

امتحان تمرير الصحة النفسية ترم أول الفرقة الرابعة لعام 2017/ 2018م

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تفسيه



<b>Zagazig University</b> <b>College: Faculty of Nursing</b> <b>Fourth Year Exam .</b> <b>Department: Psychiatric Nursing</b> <b>Department</b> <b>Date: 31 / 12 / 2016</b> <b>1st Semester 2016 /2017</b>	<b>Final Theoretical Exam</b> <b>Subject: Psychiatric Nursing</b> <b>Time: 3 hours</b> <b>Total Score: 120 marks</b> <b>Number of questions: 5</b> <b>(Number of papers ) :8 sided papers</b>
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**Part I- (A):**

*Read the following situation then answer the related questions by circling the best answer (applied to question 1-6) (6 marks):*

**SITUATION -1-**

Mr. Yaser is 18 years old is admitted to an acute psychiatric unit with a diagnosis of schizophrenia, acute paranoid type. His parents reported that, he has become increasingly withdrawn, agitated and irritable.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. Yaser 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. His appearance was disturbed, his hair was uncombed and his clothes were unclean, his mood was irritable, his thoughts was irrelevant and loose and he was easily distracted .

**1- In assessing Mr Yaser, the nurse would likely find the following symyptoms except:**

- a-hallucination
- b-poor school achievements
- c-poor communication
- d-mental retardation

**2 -Mr. Yaser was diagnosed as paranoid schizophrenia which of the following symptoms is more applicable to Mr. (Yaser) symptoms :**

- a-Delusion of persecution
- b-Flat affect
- c- Waxy flexibilit
- d-Bizarre behavior

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**3- Mr. Yaser social withdrawal may be related to :**

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

**4- The nursing action needed to Mr. (X) should include :**

- a-Developing consistency and regularity in a daily schedule.
- b-Using regular interactional opportunities
- c-Redirecting the patient attention
- d- All the above

**5- Mr. Yaser has negative symptoms such as :**

- a-Hallucination
- b-Delusion
- c-Social withdrawal
- d-Easily distractibility

**6- When working with withdrawn patient which of the following techniques would be useful :**

- a-Encourage the patient to communicate and participate in activities
- b-Use alternative communication technique such as painting or music
- c-Fill the silence by watching T.V
- d-Tell the patient to approach you when ready to talk

**Part I- (B):**

*Read the following situation then answer the related questions by circling the best answer (applied to question 7-10) (4 marks):*

**SITUATION -2-**

**The nurse is assigned to care for Mr . Ali a 39 year –old. He is hyper active, elated and exhibits flight of ideas .**

**7-The nursing care plan for Mr. Ali should include plans to:**

- a-Encourage him to talk as much as needed.
- b-Arouse& focus his interest in reality.
- c-persuade him to complete any task he begins.
- d-provide constructive channels for redirecting

**8- In approaching Mr. Ali during a period of great over activity it is essential to :**

- a-Use a firm warm consistent approach
- b-Let him know you will not tolerate destructive behavior
- c-Allow the patient to choose the activities in which he will participate
- d-Anticipate & physically control his hyperactivity

**9- Mr. Ali is not eating the nurse recognizes that this may be because he :**

- a) Feels that he does not deserve the food
- b) Believes that he does not need to eat
- c)Wishes to avoid the patients in the dinning room.
- d) Is so busy that he does not have time to eat .

**10- The nurse can best respond to Mr. Ali eating problems :**

- a-providing tray for him in his room
- b-Assuring him that he is deserving of food
- c-ordering foods that he can hold in his hand to eat while moving around
- d) pointing out that the energy he is burning up must be replaced

*Part II: Choose the best answer to each of the following questions (40 marks):*

**11- Mr Ahmed came to outpatient clinic with slowed motor activity. He was repeating every movement made in front of him, repeat every word or statement said in front of him, he was unable to say where he is and he was unable to focus on anything which group of the following represent Mr Ahmed symptoms:**

- a-Echolalia, preservation, mood incongruent, flight of ideas
- b- Echolalia, echopraxia, disoriented to place, distractibility
- c-Automatism, perservatipon, neologism, flight of ideas
- d- Echolalia, echopraxia, disoriented to place, flight of ideas

