



Benha University
Faculty of nursing

Fourth year final exam- second semester

Course title: psychiatric and mental health nursing

Date: 5 / 6 /2014

Time allowed: 3 hours

Parts	Questions	Marks
Part(1)	Multiple-choice questions	15
Part(2)	True and false	15
Part(3)	Matching	10
Part(4)	Short answer	5
Part(5)	Fill in the blanks	15
Part(6)	Essay	20
	total	80

Part (1): Multiple-choice question:- circle the best answer:

1-Identify diffusion as described by Erik Erikson occurs primarily during:

- A. Infancy
- B. Childhood
- C. Adolescence
- D. Adulthood

2- According freud the superego is

- A. Totally unconscious
- B. A defense mechanism
- C. To reduce guilt & shame
- D. The ego- ideal

3- The mental status examination of patients with schizophrenia most commonly demonstrates a marked disorder of

- A. Orientation
- B. Memory
- C. Mood
- D. Thinking

4- Shimaa complains about her job duties at work, rarely completes assigned tasks, and is regularly late for work. When she is fired, she claims it was due to her co-worker badmouthing her instead of blaming it on her own poor work performance. Which defence mechanism explains Shimaa's reaction?

- A. Displacement
- B. Denial
- C. Rationalization
- D. Sublimation

5- Cyclothymia is distinguished from major affective disorder primarily by

- A. Family history
- B. Age of onset
- C. Severity and duration of symptoms
- D. An absence of chronicity

6- For long- term control therapeutic lithium levels are

- A. 0.4 to 0.8 mg%
- B. 0.6 to 1.2 meq/l
- C. 0.8 to 1.8 mg%
- D. 1 to 1.5 meq/g

7- Dopamine is important in conceptualizing the pathology and treatment of

- A. Schizophrenia and parkinsonism disorder
- B. Anxiety disorders
- C. Bipolar disorders
- D. Alzheimer's disorder and parkinsonism

8- A 42 years old male client is admitted in the ward because of bizarre behaviors. He is given a diagnosis of schizophrenia paranoid type. He should have achieved the developmental task of:

- A. Trust vs. mistrust.
- B. Industry vs. inferiority.
- C. Generativity vs. stagnation.
- D. Ego integrity vs. despair.

9- The aim of the recreational therapy are the following except

- A. Improve appetite and sleep
- B. Faster patient's co-operation
- C. Maintain normal habit of work
- D. Improve patient's socialization and communication

10- A neuromuscular blocking agent is administered to a client before ECT therapy. The nurse should carefully observe the client for

- A. Respiratory difficulties
- B. Nausea and vomiting
- C. Dizziness
- D. Seizures

11- Alia is 29 years old, she is newly diagnosed with breast cancer is pacing with rapid speech headache and inability to focus with what the doctor was saying. The nurse assesses the level of anxiety as:

- A. Mild
- B. Moderate
- C. Severe
- D. panic

12- Anxiety is caused by:

- A. an objective threat
- B. a subjectively perceived threat
- C. hostility turned to the self
- D. masked depression

13- It would be most helpful for the nurse to deal with a client with severe anxiety by:

- A. give specific instructions using speak in concise statements
- B. ask the client to identify the cause of her anxiety
- C. explain in detail the plan of care developed
- D. urge the client to focus on what the nurse is saying

14- Which of the following medications will likely be ordered for the anxious patient?

- A. Prozac
- B. Xanax
- C. Risperdal
- D. Lithium

15- Which of the following is included in the health teachings among clients receiving valium?

- A. Avoid foods rich in tyramine
- B. Take the medication after meals
- C. It is safe to stop it anytime after long term use
- D. Double up the dose if the client forgets her medication

Part II -Read each statement carefully and circle (T) if the statement is true and (F) if statement is false

Items	T	F
1-Psychotropic drugs exert an effect on mind and mood or modify mental activity and are not used to treat mental disorder	T	F
2- The aim of ECT is to reduce a therapeutic clonic seizure and lasting for at least 15 seconds.	T	F
3- Lithium therapy is indicated in cases of Neutropenia which is secondary chemotherapy for cancer.	T	F
4- Suicidal behavior can accompany many emotional disturbance including depression, bipolar disorder and schizophrenia.	T	F
5- Delusions may be present in anorexia nervosa, body dysmorphic disorder and hypochondriasis	T	F
6- Avoid group relation if the patient is excited.	T	F
7- Mental health doesn't merely mean absence of mental illness.	T	F
8-Adaptive is used to lower anxiety, maintain superego function and protect self- esteem in acceptable way	T	F
9- The client may feel termination phase as an impending loss	T	F
10- Onset schizophrenia may be abrupt or insidious	T	F
11- Crisis intervention is not time limited and fast paced.	T	F
12-All direct and indirect methods of punishing mustn't be avoided to the psychiatric patient.	T	F

13-Agitated depressed patient is not characterized by elevated mood.	T	F
14- Crisis intervention provide opportunity to develop new ways of perceiving,	T	F
15- Stress prolonged or extreme stress can impede thought processes and trigger hallucinations	T	F

Part (3): Matching

In the space provided in front of each statement in column (A) place the corresponding number from column (B).

	A	B
	1- Tetracyclic drugs	A. Akineton
	2- MAOIs	B. Mellaril
	3- Anticholliaergic drugs	C. Larodopa
	4- Dopaminergic drugs	D. Noveril
	5- Typical antipsychotic drugs	E. Parnate

	A	B
	1. Mannerism	A. In which new situation is experienced as previously
	2. Dipsomania	B. Compulsion to drink alcohol
	3. De ja vu phenomena	C. Intense elation with feeling of grandeur
	4. World salad	D. Its repetitive, habitual involuntary movement
	5. Euphoria	E. Incoherent mixture of word and phrases

Part (4): Short answer

1. Manipulative behavior

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2- Excitement

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3- Intonation

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4- Substitution

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5- Hypomania

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Part (5): Fill the blanks

1-Types of limit sitting

- A.
- B.
- C.

2-Signs and symptoms of escalation

- A.
- B.
- C.

3-Mention the character of the excited patient

- A.
- B.
- C.

4-How can you be objective

- A.
- B.
- C.

5-List the physical care of stuporous patient

- A.
- B.
- C.

6-Warning signs of mental illness in child

- A.
- B.
- C.

7-What are the major components of the psychoanalytical theory

- A.
- B.
- C.

8-Mention your role at a psychiatric mental health nurse toward the termination phase

- A.
- B.
- C.

9-What are the measures to improve communication

- A.
- B.
- C.

10-Mention the advantages of selective serotonin reuptake inhibitors (SSRIS)

- A.
- B.
- C.

Part (6): Essay

1- Define the community mental health centers and write short notes of the day and night hospital (5 grades)

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2- Define the crisis intervention and describe the balancing factors of crisis intervention (5 grades)

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3- Enumerate the types of schizophrenia and discuss one of them (5 grades)

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4- In bipolar disorders the most common three initial symptoms in the onset of mania (mood , behavior, and thought process) based on it discuss one of nursing intervention (5 grades)

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