



Faculty of Nursing
Fayoum University



Date: ٢٩/٥/٢٠١٦
Time: ٣hrs
Total Marks (٨٠)

Psychiatric and mental health nursing Final Exam

"Fourth year"

Please answer all the following questions

I- Circle the best answer (١٥ marks)

١- Building trust relationship during nurse – patient relationship is important during:

- a. The orientation phase
- b. The problem identification phase
- c. The termination phase
- d. All phases

٢- The client's belief that a news spread has special meaning for him is an example of:

- a. Abstract thinking
- b. Flight of ideas
- c. Ideas of reference
- d. Thought broadcasting

٣- Clozapine (Clozaril) is contraindicated in clients who have which of the following conditions?

- a- Bone marrow depression
- b- Dry eye syndrome
- c- Hypertension
- d- Urinary retention

٤. The drug of choice to relieve anxiety is:

- a- Benzodiazepines
- b- Tofranil
- c- Saffinaze
- d- Cogentin

٥- When the psychiatrist prescribed mono- amino oxidase (MAO) inhibitor drug, it is important to meet patient's family member because (MAO) inhibitor can:

- a- Cause orthostatic hypotension.
- b- Cause sexual dysfunction

- c- Interact with certain foods
- d- -Disrupt the sleep-wake cycle

٦- **Anti-anxiety medication should be used with extreme caution because long term use can lead to.**

- a- Parkinsonian like syndrome
- b-Hypertensive crisis
- c-Hepatic failure
- d-Risk of addiction

٧- **The most likely diagnosis for Patient presented with increase alcohol consumption, irritability, lack of sleep, and not feeling fatigued even in prolonged periods of activity, is :**

- a. Alcohol dependence
- b. Schizophrenia
- c. Mania
- d. impulse control disorder

٨- **Patients who are receiving tricyclic antidepressants should be observed for which of these side effects?**

- a: Urinary frequency
- b: Excessive drooling
- c: Suicidal ideation
- d: Diarrhea

٩- **All of the following IS NOT true about hypochondrical delusion:**

- a- It is an excessive concern about one's own health.
- b- The fear and conviction of disease persist.
- c-It is a state of disrupted consciousness, memory, and identity of perception.
- d- It represents an underlying depressive or anxiety disorder.

١٠- **A psychiatric nurse is caring for a male patient who experiences false sensory perception with no basis in reality. This perception is known as:**

- a- Illusion
- b- Derealaization
- c- Hallucination
- d- Delusion

١١- **Somatic symptoms of depression include all of the following, Except :**

- a- Weight change
- b- Insomnia
- c- Loss of interest
- d- Diarrhea

١٢- **Psychiatric nurse instructs patients who receive (Marplan) to avoid such foods as:**

- a-Aged and smoked cheese

- b-Green leaves vegetables
- c-Tomatos products
- d-Red meats and fruit juices

١٣- Which of the following examples best illustrate a delusion of reference?

- a. The police is plotting to steal my invention
- b. The night shift nurse doesn't like me
- c. **The news announcer on TV is talking about me**
- d. The food is being poisoned

١٤- Paranoid delusions consist of all the following delusions Except:

- a. **Delusion of control**
- b. Delusion of reference
- c. Delusion of persecution
- d. Delusion of grandeur

١٥- Patient who refuses to eat his meal said that “this food is poisoned” this is an example of:

- a. Hallucination
- b. **Delusion**
- c. Suicidal ideas
- d. Negativism

II - Please put (T) for true statements and (F)for false ones, with correction of false ones (Total marks ١٥)

	Statements	<u>T/F</u>
<u>١</u>	The use of defense mechanisms may actually prevent an individual from feeling pain. Correction:	<u>T</u>
<u>٢</u>	Disturbance in behavior are markedly affected among patients with neurotic disorders. Correction: Disturbance in behavior are markedly affected among patients with psychotic disorders	<u>F</u>
<u>٣</u>	Familial and environmental factors are less important for patients with anxiety disorder. Correction: Familial and environmental factors are more important for patients with anxiety disorder	<u>F</u>
<u>٤</u>	Free association is the interpretation of the symbolic meaning of the client's dreams. Correction:	<u>T</u>