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

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

**13- A patient with the diagnosis of schizophrenia states that he can not eat because someone has taken his stomach. This is an example of:**

- a. Depersonalization
- b. An illusion
- c. Somatic delusion
- d. Hallucination

**14- During the interview with depressed patient, she gives very long, complicated explanations and many unnecessary details before finally answering the original questions. Which of the following psychiatric findings best describes this style of train of thought?**

- a. Loose association
- b. Circumstantiality
- c. Neologism
- d. Flight of ideas

**15- In caring for a hallucinating patient, the nurse should:**

- a. Tell him to stop it
- b. Put him in a quiet room
- c. Keep him busy in a stimulating environment
- d. Avoid interrupting his hallucinations

**16- A 40-year-old woman is brought by her husband to the psychiatric unite. During the interview, she laughs and cries with a very short period of time. In your record, her affect is best described as:**

- a. Apathy
- b. Blunted affect
- c. Labile affect
- d. Flat affect

**17- Anticholinergic side effects include all of the following except:**

- a. Bradycardia
- b. Constipation
- c. Dry mouth
- d. Urinary retention.

**18-..... withdrawal symptoms include apathy, depression**

- a. Alcohol
- b- heroin
- c- Demerol
- d- Amphetamine



**19- A 30-year-old woman was a victim of childhood abuse. During psychotherapy, she cannot recall any detail related to her childhood abuse. Which of the following defense mechanisms is responsible for this phenomenon?**

- a. Denial
- b. Repression
- c. Splitting
- d. Projection

**20- Ahmed is a shop owner and a thief. He automatically accuses anyone who looks suspicious in his store of stealing. This is an example of what defense mechanism?**

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

**21- A client with a bipolar disorder exhibits manic behavior. The nursing diagnosis is disturbed thought processes related to difficulty concentrating, secondary to flight of ideas. Which of the following outcome criteria would indicate improvement in the client?**

- a. The client verbalizes feelings directly during treatment.
- b. The client verbalizes positive "self" statement.
- c. The client speaks in coherent sentences.
- d. The client reports feelings calmer.

**22- A client with bipolar disorder, manic type, exhibits extreme excitement, delusional thinking, and command hallucinations, which of the following is the priority nursing diagnosis?**

- a. Anxiety
- b. Risk for other-directed violence
- c. Impaired social interaction
- d. Disturbed sensory-perceptual alteration (auditory)

**23- The client is very hostile toward one of the staff for no apparent reason. The client is manifesting:**

- a. Splitting
- b. Transference
- c. Countertransference
- d. Resistance

**24- The nurse is teaching a group of clients about the mood-stabilizing medications lithium carbonate. Which medications should she instruct the clients to avoid because of the increased risk of lithium toxicity?**

- a. Antibiotics
- b. Hypoglycemic agents
- c. Antacids
- d. Diuretics

**25-A client with obsessive-compulsive disorder is hospitalized on an inpatient unit. Which nursing response is most therapeutic?**

- a. Preventing the client's obsessive-compulsive behaviors
- b. Challenging the client's obsessive-compulsive behaviors
- c. Rejecting the client's obsessive-compulsive behaviors
- d. Accepting the client's obsessive-compulsive behaviors

**26- A client tells a nurse. "Everyone would be better off if I wasn't alive." Which nursing diagnosis would be made based on this statement?**

- a. Disturbed thought processes
- b. Ineffective coping
- c. Risk for self-directed violence
- d. Impaired social interaction

**27- Monoamine oxidase inhibitor (MAOI) is least useful in treating which of the following disorders?**

- a. Atypical depression
- b. Obsessive compulsive disorder
- c. Severe depressive disorder with hyponatraemia
- d. Severe depressive disorder not responding to selective serotonin reuptake inhibitor

**28- 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.

**29- The client on Haldol has pill rolling tremors and muscle rigidity. He is likely manifesting:**

- a. Tardive dyskinesia
- b. Pseudoparkinsonism
- c. Akinesia
- d. Dystonia

**30- Which of the following should be included in the health teachings among clients receiving Valium:**

- a- Avoid taking CNS depressant like alcohol.
- b- There are no restrictions in activities.
- c- Limit fluid intake.
- d- Any beverage like coffee may be taken

**31-The type of anxiety that leads to personality disorganization is:**

- a. Mild
- b. Moderate
- c. Severe
- d. Panic

**32-Mental health is defined as:**

- a. The ability to act dependently with permanently losing independence.
- b. A state of well-being where a person can realize his own abilities can cope with normal stresses of life and work productively.
- c. Is the promotion of mental health, prevention of mental disorders, nursing care of patients during illness and rehabilitation
- d. Absence of mental illness

**33- Characteristics of mental health are most accurately described as being:**

- a. Culturally determined.
- b. Clearly differentiated from characteristics of mental illness.
- c. Relatively stable in each individual.
- d. Measured as precisely as characteristics of physical health.

