



**UNIVERSITY EXAMINATIONS 2014/2015 ACADEMIC YEAR**

**3<sup>rd</sup> YEAR EXAMINATION FOR THE DEGREE OF BACHELOR OF  
SCIENCE IN NURSING AND PUBLIC HEALTH**

**COURSE CODE/TITLE: HNS 306: MENTAL HEALTH NURSING I**

**END OF SEMESTER: II**

**DURATION: 3 HOURS**

**DAY/TIME: HURSDAY: 8.00 - 11.00 AM**

**DATE: 11/12/2014 (PL9)**

**INSTRUCTIONS**

1. Read the instructions carefully
2. Answer ALL questions on the answer sheets provided
3. Marks for every question are indicated in brackets.
4. **DO NOT** write your name anywhere on the answer sheets
5. Write only your **Registration Number** on the answer sheets

**SECTION A: MULTIPLE CHOICE QUESTIONS (20MKS)**

1. The client says, "I want to tell you something but can you promise that you will keep this, a secret?" A therapeutic response of the nurse is:
  - a. "Yes, our interaction is confidential provided the information you tell me is not detrimental to your safety."
  - b. "Of course yes, this is just between you and me. Promise!"
  - c. "Yes, it is my principle to uphold my client's rights."
  - d. "Yes, you have the right to invoke confidentiality of our interaction."
2. The nurse explains to a mental health care technician that a client's obsessive-compulsive behaviours are related to unconscious conflict between id impulses and the superego (or conscience). On which of the following theories does the nurse base this statement?
  - a. Behavioural theory
  - b. Cognitive theory
  - c. Interpersonal theory
  - d. Psychoanalytic theory
3. The nurse considers a client's response to crisis intervention successful if the client:
  - a. Changes coping skills and behavioral patterns.
  - b. Develops insight into reasons why the crisis occurred.
  - c. Learns to relate better to others.
  - d. Returns to his previous level of functioning

4. Which method would a nurse use to determine a client's potential risk for suicide?
  - a. Wait for the client to bring up the subject of suicide.
  - b. Observe the client's behavior for cues of suicide ideation.
  - c. Question the client directly about suicidal thoughts.
  - d. Question the client about future plans.
5. Group members have worked very hard, and the nurse reminds them that termination is approaching. Termination is considered successful if group members:
  - a. Decide to continue.
  - b. Elevate group progress
  - c. Focus on positive experience
  - d. Stop attending prior to termination.
6. The nurse understands that the best explanation for involuntary admission for psychiatric treatment is that:
  - a. a psychiatrist has determined the client's behavior is irrational
  - b. the client exhibits behavior that is a threat to either the client or to society
  - c. The client is unable to manage the affairs necessary for daily life
  - d. the client has broken a law
7. Nurse Monette recognizes that the focus of environmental (MILIEU) therapy is to:
  - a. Manipulate the environment to bring about positive changes in behavior
  - b. Allow the client's freedom to determine whether or not they will be involved in activities
  - c. Role play life events to meet individual needs
  - d. Use natural remedies rather than drugs to control behaviour
8. Which of the following patients would be least likely to require involuntary commitment?
  - a. Patient convicted of substance abuse required to undergo treatment
  - b. Patient who is actively experiencing suicidal ideation
  - c. Patient with depression who is in need of treatment
  - d. Patient deteriorating from a severe, persistent mental illness
9. A situation with a patient is escalating and the staff determines that restraints are necessary. Which of the following would occur first?
  - a. Explaining that the staff is there to help
  - b. Approaching the patient slowly as a unit
  - c. Taking down the patient to apply the restraints
  - d. Obtaining an order for the restraints
10. When engaging in therapeutic communication for the initial encounter with the patient, which of the following would be most appropriate for the nurse to use?
  - a. Silence
  - b. "What would you like to discuss?"
  - c. "Are you having any problems with anxiety?"
  - d. "Why do you think you came here today?"

