive illness. (20 Marks)

2. A 28-year-old female presented to the psychiatric clinic, claiming that one of her ex-partners had inserted a microchip while she was under the influence of psychoactive substances. She reported that the person who inserted the chip has full control over her thoughts and actions and has access to all her thoughts. Her beliefs are reinforced by hearing the voices of the perpetrator talking to his friends in a demeaning way. She could feel the bodily sensations of the chip moving around. These distressing symptoms have persisted for over two months. Physical examination revealed no significant abnormalities. She demanded the surgical removal of the microchip. The attending physician diagnosed her with schizophrenia along with alcohol dependence syndrome and initiated treatment with Risperidone, administering a nightly dose of 2mg.
- 2.1 State five (05) nursing diagnoses for this patient. (20 Marks)
- 2.2 List five (05) adverse effects of risperidone you would expect to see within the next two weeks. (20 Marks)
- 2.3 List five (05) important aspects you would consider in the psychoeducation of this patient. (20 Marks)
- 2.4 Briefly describe the impact of alcohol use on the mental well-being of this woman. (20 Marks)
- 2.5 Discuss how you would approach her demand for surgical removal of the microchip. (20 Marks)
3. A 70-year-old widow was brought to psychiatric services by her children with the complaint of frequent wandering away from home and deterioration in her mental state over the past several months. The collateral history suggested that she has been living alone since the death of her husband six months ago. Both her children live in neighbouring villages and seem supportive. It was stated that she was functioning reasonably well before six months.
- 3.1 Briefly describe the possible reasons for her deterioration over the past six months. (30 Marks)
- 3.2 The treating doctor has decided to conduct a cognitive test. Name two useful cognitive assessment tools. (10 Marks)
- 3.3 List ten (10) possible risks associated with this elderly lady. (30 Marks)
- 3.4 Briefly discuss how you would advise the patient and family. (30 Marks)





4. You are a nursing officer appointed to a psychiatric outpatient clinic.

4.1 Describe five (05) responsibilities of a nursing officer working in a psychiatric outpatient facility.

(25 Marks)

4.2 State four (04) childhood mental illnesses you would encounter in an outpatient psychiatry clinic.

(20 Marks)

4.3 Briefly describe how you would manage a patient who presented with a relapse and started behaving aggressively in the clinic setting.

(30 Marks)

4.4 Your consultant has made appropriate referrals to the following case scenarios and asked you to coordinate. Mention the appropriate person or service that is available within the hospital setting you would contact for each one of the following scenarios.

4.4.1 A client is eligible for disability allowance (financial benefits).

4.4.2 A client needs an assessment of his functional ability.

4.4.3 One patient with panic attacks wants to learn breathing and relaxation techniques.

4.4.4 A child is suspected of experiencing abuse by her parents.

4.4.5 A married woman was subjected to torture by her husband.

(25 Marks)