**34-A 45 years old male revealed that he experienced a marked increase in his intake of alcohol to achieve the desired effect this indicates:**

- a. withdrawal
- b. tolerance
- c. intoxication
- d. psychological dependenc

**35- An 11-year-old child diagnosed with conduct disorder is admitted to the psychiatric unit for treatment. Which of the following behaviors would the nurse assess?**

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



**36- A 5 year old boy is diagnosed to have autistic disorder. Which of the following manifestations may be noted in a client with autistic disorder?**

- a. argumentativeness, disobedience, angry outburst
- b. intolerance to change, disturbed relatedness, stereotypes
- c. distractibility, impulsiveness and over activity
- d. aggression, truancy, stealing, lying

**37- 5-year-old boy is brought to the psychiatrist because he has difficulty paying attention in school. He fidgets and squirms and will not stay seated in class. His language and motor skills are appropriate for his age. Which of the following is the most likely diagnosis?**

- a. Oppositional defiant disorder (ODD)
- b. Attention-deficit hyperactivity disorder (ADHD)
- c. Pervasive developmental disorder
- d. Separation anxiety disorder

**38- The use of facial expressions and gestures communicates:**

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

**39-Which of the following interventions should be prioritized in the care of the suicidal client?**

- a. Remove all potentially harmful items from the clients room.
- b. Allow the client to express feelings of hopelessness.
- c. Note the clients capabilities to increase self esteem.
- d. Set a no suicide' contract with the client.

**40- A nurse is working with a client who has schizophrenia, paranoid type. Which of the following outcomes related to the client's delusional perceptions would the nurse establish?**

- a. The client will demonstrate realistic interpretation of daily events in the unit.
- b. The client will perform daily hygiene and grooming without assistance.
- c. The client will take prescribed medications without difficulty.
- d. The client will participate in unit activities.

**41-People are more likely to act in line with personal beliefs than to conform to social pressures when they are:**

- a. Privately self-aware
- b. Low in self-esteem
- c. Publicly self-aware
- d. Not self-regulating

**42-Noha is in a meeting. She is getting upset at the continual interruption of the proceedings by another attendee. She knows that she will explode if she doesn't take a break. She quietly excuses herself so she can leave the room, get a drink, and calm down before she returns. What is she demonstrating?**

- a. That she is aware of her feelings and has a strategy to deal with the situation.
- b. That she is submissive and can't deal with conflict.
- c. That she is rude, and has no appreciation of the consequence of leaving the meeting.
- d. That she is impatient and unable to deal with the situation.

**43- 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

**44 -Tuinal is a member of which of the following drug groups:**

- a. Euphorians.
- b. Barbiturates.
- c. Hallucinogens.
- d. Narcotics.

**45- Prior to "ECT" the patient should do the following except:**

- a. Have an empty stomach.
- b. Have void.
- c. Have a loose fitting clothing and dentures removed.
- d. Not worry about the procedure

**46. The following are true about a therapeutic relation except:**

- a. It considers the social needs & problem.
- b. Is directed toward specific goals.
- c. Is focused on the patient needs & problems.
- d. It has clearly defined parameters.

**47. A patient says, my car is red, your hair is short, my socks are gold, my wife's cooking is awful, she burns. " This is called:**

- a. Ward salad.
- b. Flight of idea.
- c. Confabulation.
- d. Ambivalence.

