

امتحان تمرير نفسية ترم ثانى رابعة



تمريض نفسي



Zagazig University College: Faculty of Nursing Fourth Year Exam . Department: Psychiatric Nursing Department Date: 14 / 5 / 2016 Second Semester 2015 /2016	Final Theoretical Exam Subject: Psychiatric Nursing Time: 3 hours Total Score: 120 marks Number of questions: 6 (Number of papers) :7 sided papers
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Part I

I- Read the following situations then answer the related questions by circling the best answer (applied to question 1-5) (10 marks):

SITUATION:-

Mr. Ahmed, age 35 years, has been admitted to psychiatric hospital, over the past month he has difficulty in sleeping and has lost appetite, although very anxious and tense, he appears sad and lost all initiatives. He has difficulty in concentrating and most of his thoughts are around his unworthiness and failures.

1-In making nursing care plan for him which approach could be most therapeutic

- Allow for his slowness when planning activities
- Encourage patient to perform mental tasks to meet the need for punishment
- Help him to focus on family strength and support system
- Reassure him that he is worthwhile and important

2-Mr.Ahmed refuses to cooperate with the staff; all planned activities are rejected since he is complaining of being tired. Which approach best expresses an understanding of his need?

- a. Explain why the activities are therapeutic for him.
- b. Accept his behavior calmly & without excessive comment.
- c. Help him to express his feeling of hostility toward the activities.
- d. Plan a rest period for him during activity.

3-The nurse can best increase Mr. Ahmed's participation in activities by:

- a. Encouraging him to associate with patients with hypomanic behavior.
- b. Encourage him to read in the day room.
- c. Participating in a quiet, simple game alone with the nurse.
- d. Reassure him that everything will be okay.

4-Depressed patients seem to be in settled where they have:

- a. Many varied activities.
- b. A great deal of stimuli.
- c. A simple daily schedule.
- d. Activities demanding less decision making.

5-Which action by the nurse would be most therapeutic when Mr. Ahmed states "I am not good I am better off dead"?

- a. Removing those articles which could be used in suicide attempt.
- b. Stating "I think you are good , you should think of living"
- c. Stating "I will stay with you until you are less depressed"
- d. Alerting the staff to provide 24 hour observation of the patient.

Part II: Choose the best answer to each of the following questions (35 marks):

6- Ali is admitted to the emergency room with drug-included anxiety related to over ingestion of prescribed antipsychotic medication. The most important piece of information the nurse should obtain initially is the:

- a. Length of time on the medication.
- b. Name of the ingested medication & the amount ingested.
- c. Reason for the suicide attempt
- d. Name of the nearest relative & their phone number

7- Within mood disorders, two key symptoms of a manic episode are:

- a. Distractibility and social phobia.
- b. Extremely elevated mood and grandiose ideas.
- c. Hallucinations and flight of ideas.
- d. Delusional thinking and intense fear of weight gain

8- Once a patient is diagnosed with a major depressive episode, the primary nursing intervention should be associated with:

- a. Safety
- b. drug therapy
- c. Administration of needed nutrition.
- d. activities

9- Which is a signs of group member resistance?

- a- Counter transference
- b- Absenteeism and subgrouping
- c- Interpersonal problems
- d- Imitative behaviors

10- The use of facial expressions and gestures communicates:

- a- Emotions.
- b- Personality traits.
- c- Rejection.
- d- Interest in another person.

11- Which of the following is not a characteristic of addiction?

- a. Habit
- b. tolerance
- C. Denial
- d. Loss of control

12-The therapeutic relationship is enhanced when staff member uses verbal and non verbal communication to:

- a- Give attention and recognition to patients.
- b- Foster patient self esteem.
- c- Communicate a feeling of acceptance and security.
- d - All of the above

13-The nurse observed that the patient suffers from rapid abrupt changes in his emotional state, unrelated to external stimuli. The psychiatric term that best describes this symptom is:

- a- Irritable mood
- b- Euphoria
- c- Labile affect
- d- Apathy

14- Feeling of happiness and enjoyment associated with increase motor activity is called:

- a- Euphoria
- b- Elation.
- c- Ecstasy
- d- Exaltation.

15-During the assessment stage, a client with schizophrenia leaves his arm in the air after the nurse has taken his blood pressure. His action shows evidence of:

- a- Somatic delusions.
- b- Waxy flexibility.
- c- Neologisms.
- d- Nihilistic delusions

16- Amira who has just experienced her second spontaneous abortion expresses anger towards her physician. When assessing the situation, the nurse recognizes that the client may be using the coping mechanism of:

- a- Projection
- b- Displacement
- c- Denial
- d- Reaction formation

17- Autism is characterized by impairments in which of the following areas:

- a- Communication
- b- Patterns of behavior
- c- Social interaction
- d- All of the above

18- Within attention deficit/hyperactivity disorder, which of the following is not classified as a problem relating to poor attention?

