

**UNIVERSITY OF JAFFNA, SRI LANKA.**  
**BACHELOR OF SCIENCE IN NURSING**  
**THIRD YEAR SECOND SEMESTER EXAMINATION–FEB - 2014**  
**NURPM 3203 PSYCHIATRIC & MENTAL HEALTH NURSING**  
**-PAPER II**

**Date: 05.02.2014**

**Time: 02 Hours.**

**ANSWER ALL SIX QUESTIONS.**

**PART A**

1. Non adherence to treatment is found to be an important cause for relapses and recurrent admissions in psychiatry.
  - 1.1. List the possible causes for non adherence to treatment in psychiatry (30 Marks)
  - 1.2. Briefly describe how would you overcome this problem in your patients (70 Marks)
  
2. Protocols and guidelines help us to provide standard care delivery.
  - 2.1. List ten principles of mental health that guide you to provide better care to the clients (30 Marks)
  - 2.2. Mention how you would apply any five of the principles you have mentioned in 2.1 to manage a client with violent behaviour (30 Marks)
  - 2.3. Express your views about how the quality of nursing care could be improved in mental health units. (40 Marks)
  
3. Mr. Maimaran, a 45 year old driver, father of two children, was brought by his wife to the mental health unit, with the history of “drinking a lot” for more than ten years.
  - 3.1. What are the important features of alcohol dependence? (20 Marks)
  - 3.2. Briefly describe the effects of alcohol on individual, family and community level. (30 Marks)
  - 3.3. Discuss the multi disciplinary approach in the process of rehabilitation of alcohol dependence clients. (50 Marks)

## PART B

4. Mrs. Rathais a 32 year old teacher who had lost her husband in a roadtraffic accident 3 days back, was brought to the OPD by her relatives with the history of recurrent fainting attacks.
- 4.1. What do you mean by the term “grief reaction” (20 Marks)
- 4.2. Describe how people experience and exhibit their grieving. (30 Marks)
- 4.3. What are the factors which may adversely affect the outcome of grievingprocess (20 Marks)
- 4.4. How do you help Mrs. Ratha on this admission (30 Marks)
5. Mr. Karuna, a 42 year old mechanic has stopped going to his garage for more than three months. He believes that the adjoining shop keeper of his work place is a spy, who has been observing his movements using a satellite camera. He did not allow his children to attend their school thinking that they may be kidnapped by the spy agents. He says that he could hear them talking to themselves about this idea. He has started carrying a knife to protect him. He was diagnosed as suffering from Paranoid Schizophrenia, but he did not believe that he was having a mental illness.
- 5.1. What are the mental state findings you can extract from this case history (20 Marks)
- 5.2. Identify the possible nursing problems in this case scenario (30 Marks)
- 5.3. Briefly describe how would you address those problems as a nursing officer (50 Marks)
6. Write short notes on
- 6.1. Extrapiramidal side effects (25 Marks)
- 6.2. Sleep hygiene (25 Marks)
- 6.3. Delirium (25 Marks)
- 6.4. Mental Retardation (25 Marks)