



UNIVERSITY OF JAFFNA, SRI LANKA
FACULTY OF ALLIED HEALTH SCIENCES

Third Year Second Semester Examination in BScHons (Nursing) – 2023/Proper- 16th Batch

NURPM 3216 PSYCHIATRIC & MENTAL HEALTH NURSING- PAPER II

Date: 20.05.2025

Time: 2 hours

ANSWER ALL SIX QUESTIONS

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

Part A

1. Regular clinic follow-up plays an important role in ensuring continuity of care, monitoring progress, preventing relapse, and minimizing the health care cost.
 - 1.1. How does regular clinic follow-up contribute to the following in individuals with mental illness.
 - 1.1.1. Continuity of care. (30 Marks)
 - 1.1.2. Early identification of relapse. (30 Marks)
 - 1.2. Discuss the strategies to make the clinic environment more accessible, organized, and supportive for clients. (40 Marks)

Part B

2. Mrs. Shanthi, a 34-year-old married woman with two children, presents to the outpatient psychiatric clinic with complaints of persistent low mood, loss of interest in daily activities, fatigue, and disturbed sleep for the past 3 weeks. She reports that she feels hopeless about the future and has difficulty concentrating at work. She has stopped attending social events and avoids speaking with friends or family. She occasionally thinks that life is not worth living, although she has not made any suicide attempts. There is no history of substance use or medical illness. Her husband says that she was functioning normally until about a month ago when she experienced a miscarriage.
 - 2.1. List four (4) core symptoms of depressive disorder. (20 Marks)
 - 2.2. What are three (3) possible contributing factors for this condition in this patient? (15 Marks)
 - 2.3. Outline the nursing assessments you would perform for this patient. (20 Marks)
 - 2.4. Describe the nursing interventions for managing this condition. (25 Marks)
 - 2.5. What psychoeducation you would provide to her family. (20 Marks)

3. Mr. Arjun, a 26-year-old software engineer, is brought to the clinic by his elder brother. He reports experiencing persistent restlessness, excessive worry, and difficulty sleeping for the past 4 months. He worries excessively about his job performance, finances, and family members' health, even though nothing major has happened. He also complains of physical symptoms like muscle tension, headaches, and irritability. He says he "just can't relax" and feels tired even after a full night's sleep. He avoids going to meetings or public presentations and sometimes experiences shortness of breath and sweating in those situations. He does not have any significant medical or psychiatric history, but his mother had similar symptoms in the past.

3.1. List four (4) common physical symptoms associated with anxiety disorders. (20 Marks)

3.2. Identify two (2) psychosocial stressors that may be contributing to his anxiety. (10 Marks)

3.3. Describe the nursing assessments for anxiety-related disorders. (20 Marks)

3.4. List the four (4) nursing priorities for this patient's management. (20 Marks)

3.5. Mention three (3) non-pharmacological nursing interventions for managing anxiety. (30 Marks)

Part C

4. A 68-year-old male was admitted to the psychiatry inpatient setting due to increasingly odd behaviour. He holds a strong belief that he is in the process of inventing a time machine. When discussing this, his speech is often rapid, and his thoughts tend to jump between related but unconnected ideas. He uses exaggerated gestures to illustrate his complex theories about time travel. A key component of his plan, he explains, involves burning his collection of antique items. He believes these objects possess a unique "temporal energy" necessary to power his invention, including setting fire to his house and 3 neighbouring houses. His family reported that he had become more isolated, neglecting his personal hygiene, and filling his home with nonsensical writings and diagrams. His sleep patterns had also become irregular, with him often staying awake for long periods, supposedly working on his "experiments."

4.1. List five (5) potential risks you would consider in this individual. (20 Marks)

4.2. Briefly describe the important aspects that you would discuss with his family. (30 Marks)

4.3. Discuss the important principles of management while he is treated inpatient. (30 Marks)

4.4. Name a suitable medication for him and the expected adverse effects of the medication. (20 Marks)



5. As a newly appointed nurse educator, you have been assigned to give two educational sessions to Advanced-Level students. Provide an outline of the key points you would include for the following topics.
- 5.1. 'The influence of social media on one's overall wellbeing.' (50 Marks)
- 5.2. 'The role of education in enhancing mental health outcomes in rural communities.' (50 Marks)

Part D

6. A 37-year-old unmarried male residing in an urban community has been referred to the community mental health team by a social service officer. He has a long-standing history of alcohol dependence and has experienced multiple relapses. According to his family members' statement, he lost his job recently and has become increasingly aggressive and socially withdrawn. A community mental health nurse is assigned to assess his condition and provide ongoing care in a community-based setting.
- 6.1. Define the role of the community mental health nurse in assessing, managing, and supporting clients with substance use disorders in community settings. (20 Marks)
- 6.2. Describe the social and psychological factors that contribute to the substance abuse. (20 Marks)
- 6.3. Briefly describe the assessments that a community mental health nurse performs on this patient to identify individual risk factors for relapse. (20 Marks)
- 6.4. Describe the community-based nursing interventions for this patient to promote recovery and prevent relapse. (40 Marks)