



معتمه



Benha University
Faculty of nursing

Final examination
For the 4th year students
Second semester 2018-2019

Date: 26 /5/2019
Time: 3 hrs.

Code: NUR 402
Total degree: 80

Parts	Questions	Marks
Part(1)	Multiple-choice questions	28
Part(2)	True or false	19
Part(3)	Fill in the blanks	18
Part(4)	Definitions	6
Part (5)	Situation	9
Total		80

Part (1): Multiple-choice the following circle the best answer: (28 Marks).

1-The moral arm of personality. It strives for perfection rather than pleasure is called:-

- a. Id
- b. Ego
- c. Superego
- d. values

2-Which of the following is true about 'deep breathing relaxation technique:-

- a. It can be self-taught.
- b. It releases tension from the body and clears your mind.
- c. You have to do this under-water.
- d. Only 'A' & 'B' are true.

3- Borderline personality disorder characterized by all of the following except one:-

- a. Frantic effort to avoid real or imagined abandonment.
- b. Unstable & intense interpersonal relationship.
- c. Disturbance in identity.
- d. Odd, eccentric or peculiar behavior.

4- Ahmed was neglected by his father but experiences resentful feelings towards his therapist later in life. This behavior might be associated with which defense mechanism?

- a. Sublimation
- b. Displacement
- c. Splitting
- d. Conversion

5-Mental illness is:

1. Marked by distress, disability, or the risk of suffering disability or loss of freedom.
2. Is described as "strange" and different.
3. A clinically significant behavioral or psychological syndrome experienced by a person.
4. Syndrome that classifies degrees of mental health.

a. 1 and 3. b. 2 and 3. c. 1 and 2 d. 2 and 4

6- When assessing a patient with schizophrenia, the nurse notes negative symptoms, which findings would the nurse most likely document? Select all that apply:

1. Apathy.
2. Delusions.
3. Hallucinations.
4. Lack of motivation.
5. Blunted affect.
6. Bizarre behavior.

Choose the best answer

- a. 1, 2 and 3.
- b. 4, 5 and 6.
- c. 2, 3 and 4.
- d. 1, 4 and 5.

7- When communication with a child, which approach would be most effective? Select all that apply:

1. Use simple language to ascertain the problem.
2. Ask questions indirectly to obtain specific information.
3. Talk about reality, focusing on the present.
4. Avoid using body language to reinforce ideas.
5. Speak quietly but firmly when reinforcing behavioral limits.

Choose the best answer

- a. 1, 2 and 3.
- b. 2, 3 and 4.
- c. 1, 4 and 5.
- d. 1, 3 and 5.

8- Which signs and symptoms would the nurse expect to assess in a patients with Generalized Anxiety Disorder? Select all that apply:

1. Depersonalization.
2. Muscle tension.
3. Poor concentration.
4. Irritability.
5. Heightened problem solving.
6. Realistic assessment of the situation.

Choose the best answer

- a. 1, 2 and 3.
- b. 2, 3 and 4.
- c. 4, 5 and 6.
- d. 2, 3 and 5.

9- Which of the following are examples of a therapeutic communication response?

1. "Don't worry –everybody has bad day occasionally."
2. Let's talk about something else."
3. "Tells me more about your discharge plans".
4. What might you do the next time you `r feeling angry?

a. 1 and 2 b. 2 and 3 c. 3 and 4 d. 2 and 4

10- The nurse working with a client with antisocial personality disorder would expect which of the following behaviors?

- 1.Compliance with expectations and rules.
- 2.Exploitation of other clients.
- 3.Seeking special privileges.
- 4.Superficial friendliness toward others.
- 5.Utilization of rituals to allay anxiety.
- 6.Withdrawal from social activities.

a.1, 2 and 3 b.2, 3 and 4 c. 1, 3 and 4 d. 4,5and 6

11- The family of a schizophrenic client asks the nurse if there is a genetic cause of this disorder. To answer the family, which fact would the nurse cite?

- a. Conclusive evidence indicates a specific gene transmits the disorder.
- b. Incidence of this disorder is variable in all families.
- c. There is a little evidence that genes play a role in transmission.
- d. Genetic factors can increase the vulnerability for this disorder.

