

UNIVERSITY OF JAFFNA, SRI LANKA
BACHELOR OF SCIENCE IN NURSING
THIRD YEAR SECOND SEMESTER EXAMINATION – JAN 2013
NURPM 3204 PSYCHIATRIC AND MENTAL HEALTH IN NURSING
PAPER II

Date: 15.01.2013

Time: 2 hours

ANSWER ALL SIX QUESTIONS

1. Schizophrenia is a psychiatric illness which usually starts in early age and runs a chronic course.
 - 1.1. List the important diagnostic features of schizophrenia (20 Marks)
 - 1.2. What are the common causes of relapse in patients with schizophrenia (20 Marks)
 - 1.3. Briefly describe your approach in managing the acute agitated patients with violent behaviour. (30 Marks)
 - 1.4. How will you motivate a schizophrenic patient in regards to daily activity? (30 Marks)

2. “There is no health without mental health” is a popular motto.
 - 2.1. List the indicators of mental wellbeing in a society (20 Marks)
 - 2.2. What are the features of mental wellbeing in individuals (20 Marks)
 - 2.3. What are the factors which are known to influence mental wellbeing (20 Marks)
 - 2.4. Briefly discuss about five different activities in the community which have mental health promotional components. (40 Marks)

3. Sri Lanka’s mental health policy emphasizes the need for providing decentralized services in the community. However, there are few who may need admission to inpatient units.
 - 3.1. When do patients need inpatient management (20 Marks)
 - 3.2. Briefly describe the admission procedures to a psychiatric inpatient unit (20 Marks)
 - 3.3. As a nursing officer in the inpatient unit, how will you develop a rapport with a newly admitted patient (30 Marks)
 - 3.4. Discuss the advantages and disadvantages of keeping the family members in the inpatient units along with mentally ill patients (30 Marks)

4. Anxiety is a normal human experience. However, at times, it becomes pathological and manifest as anxiety disorder
- 4.1. When do you consider anxiety as a disorder? (20 Marks)
- 4.2. List the clinical features of Generalized Anxiety Disorder (20 Marks)
- 4.3. How does a panic attack differ from Generalized Anxiety Disorder (20 Marks)
- 4.4. Briefly describe how Relaxation Exercises do help patients with anxiety symptoms (40 Marks)
5. Alcohol abuse is reportedly increasing in the region
- 5.1. List the diagnostic features of alcohol dependence (20 Marks)
- 5.2. Briefly describe the clinical features of Delirium Tremens (20 Marks)
- 5.3. Discuss the nursing principles of managing a patient with Delirium Tremens (40 Marks)
- 5.4. How could a wife support her husband who has decided to abstain from alcohol (20 Marks)
6. Write short notes on
- 6.1. Breaking bad news (25 Marks)
- 6.2. Dissociation (25 Marks)
- 6.3. Learning disorder (25 Marks)
- 6.4. Loneliness in elderly (25 Marks)