

أسئلة تمرير نفسية وعقلية ترم أول فرقة رابعة



كلية التمريض النفسية وعقلية



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Number of papers: 7 (sided papers)

Part I-

Read the following situations then answer the related questions by circling the best answer: (score=10)

Miss Nadia, 19 years old, has been an excellent college student and she was interested in art and music. She had no close friends. She has been always shy and sensitive. She was admitted to the psychiatric hospital two months after the death of her father, when she refused to get out of bed and go to classes. Her personal appearance deteriorated steadily during the past month, she neglected combing her hair or putting on make-up. In the hospital she was talking to unseen people, voiding on the floor, sometimes masturbating openly, occasionally eating inappropriately and refusing to shower or wear her own clothes.

(Questions 1-5 apply to this situation)

1 - The probable nursing diagnosis for Miss Nadia would be all the following except

- a. Sensory-perceptual alteration b. Self-care deficit.
c. Impaired- verbal communication d. Social isolation.

2-The priority nursing efforts should be directed to which aspect of her care.

- a. Frequent rest periods to avoid exhaustion.
b. Attempts to establish a trustful relationship with her.
c. Reduction of environmental stimuli.
d. Improving social behavior.

3- One of the symptoms presented by Miss Nadia showed is:

- a. Elation b. Delusions
c. Flight of ideas d. Hallucination

4- The precipitating factor in Miss Nadia's illness could be:

- a. Refusal to leave her room
- b. Worry over her classes
- c. Too much studying
- d. Loss of a loved one

5-Miss Nadia tells you:" The voices tell me, I should not talk with you".

Your best response would be:

- a. Do they say why you should not?
- b. These voices are only in your head.
- c. When do they say this?
- d. I don't hear them; can we talk about your feeling now?

Part II:

Put the appropriate term for each of the following statements (score=10):

1. A client tells the nurse that his body is made of wood and is quite heavy.

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2. When ideas arise in unusual variety and pass through the mind rapidly is

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3. Association based on similarity of sound, without regard for differences in meaning.

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4. Uncontrollable impulse to perform an act repetitive.

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5. The absence of emotional expression but experience is present.

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6. The performance of all simple commands in a robot like fashion may be present in catatonia.

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7. Lack of logical relationship between thoughts and ideas, resulting in unfocused speech

8. Patient understands of the nature of his illness.

9. The non specific body reaction to any demands made upon the person

10. A young man gets into an argument with his teacher who chastises him severely. Once he gets home from school; he picks a fight with his younger brother over nothing.

Part III- Circle the best answer: (score=35)

1. A movement by a patient in one direction and immediately followed by a movement in the opposite direction is called

- a. Stereotypy
- b. Déjà Vu
- c. Amnesia
- d. Ambivalence

2. Esam who is diagnosed with bipolar disorder and acute mania, states the nurse, "Where is my daughter? I love Samar. Rain, rain go away. Dogs eat dirt." The nurse interprets these statements as indicating which of the following?

- a. Echolalia
- b. Neologism
- c. Clang associations
- d. Flight of ideas

3-Which assessment data support the diagnosis of obsessive-compulsive disorder?

- a. The client's thoughts are excessive worries about real-life problems.
- b. The client is aware that obsessions or compulsions are excessive or unreasonable or both.
- c. The obsessions or compulsions experienced significantly interfere with only one area of function.
- d. The client represses thoughts and substitutes other thoughts or behaviors.

4. Ahmad is assigned in a psychiatric ward; he notices that one of the patients would follow every move he would make. When he moves his hand, the patient would also move his hand. This is:

- a. Waxy Flexibility
- b. Echolalia
- c. Perseveration
- d. Echopraxia

5- The nonverbal communication that expresses emotion is:

- a- Facial expressions.
- b- Cultural artifacts.
- c- Eye contact.
- d- Body positioning.

6- Verbal and non-verbal communications are important tools for the psychiatric nurse because:

- a. It allows her to understand patients' complaints and can respond to his needs
- b. It helps her to express her feeling freely
- c. It allows her to control the patient expression
- d. All of the above

7- According to the therapeutic communication theory, criteria for successful communication include all of the following except:

- a- The communication needs to be efficient, appropriate, flexible, and include feedback.
- b- Nonverbal communication is consistent with verbal communication.
- c- The communication must be intrapersonal, interpersonal, group, or societal in nature.
- d- The individuals communicating with each other must share a similar perception of the conversation.

8- Which is a signs of group member resistance:

- a. Counter transference
- b. Absenteeism and sub grouping
- c. Interpersonal problems
- d. Imitative behaviors

9- Counseling is a profession that aims to:

- a) Promote personal growth and productivity.
- b) Provide a successful diagnosis in psychopathology.
- c) Ensure that clients are on the correct medication.
- d) Solely address behavior.

10- The crisis that occurs when unanticipated events threaten a person's biological, social, or psychological integrity is called

- a- Situational crisis
- b- Maturation crisis
- c- Crisis of value
- d- Crisis of spirit

11- Which of the following is an important consideration with electro convulsive therapy (ECT)?