○	Patients with anorexia nervosa have intense fear of gaining weight or becoming fat. Correction:	T
Ⓜ	Retrograde amnesia is a loss of memory for recent events. Correction:	T
∪	Multiple social, psychological and biological factor determine the level of mental health of person. Correction:	T
∧	Always supports the patient's unrealistic ideas. Correction: Always supports the patient's realistic ideas .	F
∩	Mentally health person has pessimistic attitude. Correction: Mentally health person has optimistic attitude	F
∩	Glial Cells are the functional cells, and responsible about information processing and transmitting information, Correction: Nerve Cells are the functional cells, and responsible about information processing and transmitting information	F

III. Complete the following (10 marks):

1. Diagnostic criteria for anorexia nervosa:-

- a- refusal to maintain body weight at or above a minimally normal weight for age and height
- b- Intense fear of gaining weight or becoming fat, even through underweight
- c- Disturbance in way in which one's body weight or shape is experienced
- d- ;;Amenorrhea

2-- Characteristics of milieu therapy are

1-Basic physiological needs

2-physical facilities

3-self-government

4-unit responsibilities

5- Concepts of Positive mental health include

1-Apositive attitude toward self

This means an objective view of self, knowing its strengths and limitations and accepting both

2-growth, development and self-actualization

This entails successful achievement of each developmental task, seeking new growth and new challenges

3-integration

It implies maintaining equilibrium and balance between various life processes

4-Autonomy:

It refers to the individual's ability to perform in an independent and self-directed manner and accepting responsibility for the outcomes

5-perception of reality

This means perception of the environment without distortion, as well as the capacity for empathy and social sensitivity

6-Environmental mastery

It suggests the ability to achieve a satisfactory role within group, society.

6. Signs of lithium toxicity:

a- early signs of toxicity more or=1,0 mEq/L

Nausea, vomiting, diarrhea, muscle weakness, slurred speech polyuria

b- Advanced signs of toxicity 1,0- 2,0 mEq/L

- Severe hand tremor, persistent GI disturbances, EEG changes, Mental confusion

c- Severe toxicity 2,0 – 2,0 mEq/L

- Severe hypotension
- Severe polyuria
- Serious EEG changes
- Coma and death related to pulmonary complications

• **Advantages of group psychotherapy are:**

- a- The opportunities for immediate feedback from patients peers.
- b- A greater number of clients can be treated in group therapy, making the methods cost effective.
- c- Members profit by hearing others members discuss their problems, which encourages them to share feeling and problems.
- d- Members learn multiple ways of solving a problem from other group members and group exploration may help them discover new ways of solving a problems
- e- the group provides for its members understanding, confrontation, and identification with more than one individual. The member gains a reference group.

Part IV: Matching: Please match terms from column (A)with the statements from column (B) (0 marks)

	Column (A)	Column (B)
١	Supportive psychotherapy	a-The absence of emotional expression but experience is present.
٢	Autonomy	b-It refers to the individual's ability to perform in an independent and self-directed manner.
٣	Compulsion	c- During this stage there is uncovering the old conflicts in the patient's unconscious.
٤	Acetylcholine	d- Mainly responsible about Preparing of nervous system for "fight or flight".
٥	Psychoanalytical psychotherapy	e- During this stage there is suppressing patient's current behaviors and ideas.
٦	Dopamine	f- Uncontrollable impulse to perform an act repetitively.
٧	Glial cells	g- Mainly responsible about preparation for action, conservation of energy and attention.
٨	Nerve cells	h- These cells provide support and nutrition.
٩	Norepinephrine	i-Mainly responsible about logic thought and decision making.
١٠	Indifference	J-Repeating the movements of another person.
		k- These cells responsible about information processing and transmitting information.
		l- Rapid jumping from one idea to another.
		m- The performance of all simple commands in a robot-like fashion.