- a. Dislikes tasks involving mental effort, e.g. homework.
- b. Easily distracted
- c. Appears routinely forgetful.
- d. Experiences difficulties in waiting in turn

19- All of the following statements about oppositional defiant disorder are true except:

- a. It involves recurrent patterns of hostility and negative behaviors
- b. It arises from a combination of genetic, biological and environmental causes.
- c. It is a developmentally appropriate behavior displayed by children.
- d. Early onset is associated with poorer prognosis.

20- The term psychological dependence is used when:

- a. It is clear that the individual has changed their life to ensure continued use of the drug
- b. patients' activities are centered on the drug and its use.
- c. Leads to neglect of other important activities such as work, social and family commitments
- d. All of the above

21- Mohamed is angry with and actually hates his boss, but to his coworkers he appears to be the boss's favorite. This is an example of:

- a- Repression.
- b- Projection.
- c- Reaction formation.
- d- Rationalization

22- Drugs that slow down, inhibit, or depress the central nervous system are classified as depressants and include

- a. Marijuana, heroin, and hashish
- b. Inhalants, hallucinogens, and barbiturates
- c. Alcohol, cocaine, and tranquilizers
- d. Alcohol, barbiturates, and tranquilizers

23- A client who's taking antipsychotic medication develops a very high temperature, severe muscle rigidity, tachycardia, and rapid deterioration in mental status. The nurse suspects what complication of antipsychotic therapy?

- a. Agranulocytosis
- b. Extrapramidal effects
- c. Anticholinergic effects
- d. Neuroleptic malignant syndrome

24- Forcing thoughts to remain unconscious in order to avoid the anxiety that would result if they were conscious is the definition of :

- a- Denial
- b-Regression
- c- Repression
- d-Projection

26- The nurse considers a client's response to crisis intervention successful if the client:

- a- Learns to relate better to others.
- b- Returns to his previous level of functioning.
- c- Changes coping skills and behavioral patterns.
- d- Develops insight into reasons why the crisis occurred.

27- An acquired reaction to a drug in which continued use of the same dose has diminished effects is known as:

- a. Tolerance
- b. physiological dependence
- c. Dosing
- d. withdrawal.

28- The nurse is assigned to a client with catatonic schizophrenia. Which intervention should the nurse include in the client's plan of care?

- a. Meeting all of the client's physical needs
- b. Giving the client an opportunity to express concerns
- c. Administering lithium carbonate (Lithonate) as prescribed
- d. Providing a quiet environment where the client can be alone

29- The nurse interprets a patient's fear of being in situations or places that may be difficult or embarrassing to leave as evidence of

- A. Social phobia
- B. Panic disorder
- C. Agoraphobia
- D. Generalized anxiety disorder

30- A child with conduct disorder is admitted to the psychiatric unit for treatment. Which of the following behaviors would the nurse assess?

- a. Restlessness, short attention span, hyperactivity
- b. Sadness, poor appetite and sleeplessness, loss of interest in activities
- c. Deterioration in social functioning, excessive anxiety and worry, bizarre behavior
- d. Physical aggressiveness, low stress tolerance disregard for the rights of others.

31-The nurse guided by a crisis intervention model would assess the following?

- a- Communication patterns, coping skills, problem solving
- b- Situational support, expression of feeling ,anxiety
- c-Perception of event , situational support, coping skills
- d- Coping skills, reality testing, cognitive distortions

32- A patient who describes flash backs of an extremely terrifying and painful experience is experiencing:-

- a- Obsessive Compulsive Disorder
- b- Agoraphobia
- c- Panic disorder
- d- Post Traumatic Stress Disorder

33- Your patient has a diagnosis of schizophrenia and believes that his thoughts are broadcast from his head. The most appropriate nursing diagnosis is:

- a. Risk for self-directed violence.
- b. Disturbed sensory perception
- c. Impaired verbal communication
- d. Disturbed thought processes

34- A client with delirium states to the nurse "look at the spiders on the wall". What should the nurse respond to the client?

- a. "I can see the spiders on the wall, but they are not going to hurt you".
- b. "Would you like me to kill the spiders".
- c. "I know you are frightened, but I do not see spiders on the wall".
- d. You're having hallucination, there are no spiders in this room at all.