- a. Permanent brain damage occurs with several treatments
- b. ECT has had good results in patients with paranoid schizophrenia and neurotic depressions.
- c. There are virtually no physical considerations to ECT.
- d. During the course of treatment, a client will need frequent orientation to time, place, and person.

12. Which of the following nursing interventions would be appropriate immediately after "E.C.T.":

- a- Monitoring for further seizures.
- b- Assessing vital signs and reorienting the client.
- c- Applying restraints to prevent injury
- d- Administering previously held medications

13. When ECT be used to treat adults with schizophrenia or schizoaffective disorder?

- a. Only for psychotic symptoms that have not responded to pharmacological treatment
- b. Only during the acute phase
- c. Only during the stable phase
- d. Only in persons who have not been treated with antipsychotic agents.

14. Which of the following patient behaviors is best indicating that the relationship is in the working phase?

- a. The patient attempt to familiarize himself with the nurse
- b. The patient makes an effort to describe his problem in detail
- c. The patient tries to summarize his progress in the relationship
- d. The patient challenges the limits of the relationship

15. The most helpful actions by the nurse in termination phase would be:-

- a. Meet most often with the patient
- b. Have longer interview session
- c. Discourage contact with other personnel
- d. Talk about future plan

16. The nurse observe a sudden change in suicidal patient mood .The nurse knows that

- a. This is a high risk factor
- b. Suicidal ideation has probably passed
- c. The patient may need to change antidepressant medication
- d. The patient is responding to the added attention of precaution

17. The nurse will use which of the following methods to determine a patient's potential risk of suicide :

- a. Observe patient's behavior for cues of suicidal ideation
- b. Question patient directly about suicidal thought
- c. Question patient about plans for the future
- d. Both A and B

18- Which of the following would Nurse Nadia expect to assess for a client who is exhibiting signs of heroin withdrawal?

- a. Yawning & diaphoresis
- b. Restlessness & Irritability
- c. Constipation & steatorrhea
- d. Vomiting and Diarrhea

19. Which of the following drugs may be abused because of tolerance and physiologic dependence?

- a. Lithobid) and Depakot).
- b. Calan and Thorazine
- c. Diazepam and Librium
- d. Clozaril and Elavil

20- During communication with the patient, the nurse observed that the patient cannot remember facts and fills in the gaps with imaginary information. The nurse is aware that this is:

- a. Flight of ideas
- b- Associative looseness
- c. Confabulation
- d- Concretism

21-When admitting a child diagnosed with a conduct disorder, which symptom would the nurse expect to assess?

- a. Excessive distress about separation from home and family.
- b. Repeated complaints of physical symptoms.
- c. History of cruelty toward people and animals.
- d. Confabulation when confronted with wrong doing.

22- A foster child diagnosed with oppositional defiant disorder is spiteful, vindictive, and argumentative, and has a history of aggression toward others.

Which nursing diagnosis would take priority?

- a. Impaired social interaction.
- b. Defensive coping patterns are used.
- c. Risk for violence directed at others.
- d. Noncompliance related to a negativistic attitude.

23- Which statement about attention-deficit hyperactivity disorder (ADHD) is true?

- a. ADHD is characterized by a persistent pattern of withdrawal into self.
- b. ADHD is frequently diagnosed before age 2 years.
- c. ADHD occurs equally among girls and boys.
- d. ADHD is characterized by a persistent pattern of inattention

24- Nurse Hoda is aware that the symptoms that distinguish post traumatic stress disorder from other anxiety disorder would be:

- a. Avoidance of situation & certain activities that resemble the stress
- b. Depression and a blunted affect when discussing the traumatic situation
- c. Lack of interest in family & others
- d. Re-experiencing the trauma in dreams or flashback.

25. The nurse knows the most common side effect of benzodiazepine antianxiety medications is:

- a. confusion
- b. headache
- c. sedation
- d. Flatulence

26. A priority nursing intervention for a client experiencing an acute manic episode is:

- a. discourage the client's use of vulgar language
- b. protect the client from impulsive behavior
- c. maintain the client's contact with his/her family
- d. redirect excessive energy to creative tasks

27. A schizophrenic client states, "I hear the voice of King Tut." Which response by the nurse would be most therapeutic?

- a) "I don't hear the voice, but I know you hear what sounds like a voice."
- b) "You shouldn't focus on that voice."
- c) "Don't worry about the voice as long as it doesn't belong to anyone real."
- d) "King Tut has been dead for years."

28. A client who is taking Thorazine is experiencing extrapyramidal side effects (EPS). The nurse understands that EPS is:

- a. dysfunction of the cardiovascular system
- b. involuntary muscle movements
- c. similar to a seizure disorder
- d. a toxic reaction of the liver

29. Ali is diagnosed with major depression spends majority of the day lying in bed with the sheet pulled over his head. Which of the following approaches by the nurse would be the most therapeutic?