12- Bad things happened to me in my past, but I've unconsciously buried them deep in my mind. "What defense mechanism am I demonstrating?

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

13- Which of the following underlying emotions is commonly seen in Dependent personality disorder?

- a. Anger
- b. Depression
- c. Fear
- d. Guilt

14- Sally avoids shopping in large malls for fear of the possibility of being unable to escape in the event of an accident. This describes:

- a. Panic Disorder
- b. Phobia
- c. Obsessive Compulsive Disorder (OCD)
- d. Generalized Anxiety Disorder

15- A client on an in-patient psychiatric unit refuses to take medications because, “The pill has a special code written on it that will make it poisonous.” What kind of delusion is this client experiencing?

- a. A persecutory delusion.
- b. A somatic delusion.
- c. An erotomanic delusion.
- d. A grandiose delusion.

16- DSM-IV-TR criteria for Conversion disorder DOES NOT include:

- a. Seeming lack of concern.
- b. Symptom or deficit cannot be fully explained by a general medical condition.
- c. One or more symptoms affecting voluntary motor or sensory function.
- d. Psychological factors or conflicts are judged to be associated with the symptoms.

17-The nurse is talking with a client. The client abruptly says to the nurse, “The moon is full. Astronauts walk on the moon. Walking is a good health habit.” The client’s behavior MOST likely indicates?

- a. Looseness of association
- b. Flight of ideas
- c. Neologisms
- d. Word salad.

18- When an individual is suffering from body dysmorphic disorder the symptoms include:

- a. Feelings of happiness
- b. Becoming obsessively concerned about imagined physical defects in their appearance.
- c. Feelings of hopelessness
- d. All of the above.

19-A client diagnosed with schizophrenia is experiencing anhedonia. Which nursing diagnosis addresses concerns regarding this client's problem?

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

20- A patient diagnosed with obsessive-compulsive disorder (OCD) continually carries a toothbrush, and will brush and floss up to fifty times each day. The nurse understands that the patient's behavior is an attempt to accomplish which of the following?

- a. Relieve anxiety
- b. Promote oral health
- c. Avoid interacting with others
- d. Experience pleasure.

21- A nurse is assessing a client diagnosed with paranoid schizophrenia. The nurse asks the client, "Do you receive special messages from certain sources, such as the television or radio?" Which potential symptom of this disorder is the nurse assessing?

- a. Thought insertion
- b. Paranoid delusions
- c. Magical thinking
- d. Delusions of reference.

22- In order to assume the sick role, intentionally produced Physical or psychological symptoms are known as?

- a. Factitious disorder
- b. Conversion disorder
- c. Somatization disorder
- d. Hypochondriasis

23- Nurse Dina is evaluating care of a client with schizophrenia, the nurse should keep which point in mind?

- a. Frequent reassessment is needed and is based on the client's response to treatment.
- b. The family does not need to be included in the care because the client is an adult.
- c. The client is too ill to learn about his illness.
- d. Relapse is not an issue for a client with schizophrenia

24- Patients being discharged from in-patient psychiatric hospitals may be referred for follow-up. This occurs in:-

- a. Halfway houses.
- b. Foster home services.
- c. Out-Patient Psychiatric Clinics
- d. Community Mental Health Centers

25- Assessment of patients reveals severe pathologic mood swings, from hyperactivity and euphoria and depression. Which diagnosis should the nurse suspect?

- a. Dysthymic disorder
- b. Cyclothymic disorder
- c. Bipolar disorder
- d. Depressive disorder

26- Emergency crisis intervention room characterized by the following except:-

- a. Periodic visits are made to the home.
- b. Located in separate room
- c. Is usually staffed on a 24 hour.
- d. The staff working in this area should be knowledgeable and skillful.

27- Individuals with body dysmorphic disorder often exhibit rapid improvement in symptoms when treated with which types of drugs

- a. Benzodiazepines
- b. Antibiotics
- c. SSRIs or tricyclic antidepressants
- d. Antihistamines

28-Which therapeutic communication technique is being used in this nurse-client interaction?

Client: "My father spanked me often."