35- The best drug of choice to relive anxiety is:

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

36- What is the best room assignment for a client with bipolar, manic phase?

- a- Alone at the end of the hall.
- b- Alone, nearest the nurse stations.
- c- With another bipolar client at the end of the hall.
- d- With a depressed client near the nurse station.

37- Nurse Dalia should first discuss terminating the nurse-client relationship with a client during the:

- a- Termination phase when discharge plans are being made.
- b- Working phase when the client shows some progress.
- c- Orientation phase when a contract is established.
- d- Working phase when the client brings it up.

38- When developing an initial nursing care plan for a male client with a Bipolar I disorder (manic episode) nurse Salma should plan to?

- a- Isolate his gym time
- b- Encourage his active participation in unit programs
- c- Provide foods, fluids and rest
- d- Encourage his participation in programs.

39-The primary nursing diagnosis for a female client with a medical diagnosis of major depression would be:

- a- Situational low self-esteem related to altered role.
- b- Powerlessness related to the loss of idealized self.
- c- Spiritual distress related to depression.
- d- Impaired verbal communication related to depression.

40-Which of the following clinical manifestations would alert the nurse to lithium toxicity?

- a- Increasingly agitated behaviour.
- b. Markedly increased food intake.
- c. Sudden increase in blood pressure.
- d. Anorexia with nausea and vomiting

Part III: Put (T) if the statement is right and around (F) if the statement is wrong: (30 marks, one mark for each one)

1	Retrograde amnesia is loss of memory for recent events.	T- F
2	The unconscious conflict that is presented by a bodily symptom is called conversion	T- F
3	Verbal communication is more reliable than non-verbal communication	T- F
4	New words created by the patient is called neologism	T- F
5	projection is an escape mechanism which allows the individual to move away from the unpleasant reality as if it did not exist	T- F
6	A healthy person behaves according to the superego instead of the Id and ego	T- F

28	Negativism is the tendency to resist suggestion by giving wrong answers to questions .	T- F
29	Apathy is considered one of the negative symptoms of schizophrenia.	T- F
30	The fixed belief concerning the presence of disease or abnormality is some part of the body is called nihilistic delusion	T- F

Part IV - In the space provided in front of each statement in column (A) place the corresponding letter from column (B) (5 marks).

No	Column (A)	Column (B)
	Echopraxia	(A)- Sudden cessation of thinking in the middle of a discussion or sentence.
	Clang association	(B)- The performance of all simple commands in a robot like fashion may be present in catatonia.
	Depersonalization	(C)- When ideas arise in unusual variety and pass through the mind rapidly.
	Pressure of thought	(D)- The absence of emotional expression but experience is present.
	Indifference	(E)- Discontinuous and illogical stream of thought.
		(F)- Association based on similarity of sound, without regard for differences in meaning.
		(G) – A phenomenon whereby a person experiences a sense of unreality or self estrangement.
		(H)- Repeating the movements of another person.

Part IV: Put the appropriate term for each of the following statements (10 marks):

- 1- The act of justifying ideas, actions, or feelings with good acceptable reasons or explanations.....
- 2- A state of feeling of uneasiness, uncertainty, or dread resulting from a real or perceived threat whose actual source is unknown or unrecognized.
.....
- 3- A. 22 year old male has been told he has diabetes mellitus and must follow a special diet with no sugar for the rest of his life he says to his Dr. Oh; no you must be mistaken I cannot have diabetes.
.....
- 4- The performance of all simple commands in a robot like fashion may be present in catatonia
- 5- An objective manifestation of an experience of emotion accompanying an idea or feeling.
- 6- Loss of reaction to internal or external stimuli, patient mute and motionless but fully conscious.....
- 7- The absence of both emotional experience and expression.
.....
- 8- Unconscious filling of gaps in memory by imagined or untrue experiences that a person believes but that have no basis in fact.
.....
- 9- The patient who looked at linen sheet spread on chair and thought it was ghost the nurse recognizes that this was
.....

10- The process by which the person actually or symbolically erases a previous negative action by other positive action.
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Part V -: Fill in the blanks (30 marks)

1 - The role of group leader (5 marks).

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2- Data that the nurse should obtain when assessing addicted patient include

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3- Convulsive stage consists of: (5 marks).

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4- How nurse can build trusting relationship with patient: (5 marks).

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5- Types of crisis and define each one: (5 marks).

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6- Four areas of family task deficiencies in child psychiatric disorder include the following (5 marks).

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Good Luck

Dr .Safa Metwely

Handwritten signature and date: Safa Metwely, 17/10/19