- a. Question the client until he responds
- b. Initiate contact with the client frequently
- c. Sit outside the client's room
- d. Wait for the client to begin the conversation

30. When assessing a client who is receiving tricyclic antidepressant therapy, which of the following would alert the nurse to the possibility that the client is experiencing anticholinergic effects?

- a. Urine retention and blurred vision
- b. Respiratory depression and convulsion
- c. Delirium and Sedation
- d. Tremors and cardiac arrhythmias

31. All of the following are accepted as stress management techniques except.

- a. Effective time management
- b. Exercise
- c. Relaxation training
- d. Avoiding problems

32. Which of the following has been successfully treated with deep breathing exercises?

- a. anxiety
- b. depression
- c. irritability and muscle tension
- d. all of the above

33- Which of the following is the most priority nursing diagnosis in a patient with epilepsy?

- a. Risk for injury related to seizure activity
- b. Fear related to the possibility of epilepsy
- c. Ineffective coping related to stresses imposed by epilepsy
- d. Deficient knowledge related to epilepsy and its control.

34- Myoclonic seizures are characterized by:

- A. Focal electrical hyperactivity in the brain
- B. Generalized EEG abnormalities with jerks
- C. A form of partial seizures
- D. Secondary generalized seizures

35. A client with schizophrenia hears a voice telling him he is evil and must die. The nurse understands that the client is experiencing:

- a. a delusion.
- b. flight of ideas.
- c. ideas of reference.
- d. a hallucination.

Part IV: Read the following statements and put a circle around the letter (T) if the statement is right and around (F) if the statement is wrong: (30 marks).

1.	Patient receiving mono-amino oxidase inhibitors is allowed to eat yogurt.	T- F
2.	Retrograde amnesia is loss of memory for recent events.	T- F
3.	Food refusal is considered psychotic emergency when patient refuse to eat for 5 days.	T- F
4.	The unconscious conflict that is presented by a bodily symptom is called displacement.	T- F
5.	Difficulty to maintain attention to the main stimulus is called distractibility.	T- F
6.	Empathy is the basic element in the nurse-patient relationship.	T- F
7.	Blunted affect is a positive symptom of schizophrenia.	T- F
8.	Compulsion is a repetitive irresistible thoughts which result in marked anxiety.	T- F
9.	Long lasting stress can change the balance of chemicals in the brain that control mood.	T- F
10.	Repression is a person return to an earlier, more comfortable and less stressful time.	T- F
11.	Physical needs may take the highest priority when caring for catatonic patient.	T- F
12.	Fatal side effects from the neuroleptics drug (Anti-psychotic) are rare.	T- F

13.	Situational crisis arises from an external rather than an internal source.	T- F
14.	Word salad means the patient may employ completely new words.	T- F
15.	Hypochondrical symptoms are common in depressed elderly patient.	T- F
16.	Care of the paranoid schizophrenic patient requires a judgmental approach by the nurse.	T- F
17.	Derealization is the false perception by a person that the environment has changed.	T- F
18.	As a sedative, methadone toxicity may lead to cognitive impairment.	T- F
19.	Extrovert is a quiet individual who relates better to the inner world of ideas, thought and feelings.	T- F
20.	Universality is a sense of realizing that one is not completely alone in the situation.	T- F
21.	Altruism is an outpouring of emotional tension through verbalization.	T- F
22.	Verbal communication is considered description of true inner feelings of individuals.	T- F
23.	In patient receiving lithium carbonate water deprivation and dehydration may lead to lithium toxicity.	T- F
24.	During counseling, the role of counselor is to make decision on behalf of the client.	T- F
25.	The counselor should listen to things to be listened and desired to be listened.	T- F
26.	The children of alcoholic parents are at high risk for developing drug dependence.	T- F
27.	The need to increase the dose of specific substance in order to obtain the desirable effect is called tolerance.	T- F
28.	A person has a mature personality if the ego acts as balance between the ID and the superego pressures.	T- F
29.	Hallucination and illusion are both disorders of the perception without external stimuli.	T- F
30.	Attention – Deficit hyper activity Disorders start after 7 years age.	T- F

Part V :- Match the descriptive statements in column A with the appropriate letter in column B (10 marks).

Letter	Column A	Column B
	1. The person rejects negative feeling or unwanted characteristics of self and assigns them to others.	A. Undoing
	2. Separating an unacceptable feeling, idea or impulse from one's thoughts.	B. Repression
	3. A person acts in away that is the opposite of how he feels.	C. Identification
	4. A person consciously excludes certain thoughts or feelings from his mind	D. rationalization
	5. The person actually or symbolically erases a previous consciously intolerable action or experience.	E. Suppression
		F. Reaction formation
		G. Projection
		H. Isolation

Part VI :- Fill in the blanks (30 marks)

- 1) The general adaptation syndrome, mention three stages of manifestations of stress;

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2) External factors that influence self-awareness development include:

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3- Convulsive stage consists of:

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4- Types of crisis and define each one:

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5- Physical effects of alcohol abuse:

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6- Why we do counselling? (Counselling function)

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Good Luck

Dr. Safa Metwely

Thanks