١	٢	٣	٤	٥	٦	٧	٨	٩	١٠
e	b	f	g	c	i	h	k	d	a

Part V Please read the following situations carefully and answer the questions

Situation (1) (10 marks)

Mr. (S) is 18 years old admitted to psychiatric unit with a diagnosis of acute paranoid schizophrenia. His parents reported that, he has become increasingly withdrawn, agitated and irritable. He has been over heard talking and arguing in his room during the day and night. During the past 2 weeks, Mr. (S) has refused to eat and has expressed fears that his mother has been trying to poison him, his parents brought him to the emergency department. Psychiatrist prescribed (1) ECT sessions and antipsychotics (Haldol, Neurazine)

1- In assessing Mr. (S), the nurse would likely find which of the following symptoms:

- a- Hallucination.
- b- Poor school achievement.
- c- Poor communication.
- d- Retardation.

2- Mr. (S) nursing diagnoses include the following except:

- a- Imbalanced Nutrition.
- b- Ineffective breathing pattern.
- c- Self-care deficit.
- d- Disturbed sensory perception.

3- Mr. (S) was diagnosed as paranoid schizophrenia which of the following symptom is more applicable:-

- a- Auditory hallucinations
- b- Flat affect.
- c- Waxy flexibility.
- d- Bizarre behavior.

4- Mr. (S) social withdrawal may be related to:

- a- Low self-esteem.
- b- Low energy level.
- c- Hallucination.
- d- All the above.

5- The nursing action needed to Mr. (S) should include:-

- a- Develop consistency and regularity in a daily schedule.
- b- Use regular interactional opportunities.

c- Redirect the patient attention.

d- **All the above.**

٦-. **Akathisia, dystonia , stiff gait, and rigid posture are symptoms of :**

a- Psychosis.

b- Tardive dyskinesia.

c- **Extrapyramidal side effect**

d- Chronicity

٧- **The responsible neurotransmitter for schizophrenia is:-**

a- Serotonin

b- Nor-epinephrine

c- **Dopamine**

d- Acetylcholine

٨- **Patient agitation occurs mainly due to:**

a- **Influence of delusions or hallucinations**

b- Disturbance of speech

c- lack of volition

d- withdrawal from reality

Based on the above mentioned situation, answer the following:

١- Select and apply (٣)most applicable psychiatric nursing principles related to patient problems

(٣ marks)

١- Maintain patient in contact with reality

٢- Avoid increase patient anxiety

٢- Mention ٣ important nursing interventions for patient immediately post electroconvulsive therapy (ECT) session (٣marks)

١- Position : lateral position

٢- Monitor vital signs and oxygenation if needed

٣- Reorientation

٤- Given withhold medication(antipsychotics)

٣- Mention type and names of suitable activities for Mr.(S)

(٣ marks)

١- Activity to divert patient attention as share in recreational activity as dominu, playing cards ..

٢- Activity to involve in real situation as reading newspaper, reading books that interested , share other patient activity

Situation (٣) (١٠ marks)

Mr. A admitted to inpatient unit of psychiatric hospital exhibiting symptoms of flight of ideas, extreme excitement, delusional thinking, and command hallucinations. Mr. A has been unable to sleep for the past three nights and the psychiatrist diagnosed him as having manic attack

Complete the following based on previous situation

1-Therapeutic environmental characteristics for Mr A are included:(2)

a-non stimulating(radio-television,

b-few numbers of patients and numbers that interact with the patient

c-ensure safety for patient and others

2-Expected nursing diagnosis for Mr A are :(2)

a- Poor impulse control

b-impaired social interaction

c-poor hygiene

3-The most applicable principles for Mr A and give rationale for utilizing it (2 marks)

1-avoid increase patient anxiety

Rationale : to avoid patient aggression

2-consistency and patient security

Rationale: to feel patient security and unbiased

3-change patient behavior through emotional experience

Rationale: to modify unacceptable patient behavior

“Good Luck”