Nurse: "Your father was a harsh disciplinarian."

- a. Restatement
- b. Offering general leads
- c. Focusing
- d. Accepting

Part (2): Read each statement carefully and circle (T) if the statement is true and (F) if the statement is false: (19 Marks)

Items	T	F
1-The child learns to move, eat by himself, talk and control his bowel and bladder, developing sense of autonomy.	T	
2- The concept of “Positive_attitude towards self”_means the inability of person to accept himself.		F
3- Stress tolerance is the ability of person to withstand stress and become seriously impaired.		F
4- Symbolization is a "making up" for a real or imagined inability or deficiency with a specific behavior to maintain self-respect or self – esteem.		F
5- The Oedipus complex is resolved at the beginning of the genital stage.		F
6-Schizophrenia results in more hospital stays and consumes more hospital beds than any other illness.	T	
7-Maladaptive behaviors of the people with personality disorder are flexible and easily changed		F
8- The chances of an identical twin developing schizophrenia if the other twin has schizophrenia are about 40%.	T	
9- Studies showed up to 50% of people with panic disorder and 40% of patients with generalized anxiety (GAD) have close relatives with the disorder.	T	
10- Person who exhibit impulsive trait often shows high level of testosterone hormone.	T	
11- Isolation is a process of separation an unacceptable feeling, idea or impulse from one's thought.	T	
12- The stigma of mental illness is based upon lack of understanding, plus lack of educational contact with a person living with mental illness, multiplied by fear of the unknown (myths).	T	
13- Somatoform disorders characterized by psychological factor and conflict that seem important in initiating, exacerbating and maintaining symptoms of disorder	T	
14- Foster homes have been arranged for elderly patients who have no family.	T	
15- The advantage of day and night hospital, the patient is able to continue his social contacts with the family and community.	T	

16- Hypochondriasis disorder characterized by patient has a serious disease even though no exists and symptoms causes significant distress and impairment in social & occupational functioning.	T	
17- Paraphrasing is a repeating the idea that the client expressed in different words	T	
18- Reflecting are broad openings which will encourage the client to talk.		F
19- Facial expression is very powerful tool non-verbal therapeutic communication.	T	

Part 3: Fill in the blank

(18Marks)

1- Major defense patterns are acquired to cope with anxiety are:-

a-Moving against: The person becomes aggressive, competitive, seeks to rise above others, to control them and may attack in various way e.g. aggression, projection, reaction-formation.

B-Moving away: the person remains emotionally uninvolved by Withdrawing from a situation e.g. Denial, repression, rationalization

c. Moving forward: the person conforms to the situation, accepts, substitutes, sublimation.

2- Medical conditions can cause anxiety disorder are:-

- 1-Abnormalities in the hypothalamic–pituitary–adrenal and hypothalamic–pituitary–thyroid axes
- 2-Acute myocardial infarction
- 3-Substance intoxication and withdrawal (cocaine, alcohol, marijuana, opioids)
- 4-Hypoglycemia
- 5-Caffeine intoxication

3- Concepts of community mental health are :-

- 1- The use of multidisciplinary team, with its members consisting of psychiatrist, psychologist, social workers, nurses, and mental health counselors.
- 2- The prevention of mental illness
- 3- Early detection and treatment.
- 4- A comprehensive, multifaceted treatment program.
- 5- Continuity of care.
- 6- Group and family therapy
- 7- Environmental, social support and intervention.
- 8- Community participation, support, and control.

4-Characteristics of the working phase are:-

- 1-Decrease level of anxiety
- 2-Trust more between nurse and patient
- 3-The nurse and the patient get to know each other, both become an active participant

5- Unnecessary increase in patient anxiety should be avoided:-

- 1- Direct contradiction of patient's psychotic ideas.
- 2- Demands on patient which he obviously cannot meet.
- 3- Failure.
- 4- Indiscriminate use of professional terms.
- 5- Careless conversation within patients' hearing.
- 6- Calling attention to patient defect.
- 7- Insincerity.
- 8- Lack of proper orientation.
- 9- Threat, sharp command, and indifference.

10- A king questions about family, work, friends, and home which are not good for the first phase of patient-nurse relationship. Best rule is to follow patients' lead.