11. A group of nursing students are reviewing information on boundaries, boundary crossings, and boundary violations. The students demonstrate understanding of the information when they state which of the following?
  - a. "Most times, a boundary crossing will lead to a boundary violation."
  - b. "Boundary violations can be therapeutic in some instances."
  - c. "Boundaries are unnecessary if the patient and nurse view each other as equals."
  - d. "Boundary crossings can result in a return to established boundaries."
12. A group is in the orientation phase of development. The group facilitator would be involved with which of the following?
  - a. Keeping the group on task
  - b. Clarifying what is happening in the group
  - c. Reviewing group accomplishments
  - d. Describing group expectations
13. During a group session, the group leader notices that a member is boasting about his accomplishments in an effort to get the group to focus on him rather than focus on the task of the group. The leader would identify this behavior as reflecting which role?
  - a. Encourager
  - b. Energizer
  - c. Recognition seeker
  - d. Standard setter
14. The nurse asks a client with a diagnosis of bipolar disorder where he lived during the past year. The client replies, "Yes, I wanted to paint the living room blue but then decided on white. Of course there were nail holes in the wall, so I had to patch them before I could paint. Do you know how many different shades of white there are?" The nurse interprets the client's response as an example of which of the following?
  - a. Blocking
  - b. Circumstantiality
  - c. Perseveration
  - d. Neologism
15. Assessment of a client reveals a long history of alcohol use. The client tells the nurse in the inpatient alcohol treatment unit, "I really don't have a problem with drinking because I drink only on weekends." Which of the following nursing diagnoses would most likely be the priority?
  - a. Ineffective Denial
  - b. Situational Low Self-Esteem
  - c. Acute Confusion
  - d. Risk for Injury
16. Which of the following outcomes is most appropriate for the client with a nursing diagnosis of Social Isolation related to inability to trust as evidenced by withdrawal from others?
  - a. The client will ask the nurse for permission to be excused from activities.
  - b. The client will identify positive qualities in self and others.
  - c. The client will state that his or her level of trust in others is improved.
  - d. The client will spend time with peers and staff members in unit activities.

17. The multidisciplinary treatment team is developing a plan of care for a client who has been living on the streets for several years. The client has delusions and frequently responds to auditory hallucinations. Which of the following client needs would be the priority?
  - a. Self-esteem
  - b. Love and belonging
  - c. Self-actualization
  - d. Physical safety
18. A client with a psychotic disorder refuses to bathe or change her clothes. Which of the following interventions is congruent with the role of the nurse as a mother surrogate?
  - a. Allow the client to make decisions about hygiene
  - b. Assist client to bathe and change clothes
  - c. Encourage family member to talk to client
  - d. Put client in private room to avoid offending others
19. The nurse interviews a client who expresses the cultural belief that mental illness is caused by offending one's ancestors. When planning care for this client, which of the following has priority?
  - a. Questioning the validity of the belief
  - b. Expecting poor response to psychiatric treatment
  - c. Respecting this belief
  - d. Seeking assistance of family members
20. A client has signed the consent for electroconvulsive therapy (ECT) treatments scheduled to begin in the morning. The client tells the nurse, "I really don't know why I need this procedure, but everybody has been telling me that it is the best thing." The basis for the ethical dilemma facing the nurse in this situation most likely involves which of the following?
  - a. Determining if client has given informed consent
  - b. Identifying if client and family disagree on treatment
  - c. Deciding if client is expressing anxiety about treatment
  - d. Judging if treatment team is following ethical principles

### **SHORT ANSWER QUESTIONS (40MKS)**

21. Briefly describe 5 curative factors of group therapy (5mks)
22. Briefly describe the 3 culturally congruent nursing modes according to Lehniger (6mks)
23. Outline five conditions that promote a milieu environment (5mks)
24. Briefly describe the following terms and their application in mental health nursing (5mks)
  - a. Transference
  - b. Ideas of reference
  - c. Countertransference
  - d. Duty to warn
  - e. Ethnocentrism

25. Briefly describe five characteristics of a crisis (5mks)
26. Outline five functions of a nurse in the community mental health centres (5mks)
27. Briefly describe five approaches to family therapy (5mks)
28. Briefly describe the stages of a crisis (4mks)

**LONG ANSWER QUESTIONS (40MKS)**

29. Mental health nursing involves the diagnosis and treatment of human responses to actual or potential mental health problems
- a. Define Mental Health according to the American Psychiatric Association (2mks)
  - b. Briefly describe 6 criteria for positive mental health (6mks)
  - c. Describe the major components of the mental status examination (12mks)
30. One of the most effective ways of enabling a nurse to bring about positive change in a patient with a mental health disorder is through the establishment of a therapeutic relationship
- a. Define therapeutic relationship (1mk)
  - b. Outline five characteristics of a therapeutic nurse patient relationship (5mks)
  - c. Briefly describe 6 components of a therapeutic relationship (6mks)
  - d. Describe the phases of a therapeutic relationship with emphasis on the tasks in each phase (8mks)