**48 – The development of a substance specific syndrome due to the cessation of substance use that has been prolonged is termed as**

- a- substance abuse
- b – intoxication
- c- substance withdrawal
- d – tolerance

**49- Which of the following are risk factors for childhood psychiatric disorders?**

- a)Parental psychopathology,
- b)Repeated early separation from parents
- c)Harsh or inadequate parents
- d)All of the above

**50- A person is drug addict because of**

- a)Habit of drug taking
- b) Irresistible urge to take the drug and increase the dose.
- c) Irritable behaviour, uncoordinated actions and emotional detachment.
- d) None of these

**Part III: Put (T) if the statement is right and around (F) if the statement is wrong: (20 marks, one mark for each one)**

1	Concepts of positive "mental health" include autonomy, tolerating tension and mastery of the environment.	T	F
2	Repression is a person return to an earlier, more comfortable and less stressful time disorders.	T	F
3	Severe mania can cause exhaustion.	T	F
4	Self-understanding cannot help the nurse to more objective.	T	F
5	Confabulation is the loss of memory for certain events.	T	F
6	Apathy is considered one of the negative symptoms of schizophrenia.	T	F
7	Physical needs may take the highest priority when caring for catatonic patient	T	F
8	A healthy person behaves according to the superego instead of the Id and ego.	T	F
9	Consistency means change a daily routine pattern to help reduce the patient anxiety.	T	F
10	Spending time getting to know yourself, your interests, and your strengths is a good suggestion if you're having difficulty choosing a major.	T	F
11	Self-awareness refers to the ability to recognize the nature of others behavior, attitude and emotions.	T	F
12	The people can be seen in different points in the continuum between mental health and illness.	T	F
13	Social structure of the institution should be organized to promote patients' social participation.	T	F
14	Hallucinogens cause physical dependence.	T	F
15	Drug dependence should be treated in the out patient.	T	F
16	As a sedative, masculin toxicity may lead to cognitive impairment.	T	F
17	Antiepileptic drugs relieve the symptoms but they don't cure the disease.	T	F
18	A patient with obsession disorders carries out the idea behind his obsession thinking.	T	F
19	Withdrawal from drugs never produces death.	T	F
20	A professional nurse –patient relationship must be focused on nurse's emotional needs.	T	F



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

1. Loss of awareness of one's relationship to time, place, and person.  
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2. Repeating the movement of another person means.  
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3. When a person has both positive and negative feelings toward the same object or individual. The feelings are referred to as.  
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4. Association based on similarity of sound, without regard for differences in meaning.  
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5. False belief that there is a love story between oneself and famous person.  
.....
6. It is a recurrent idea affecting the individual to put an end by himself to his own life.  
.....
7. Absence of both emotional experience and expression.  
.....
8. The performance of all simple commands in a robot like fashion may be present in catatonia.  
.....
9. Sudden interruption in train of thinking before the idea or thought is finished.  
.....

10. Jumping from one idea to another without reaching the goal of the thinking.

.....

11. It is the ability to assess a situation correctly and act appropriately within that situation

.....

12. The belief that thoughts have been heard by others

.....

13. A 22 year old male has been told he has D.M and must follow a special diet with no sugar for the rest of his life he says to his Dr. and nurse. Oh; no you must be mistaken I cannot have diabetes.

.....

14. A young man gets into an argument with his teacher .Although he is very upset; he remains silent as she chastises him severely and calls him a failure as a student. Once he gets home from school; the young man picks a fight with his younger brother over nothing and begins screaming at him.

.....

15. An outpouring of emotional tension through verbalization or display feelings.

.....

16. A state of feeling, uneasiness, uncertainty, or dread resulting from a real or perceived threat whose actual source is unknown or unrecognized.

.....

17. Chronic, recurrent, paroxysmal changes in neurological function caused by abnormalities in the electrical activity of the brain.

.....

18. Chronic mood disorders characterized by depressed mood during most of the day lasting at least 2 years and the disorder has early onset.  
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19. Strong usually unconscious forces that prevent group members from moving toward their goals.  
.....

20. A disorder occurs for at least one month after exposure to a traumatic event.  
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**Part V :- Fill in the blanks (30 marks)**

**1- General characteristics of mentally health individual includes:**

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**2- Acceptance of mentally ill patients is done through:**

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**3- Structure of personality:**

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**4- List high risk group for suicide:**

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**5- Difference between psychiatric disorders in childhood and adult psychiatry.**

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6- Causes of drug addiction:

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Good Luck

Dr .Safa Metwely

*Safa Metwely*