11- Nurse's OWN anxiety.

6-Component of milieu therapy:-

1-Physical setting

2-Routine, Rituals and Rules

3-Staff Members

7-Characteristics of major depressive episode are:-

Mood depressed; Memory problems

Anxious; Apathetic; Appetite changes

Just no fun

Occupational impairment

Restless; Ruminative

Doubts self; Difficulty making decisions

Empty feeling

Pessimistic

Reports vague pains

Energy gone

Suicidal thought and impulses

Sleep disturbances

Irritability; Inability to concentrate

Oppressive guilt

Nothing can help (Hopelessness)

8-Maintain realistic nurse patient relationship by:-

1- A realistic or professional relationship focuses upon the personal and

emotional needs of the patients and not on nurse's needs. Such a relationship is therapeutically oriented and is always based on patients' needs.

2- Nurse keeps analyzing the interaction between herself and the patient to prepare herself to guide the patient towards mature behavior.

3- Nurse must differentiate between patients' demands and actual needs.

9-Indication of electroconvulsive therapy (ECT) in depressive patient:-

- a Severe cases.
- Psychotic symptoms.
- Refractory to drug treatment.
- Suicidal symptoms.
- Severe agitation or retardation.

10-Types of conflict:-

A) A conflict with approach – avoidance movements

B) Avoidance- avoidance conflict

C) Double approach conflict

Part (4): Define the following

(6 marks)

1-Stress

Stress refers to a broad group of experiences in which a demanding situation exceeds or taxes a person's resources or capabilities, causing negative effect.

2-Milieu therapy

It is a residential hospital treatment, where patients are put in a carefully designed society in order to teach them new pattern of interpersonal relationships, and unlearn unhealthy behaviors. It implies that staff and patients work together to achieve clear goals.

3-Bipolar disorder

Episodes of both depression and mania or hypomania occur in separate episodes with a period of full or partial remission in between episodes.

4-Empathy

1-It that degree of understanding and objective feeling which allow one nurse to understand, not how she might feel in the situation, but how the patient feels in a particular situation.

2- Empathy implies concern, love, respect, caring to other person

3-Empathy gives the nurse sense of responsibility in helping the patient.

Part (5): According to this statement answer the following questions:- (4 marks)

- Evacuation of intestinal excreta leads to a pleasure sensation. This stage is composed of expulsive and retentive phases, the way the child is toilet trained will affect his personality development later on.

1- What is the name of this developmental stage?

Anal Stage (1 .5 – 3 years)

2- Determines the erogenous zone of this stage?

- *Erogenous zone* is centered in the anus

3- Mention the problems arising in this stage?

- *Problems arising* from this stage include deviant behavior, bowel and bladder disorders, constipation, perfectionism, stubbornness and inability to control emotions and impulses

4- What is Psychiatric disorder that originates from this stage?

- *Psychiatric disorders* that originate from this stage include Obsessive – Compulsive disorders and paranoid disorders.

Situation :(5marks)

Mr Ahmed admitted to psychiatric and mental health hospital two weeks ago. He was aggressive with his family, hearing voices talking with him, sleep disturbances, fatigue and anxiety. The doctor prescribed Haldol and benzodiazepines for him. **Answer the**

following questions:

1- Determine which level of prevention you should apply to Mr Ahmed?

Secondary prevention

2- Mention the goal of this level of prevention?

Answer:

Goal: Management of mental illness & Prevention of complication.

3- Mention the nursing role of this level of prevention?

***Nursing role in secondary prevention:-**

1- Screening for early detection of disease especially for high risk group.

2- Treating people after making diagnosis in which: Psychiatric nurse will perform the following in management of cases:

- * Administer psychotropic medications and give client health teaching about side effects of them.
- * Education clients about disease and teaching them certain skills (assertive communication, stress management, problem solving skills).
- * Conduct various types of psychotherapy with clients.
- * Maintain on safe and therapeutic environment clients.
- * Observe and document client's behavior.
- * Set limit on patient's behavior.
- * Support families with mentally ill patients

3- Referral to other therapists for additional treatment (family therapy, couple therapy):

أستاذ المادة :